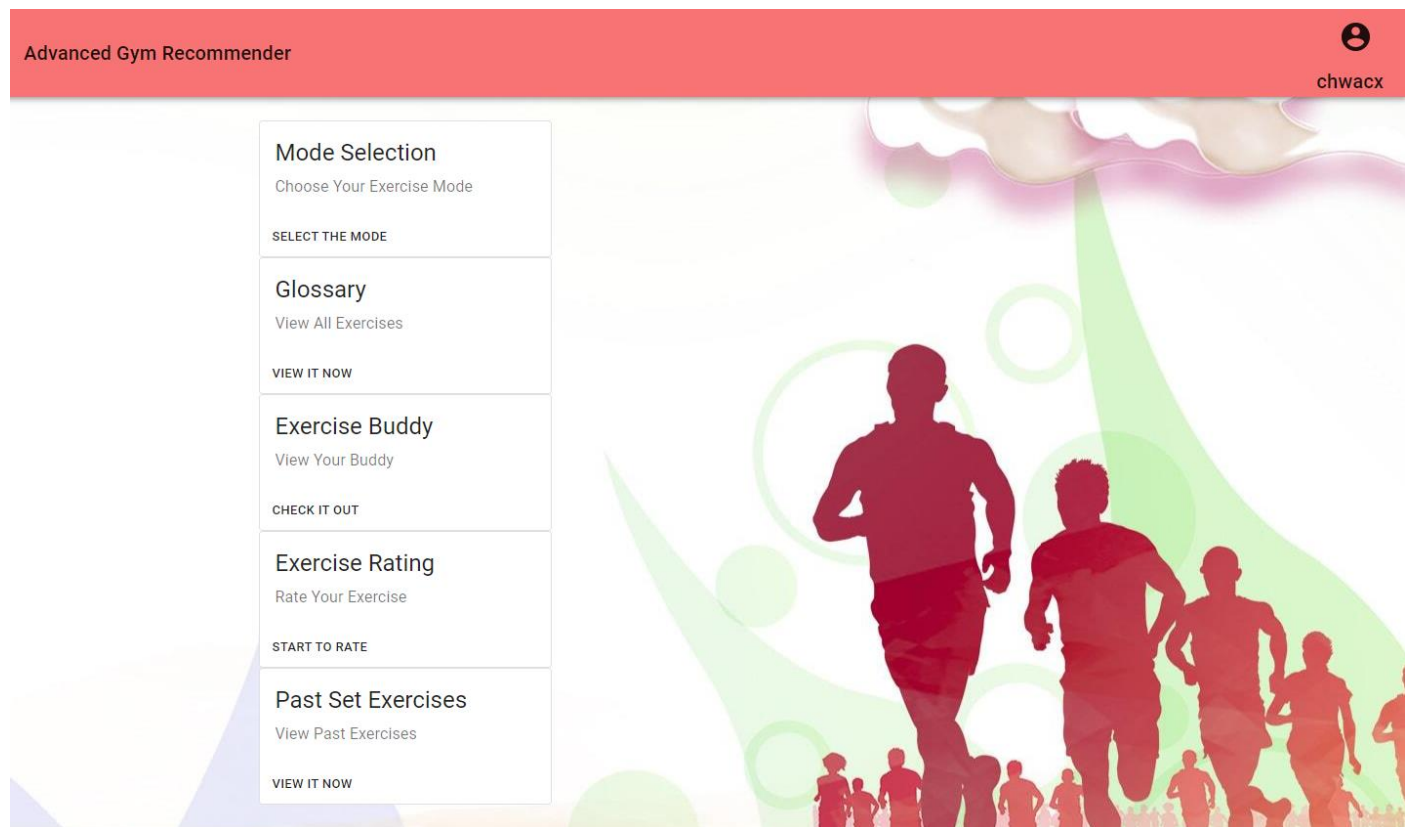


Appendix C: AGR (Advanced Gym Recommender) User Guide



Installation Guide

This section act as an installation guide for AGR in a new anaconda environment to ensure minimum installation problem by users. Pip install is used instead of conda install due to some packages require the instalment through pip. Although there is other way to install all the dependencies, we high encourage users to follow the guide below.

Prerequisite to have installed anaconda in local machine.

1. Download / clone this file into your directory.
2. Open **anaconda command prompt** and navigate into the downloaded/cloned directory. By default, the directory can be found in C:/<username>/Documents/GitHub/IRSPM
3. Run the following command line by line

<i>Installation in windows 10</i>	<i>Installation in unubtu Linux</i>
conda create --name myagr python=3.9.2 pip conda activate myagr pip install -r pip_requirements.txt	conda create --name myagr python=3.9.2 pip conda activate myagr sudo apt-get install gcc pip install psycpg2-binary pip install -r pip_linux_requirements.txt

