## Appendix C: AGR (Advanced Gym Recommender) User Guide

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### 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

|  |  |
| --- | --- |
| *Installation in windows 10* | *Installation in unubtu Linux* |
| **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 psycopg2-binary**  **pip install -r pip\_linux\_requirements.txt** |

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

**python manage.py runserver**

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

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### User Guide

The figure below is a replication of Figure 17 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.

Graphical user interface, diagram

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1. **Sign Up Page**

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

Graphical user interface, application, Teams

Description automatically generated

1. **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.

Graphical user interface, application, Teams

Description automatically generated

1. **Forget My Password**

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

Graphical user interface, application

Description automatically generated

1. **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.

Graphical user interface, website

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1. **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.

Graphical user interface, application, website

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1. **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:

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| Graphical user interface  Description automatically generated | Graphical user interface, text, application, email  Description automatically generated | |
| 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 | |
| Graphical user interface, website  Description automatically generated |  |
| 3rd Page – exercise mode selection where user able to choose type of exercises: general fitness, muscle building or endurance training. |  |

1. **Exercise Rating Page**

Graphical user interface, application

Description automatically generatedExercise 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.

1. **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.

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| Graphical user interface, website  Description automatically generated | Graphical user interface, application, website  Description automatically generated |
| 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. |
| Graphical user interface, application  Description automatically generated |  | |
| 3rd page provides to rate the exercises recommended to improve future recommendation. User can skip the exercises recommended and rate it later. |  | |

1. **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.

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| Graphical user interface, text, application  Description automatically generated | Graphical user interface, application  Description automatically generated |
| 1st page is showing the 6 exercises recommended to the used based on the historical data. | 2nd page is rating the exercises recommended to improve future recommendation. |

1. **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.

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| Graphical user interface, application  Description automatically generated | Graphical user interface, text, website  Description automatically generated |
| 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. |
| Graphical user interface, text, application, website  Description automatically generated | Graphical user interface, text, application  Description automatically generated |
| 3rd page showing the 6 exercises recommended to the used based on the historical data. | 4th page is rating the exercises recommended to improve future recommendation. |

1. **Muscle Building Page**

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

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| Graphical user interface, application, website  Description automatically generated | Graphical user interface, application  Description automatically generated |
| 1st page is getting user targeted muscle. | 2nd page showing the 6 exercises recommended based on past exercises |
| Graphical user interface, text, application  Description automatically generated |  |
| 3rd page is rating the exercises recommended to improve future recommendation. |  |

1. **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.

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| Graphical user interface, website  Description automatically generated | Graphical user interface, application  Description automatically generated |
| 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. |
| Graphical user interface, application, website  Description automatically generated |  | |
| 3rd page is rating the exercises recommended to improve future recommendation. |  | |

1. **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.

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| Graphical user interface, application, website  Description automatically generated | Graphical user interface, application  Description automatically generated |
| 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. |

1. **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.

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| Graphical user interface  Description automatically generated | Graphical user interface, application  Description automatically generated |
| 1st page shows other users with similar profile. | 2nd page shows exercises group |

1. **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.

Graphical user interface

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1. **Personal Data Page**

A picture containing text

Description automatically generatedThis 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.

1. **Account Data Page**

Graphical user interface

Description automatically generatedThis 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.