Trainer

1. Trainer T1 logs in and uploads a new video.
2. Trainer T1 then posts a new Intermediate advertisement. T1 then logs out.
3. User UB that is connected to the trainer logs in and can see that a new video has been uploaded by their trainer. UB logs out.
4. User UI logs in and goes to the trainer section where they can then view the advertisement from trainer T1. UI logs out.

Beginner

1. User UB logs in and views meal plans, they can only view and not upload due to their access level. User logs out.

Beginner

1. User UB logs in and goes to partner requests, they then post a new request to the page by pressing the new post button, stating what they want help in and where, they can then see their post on the page. User then logs out.

Intermediate

1. User UI logs in and views splits they then upload a new split as they have this access level. Once they have uploaded their new split it’s available to see on the page. User then logs out.

Advanced

1. User UA logs in and heads to the meal plan section of the website, they can view and also upload to this page as they have the correct access level.
2. User creates a new meal post and presses submit
3. User can then see the post on the page
4. User then logs out.

Gym User

1. Gym User GU1 logs in and heads to gym info page, here they can create new info relating to their gym.
2. Once they have uploaded this, they can see this on the gym info page, however they have made a mistake so need to update the info they do this by pressing the edit button, on a new page they can now amend what was wrong. GU1 then logs out