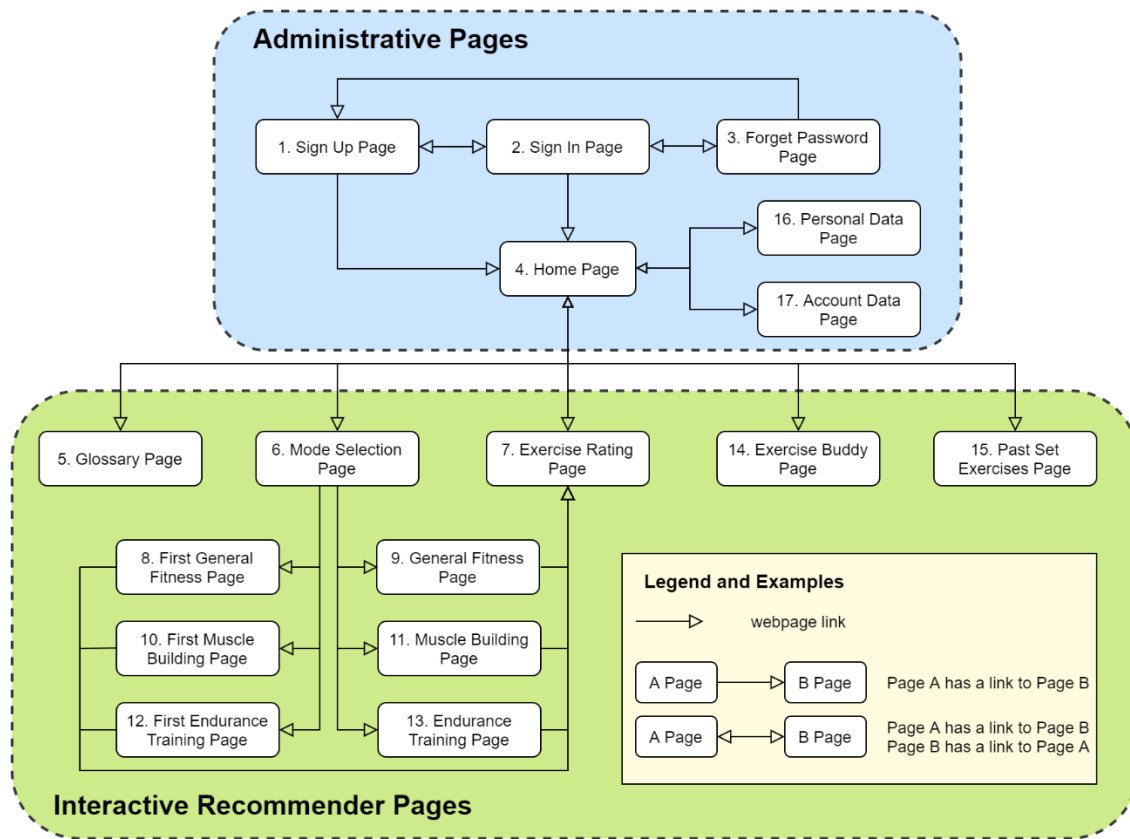
4. Navigate into *MyWebsite\AGR* folder
5. Run the line below to start the program running locally.

python manage.py runserver

6. Go to localhost:8000 from web browser, link: <http://127.0.0.1:8000/>


User Guide

The figure below is a replication of **Error! Reference source not found.** where the pages are numbered for easy reference in this section. The screen shots of each pages are shown under each heading with a short description about the page.



1. Sign Up Page

A page for a simple sign up to create a new user in AGR.


Sign Up Now!

Full Name *

antoniadevina

Username *

antonia

Date of Birth(DDMMYYYY) *

12121990

Password *

.....

☐ I want to receive inspiration, marketing promotions and updates via email.

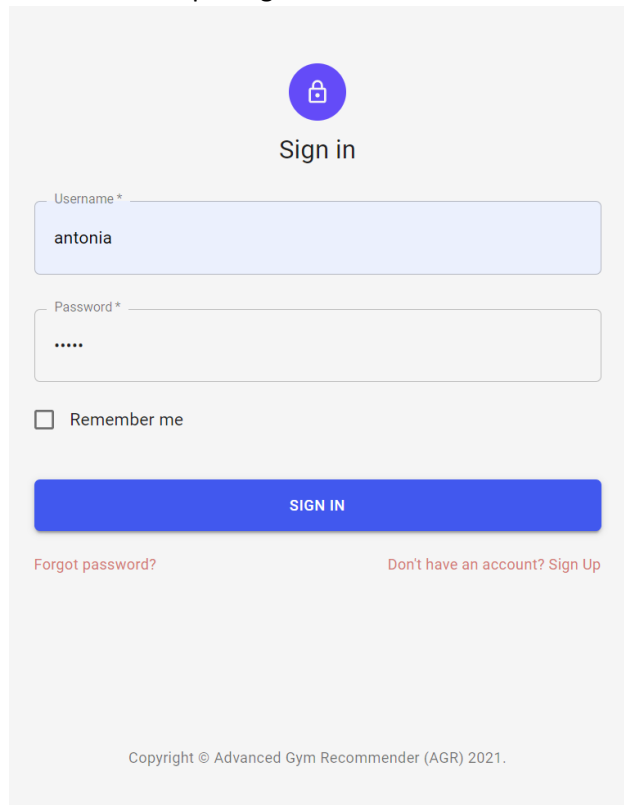
SIGN UP NOW!

[Already have an account? Sign in](#)

Copyright © Your Website 2021.

2. Sign In Page

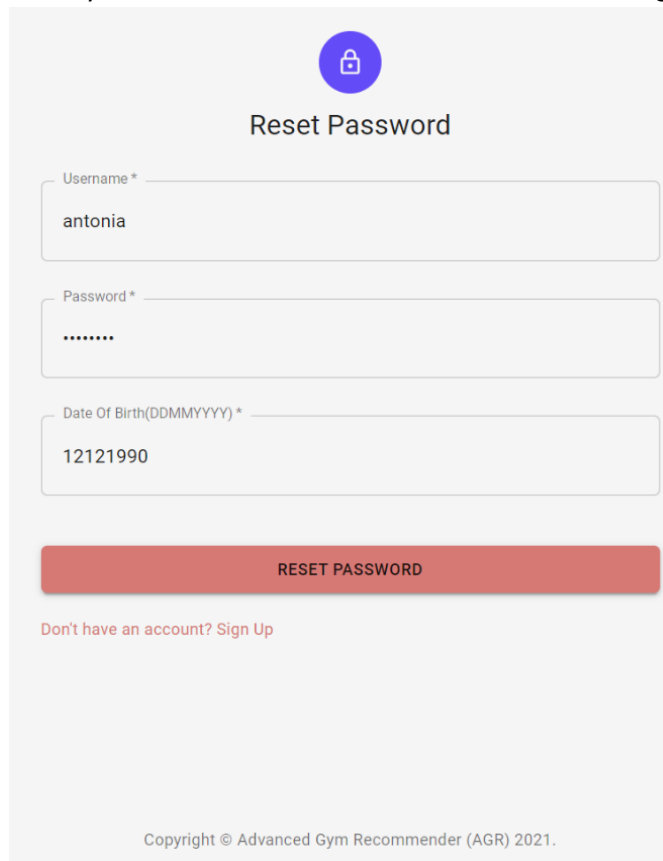
A simple administrative user verification to give access to the registered user. This page can also redirect user for the resetting the password and do a simple registration.



The Sign in page features a purple lock icon at the top center. Below it is the title "Sign in". There are two input fields: "Username *" with the value "antonia" and "Password *" with masked characters ".....". A checkbox labeled "Remember me" is positioned below the password field. A blue "SIGN IN" button is centered below the inputs. At the bottom, there are two links: "Forgot password?" on the left and "Don't have an account? Sign Up" on the right. The footer contains the text "Copyright © Advanced Gym Recommender (AGR) 2021."

3. Forget My Password

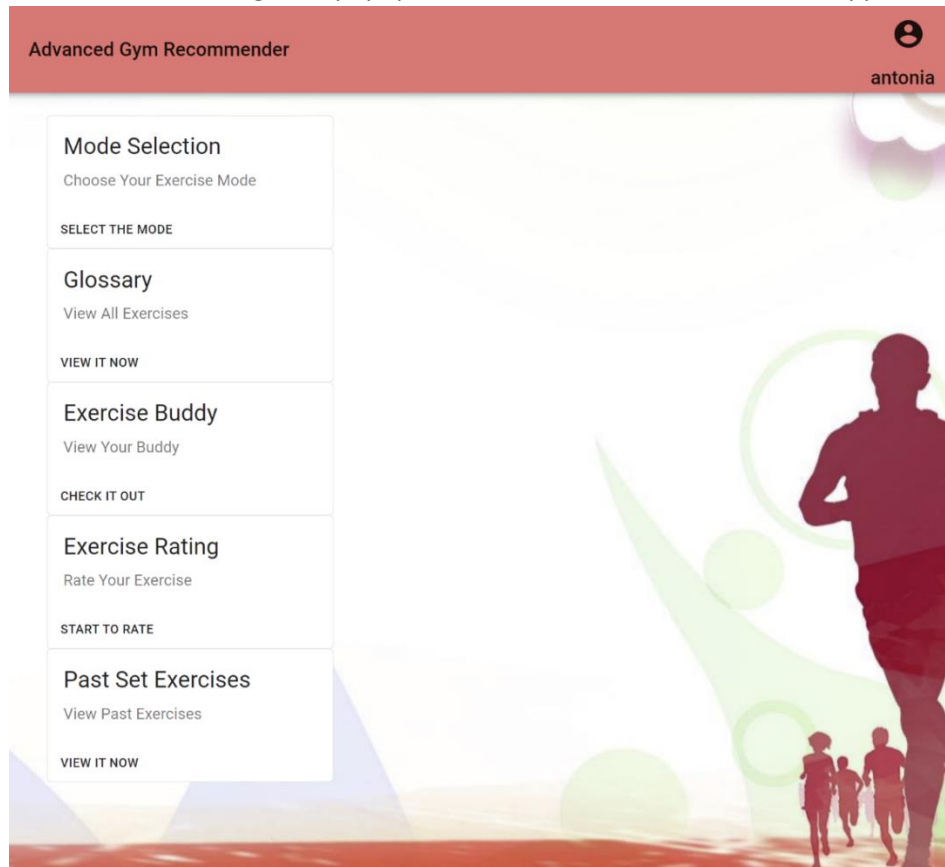
Restarting forgotten password. System will validate based on the date of birth registered.



The Reset Password page features a purple lock icon at the top center. Below it is the title "Reset Password". There are three input fields: "Username *" with the value "antonia", "Password *" with masked characters ".....", and "Date Of Birth(DDMMYYYY) *" with the value "12121990". A red "RESET PASSWORD" button is centered below the inputs. At the bottom, there is a link: "Don't have an account? Sign Up". The footer contains the text "Copyright © Advanced Gym Recommender (AGR) 2021."

4. Home Page

The centre of the web-app showing all the application features. The homepage is simple and easy to navigate. This page can be routed back through the popup menu under the avatar icon of the app bar.



5. Glossary Page

Glossary Page provided a AGR's search engine to browse through all the exercises under the system. It can filter all the exercises that contains the characters in the search bar. Due to the massive exercises data stored in our system, AGR limited the number of exercises shown on this page to avoid overflooded exercises data returned by the system. Users can also choose the total number of exercises to be browsed as well as the number of exercises per page so that the search engine can work more efficiently. Each exercise contains the relevant information to show the step-by-step instruction as well as reference picture under the collapsible container.

Advanced Gym Recommender - Glossary Mode

antonia

Glossary Mode

Search Exercises

Numbers of exercises

1500



	ID	Exercise Name	Exercise Type	Equipment	Difficulty
▼	1	1 Leg Pushup	Strength	Body	Beginner
▲	3	90 90 Hamstring	Stretching	Body	Beginner

Steps :

1.) To begin this exercise; start off lying flat on your back with one leg extended out and with your other leg bend it and grab the knee with your hands.

2.) Take the leg that is being bent and extend it straight into the air and hold onto the position for up to 15 seconds and then alternate legs.

3.) Repeat this exercise for as many repetitions as needed



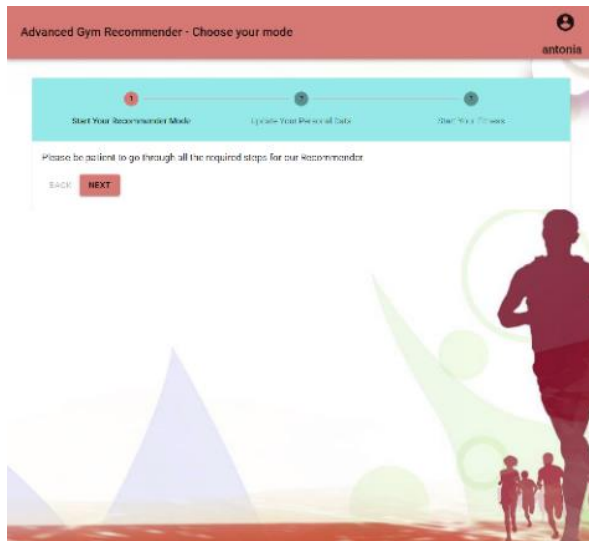
▼	4	Ab Crunch Machine	Strength	Machine	Beginner
▼	5	Ab Draw Leg Slide	Strength	Body	Intermediate
▼	2	Abdominal Pendulum	Strength	Body	Beginner

Rows per page: 5 1-5 of 1290

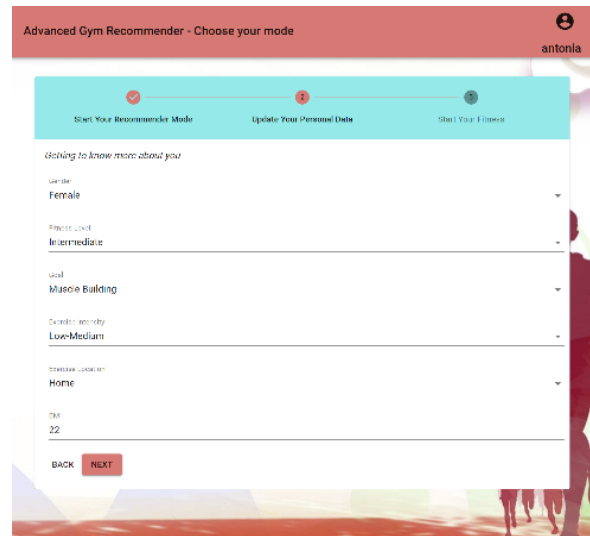
6. Mode Selection Page

Mode Selection Page will initiate the first recommendation for the user after the user has completed the registration. User can also access this page again from the Home page.

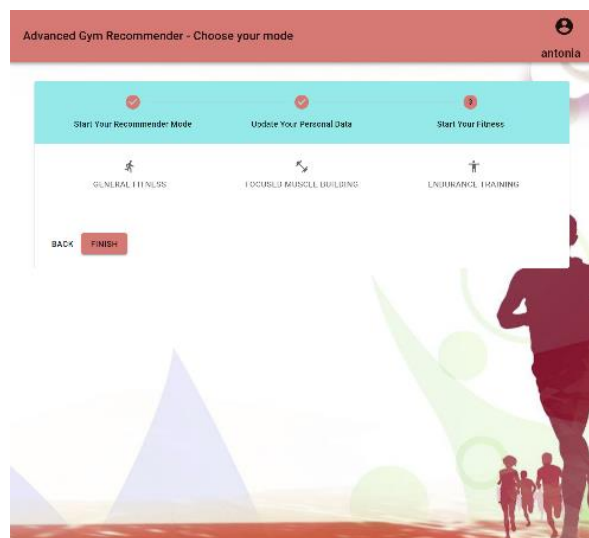
Mode Selection Page provides a smaller steps shown below:



1st page indicates the start of the mode selection page



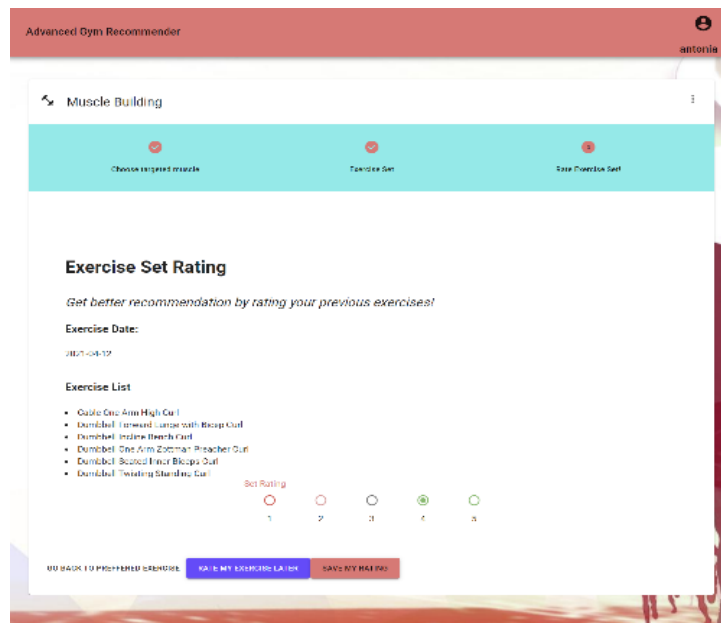
2nd page – update user details. If user have filled up user data before, the latest data will be shown



3rd Page – exercise mode selection where user able to choose type of exercises: general fitness, muscle building or endurance training.

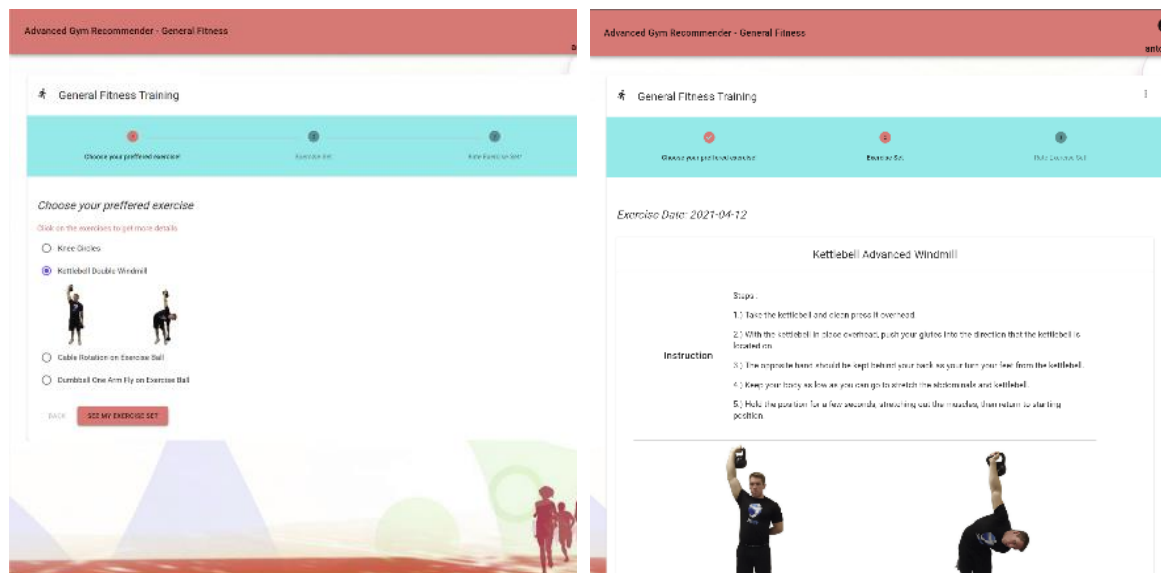
7. Exercise Rating Page

Exercise Rating page allows the user to rate the exercise set recommended to improve on the future predictions. This page will be shown at the end of every set of exercises recommended to encourage user to rate. If there are no more exercises can be rated, this page will redirect back to the home when user browses to this page.



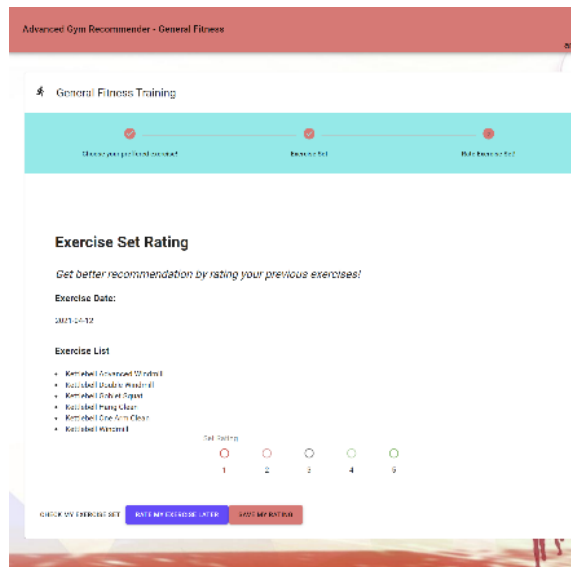
8. First General Fitness Page

The AGR will introduce the user the first general fitness page when it is the first time for user to use the general fitness mode. The first general fitness page differs from general fitness page by the additional steps and information required from the users. The details are shown below.



1st page of general fitness exercise requires user to choose the exercise they like the best out of 4 random exercises. This is to get individual preference from the users.

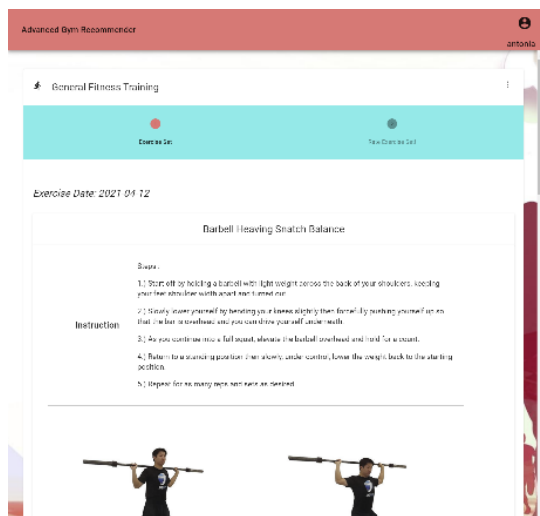
2nd page shows the 6 recommended exercises based on the preference chosen in page 1.



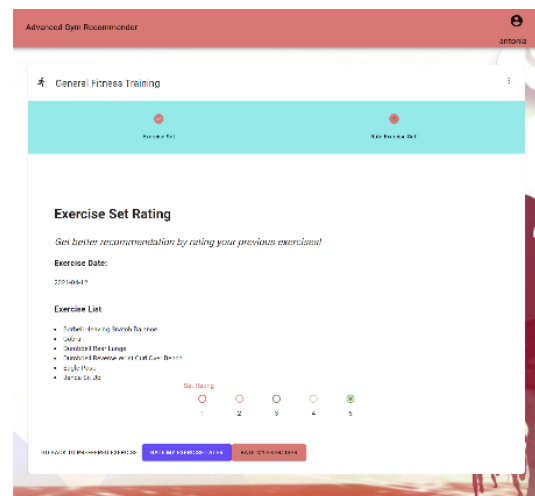
3rd page provides to rate the exercises recommended to improve future recommendation. User can skip the exercises recommended and rate it later.

9. General Fitness Page

General Fitness page mainly inherits all the steps from first general fitness page. Users must have rated at least one their previous exercises before they can access this page.



1st page is showing the 6 exercises recommended to the user based on the historical data.



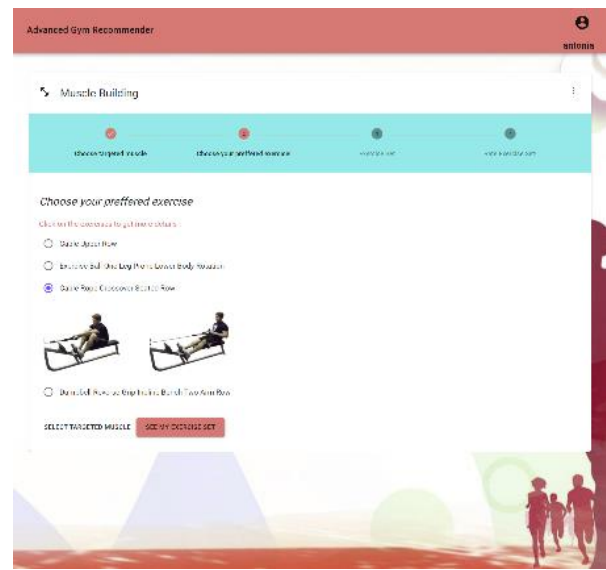
2nd page is rating the exercises recommended to improve future recommendation.

10. First Muscle Building Page

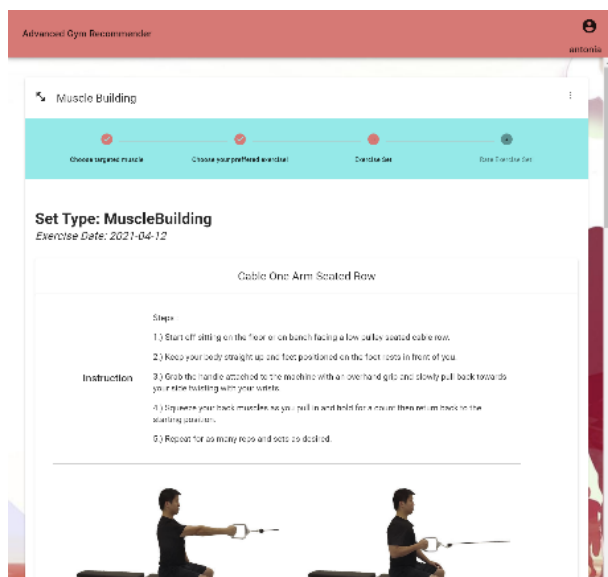
First General Fitness Page provides user different selections to choose a targeted muscle group to train but the steps in this page are similar to the General Fitness page. This page will only be shown to user if user never choose and rate any exercises under muscle building mode.



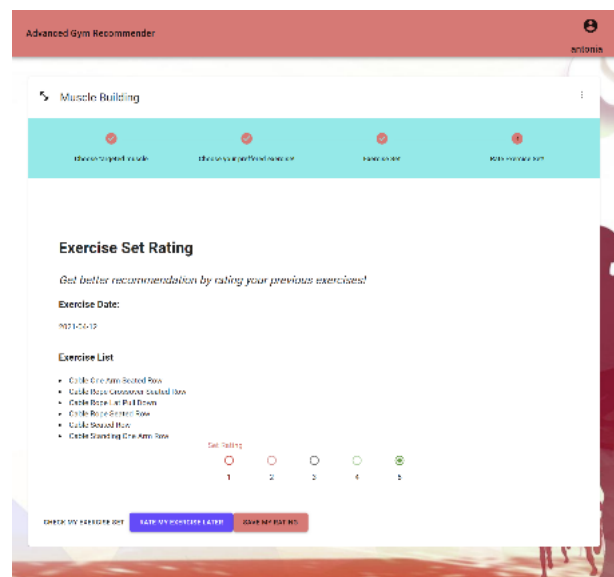
1st page is getting user's targeted muscle.



2nd page allows user to choose his preferred exercise which is the best out of 4 random targeted muscle exercises.



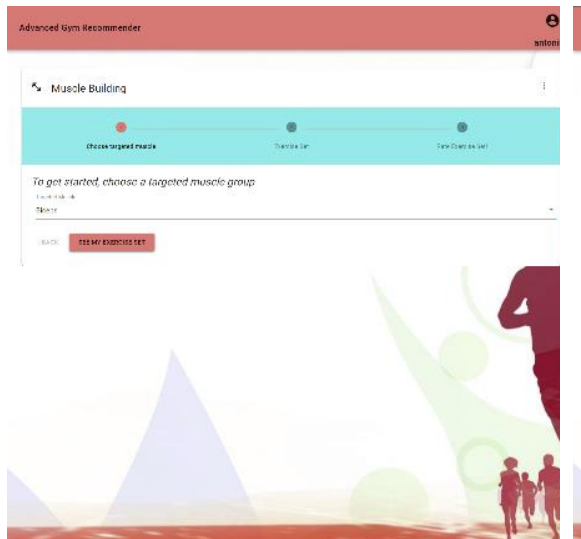
3rd page showing the 6 exercises recommended to the user based on the historical data.



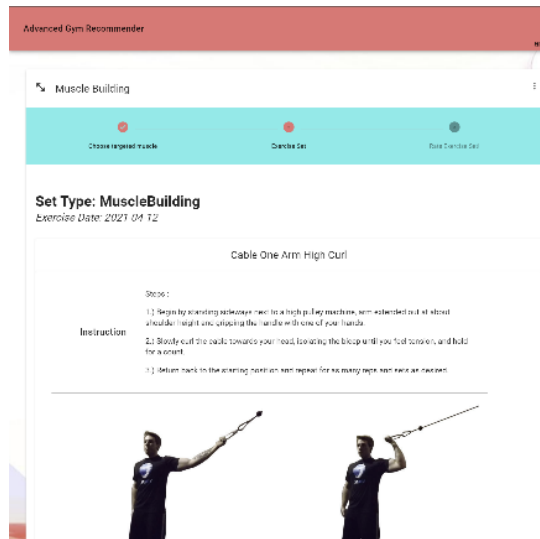
4th page is rating the exercises recommended to improve future recommendation.

11. Muscle Building Page

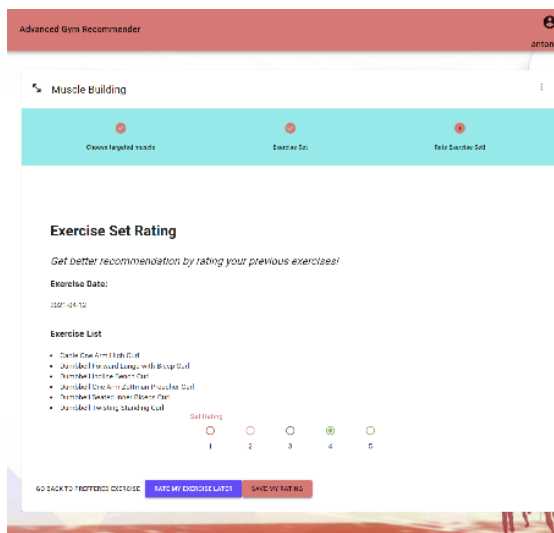
Similarly, the Muscle Building Page provides an additional step for user to select preferred muscle to train.



1st page is getting user targeted muscle.



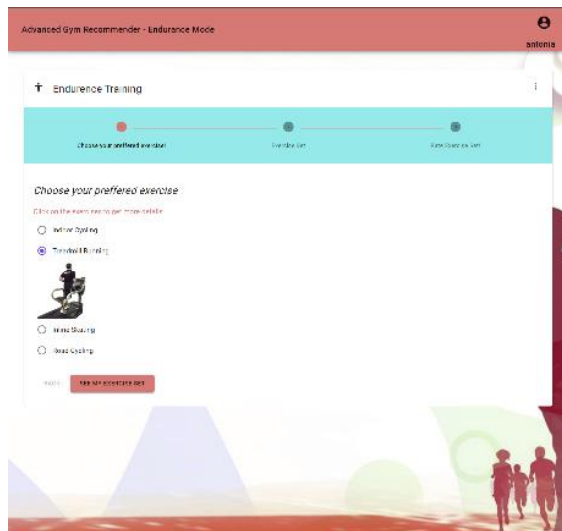
2nd page showing the 6 exercises recommended based on past exercises



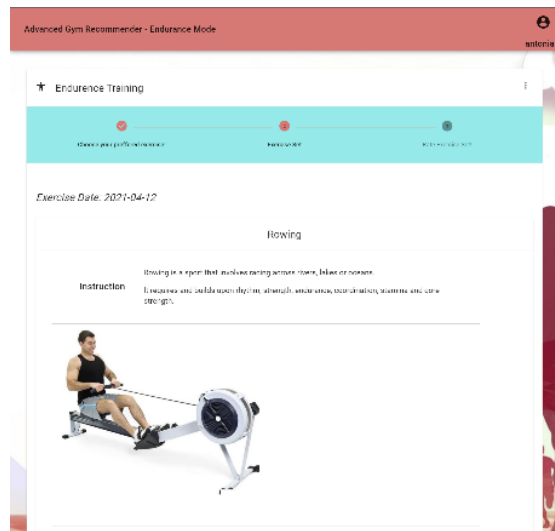
3rd page is rating the exercises recommended to improve future recommendation.

12. First Endurance Training Page

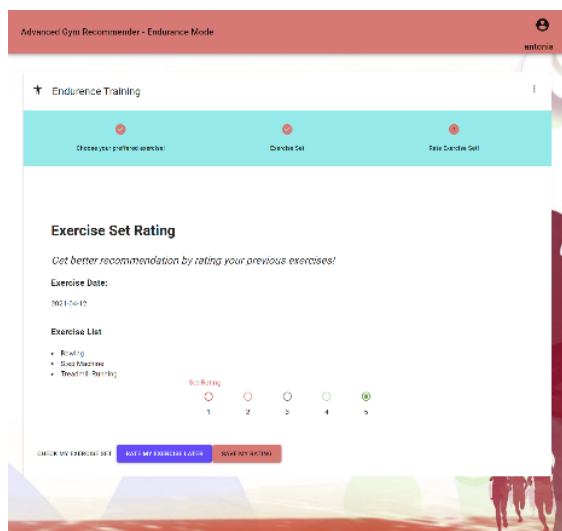
The structure of the First Endurance Training Page replicates the First General Fitness Training Page for user familiarity and the ease of use. The page is divided into 3 parts.



1st page of general fitness exercise require user to choose the exercise they like the best out of 4 random exercises. This is to get individual preferences from the users.



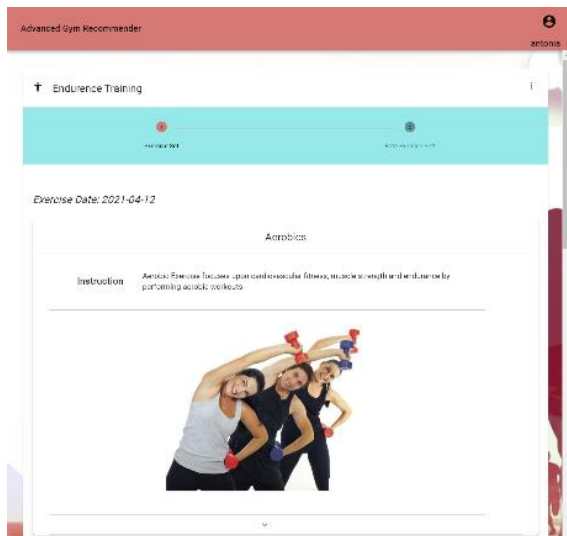
2nd page is showing the 3 exercises recommended to the used based on the chosen exercises in page 1.



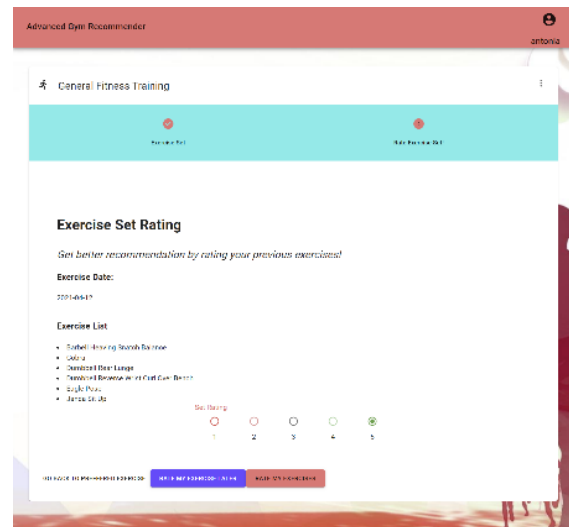
3rd page is rating the exercises recommended to improve future recommendation.

13. Endurance Training Page

The Endurance Training Page is similar to the General fitness page. It only inherits the second and third steps from the First Endurance Training Page.



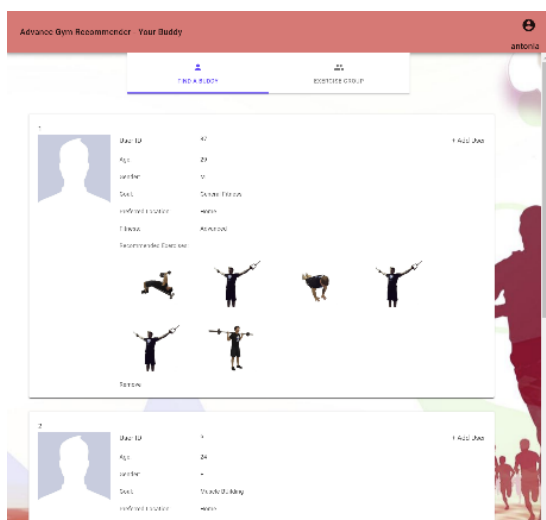
1st page is showing the 3 exercises recommended to the used based on the historical data.



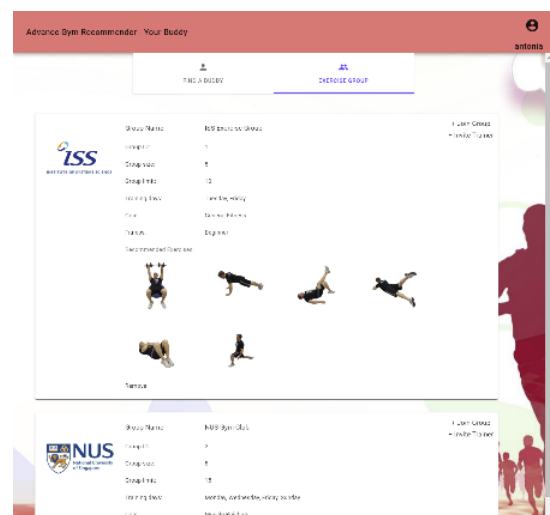
2nd page is rating the exercises recommended to improve future recommendation.

14. Exercise Buddy Page

The Exercise Buddy Page is used to find other user / exercise group with similar training profile, interest as well as exercises preferences. The platform is meant to connect with other users and encourage users to work out together to keep the momentum going.



1st page shows other users with similar profile.



2nd page shows exercises group

15. Past Set Exercises Page

Browse through all the past exercises set that was recommended for reference to the users for easy recall. The exercises sets are expendable showing the exercises notes and pictures for more details.

Advanced Gym Recommender				antonia
Exercises History				
	ID	Date	Exercise Type	Exercises
▼	29	2021-04-12	Endurance Training	Jump Rope Walking Inline Skating Indoor Cycling Elliptical Training Aerobics
▼	28	2021-04-12	Endurance Training	Treadmill Running Step Machine Rowing
▼	27	2021-04-12	Muscle Building	Dumbbell One Arm Zottman Preacher Curl Dumbbell Seated Inner Biceps Curl Dumbbell Forward Lunge with Bicep Curl Cable One Arm High Curl Dumbbell Incline Bench Curl Dumbbell Twisting Standing Curl
▼	26	2021-04-12	Muscle Building	Dumbbell Seated Inner Biceps Curl Dumbbell Hammer Curls Dumbbell Prone Incline Hammer Curl Dumbbell One Arm Zottman Preacher Curl Dumbbell Biceps Curl Reverse Band Speed Alternating Biceps Curl
▼	25	2021-04-12	Muscle Building	Cable Rope Crossover Seated Row Cable Rope Seated Row Cable Seated Row Cable Rope Lat Pull Down Cable Standing One Arm Row Cable One Arm Seated Row
Rows per page: 5 1-5 of 7 >				

16. Personal Data Page

This page provides an auxiliary function to update his personal data anytime. If user has skipped to update his personal data after he just signs up the page, user can access to this page by clicking the popup menu shown under the avatar icon in the app bar.

Advance Gym Recommender - My Personal Data		chwacx
Getting to know more about you		
Gender	Male	▼
Fitness Level	Beginner	▼
Goal	Muscle Building	▼
Exercise Intensity	Medium	▼
Exercise Location	Home	▼
BMI	25	
← GO BACK		UPDATE MY DATA ☁
Copyright © Advanced Gym Recommender (AGR) 2021.		

17. Account Data Page

This page provides an auxiliary function to update his account data anytime. User can access to this page by clicking the popup menu shown under the avatar icon in the app bar to change the account data, e.g. username, date of birth and password.

Advanced Gym Recommender - My Profile

chwax

My Account

Full Name
Chwa Choon Xiang

Username
chwax

Date of Birth(DDMMYYYY)
02091994

Password

EDIT YOUR ACCOUNT

GO BACK UPDATE MY DATA