

Trainer manual

Quick start guide for new users

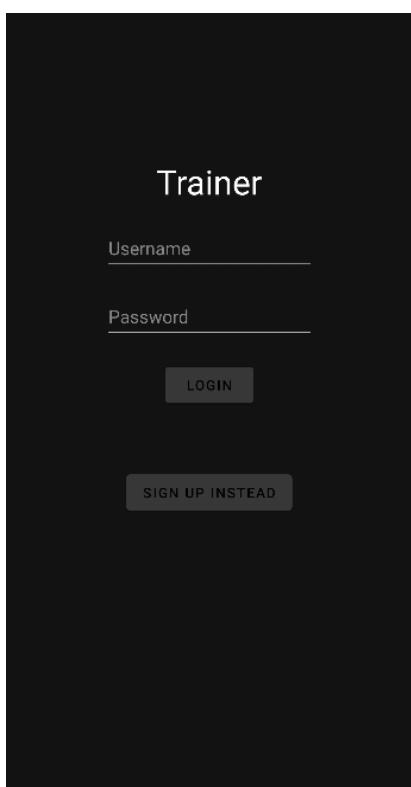
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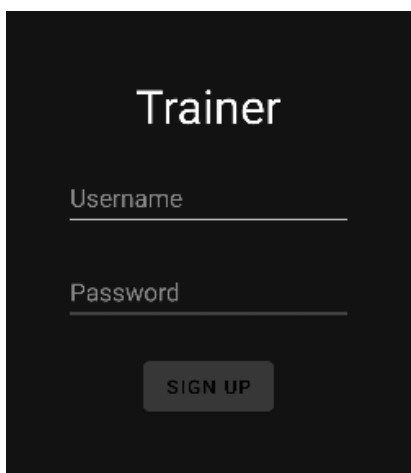
1 How to start

Trainer- app can be downloaded from the projects [GitHub](#) (1) page. After downloading the APK find it in your phones files and install it.

2 Creating a user account



When the app is opened for the first time the following screen is shown. Here a user can log in or create a new account if they don't already have one.

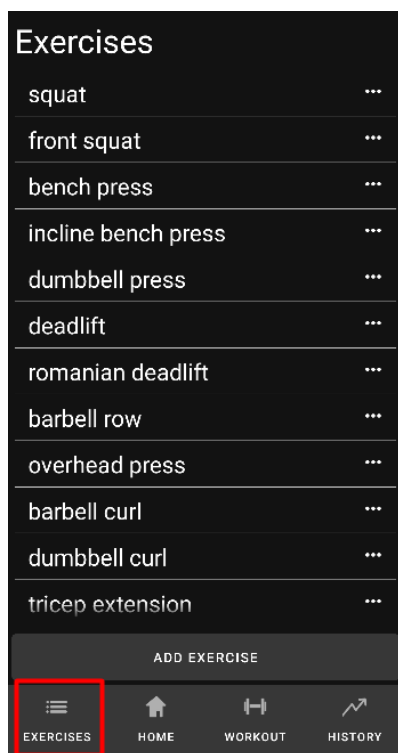


After pressing "Sign up instead" the following screen opens where a new account can be created.

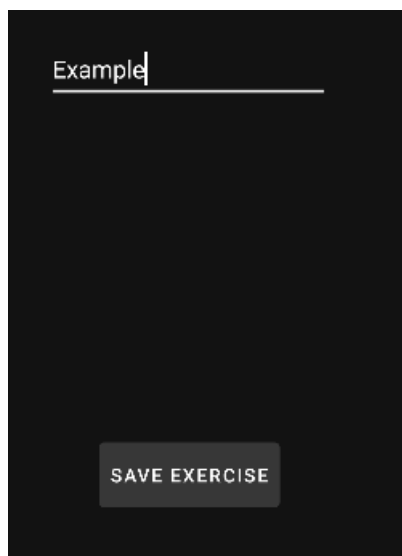
3 Exercises

In the exercises page a list of pre-created exercises can be found. There are also multiple actions relating to exercises that can be performed in this view.

3.1 Adding exercises



If the user feels that they are missing something, new exercises can be added from the “add exercise” button.



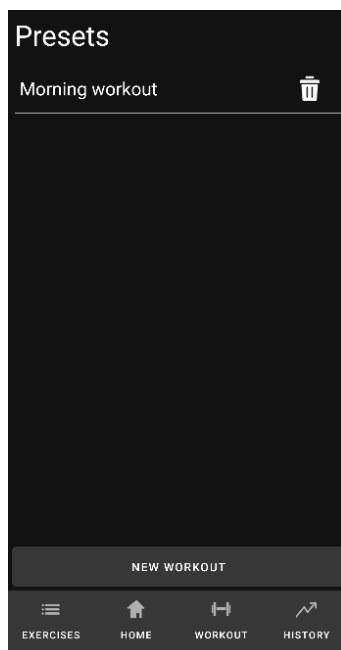
When adding a new exercise only a name is needed. After naming the wanted exercise it can be saved from the “Save exercise” button

3.2 Viewing progress



From the exercise list an exercise can be pressed to show the progress user has made in that exercise. Five latest performances are shown on the page. The chart shows the volume of the exercise. The list under the chart shows from which workout the performance is from.

4 Workouts



The workouts page will look similar to this here the user can find all the different actions relating to workouts.

Users can start a pre-saved workout by pressing on the workouts listed under the "Presets" title or start a completely new workout by pressing the "New workout" button.

4.1 Starting a new workout

Evening workout

Duration: 0 min 23 sec

squat

1 12 50.0

2 Reps Weight

ADD SET

ADD EXERCISE

CANCEL WORKOUT

END WORKOUT

When a new workout is started the user is first presented with a list of exercises. After selecting an exercise, the user wants to start with the following screen is shown.

At the top of the screen users can name their workout so it can be identified easier at a later date.

Below the title a "Duration" can be seen which counts how long the current workout has taken.

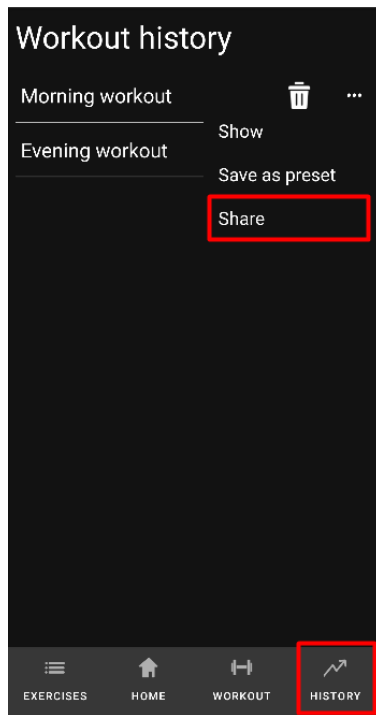
In the example screenshot there is currently a squat exercise being performed. The user can add sets to the exercise by pressing the "Add set" button or add new exercises to the workout from the "Add exercise" button.

When the workout has been completed it can be saved by the user with the "End workout" button. There is also an option to discard the workout if the user so wants with the "Cancel workout" button.

5 Workout history

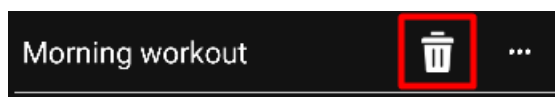
From the "History" tab the user can perform multiple actions relating to sharing and managing their workouts.

5.1 Sharing workouts



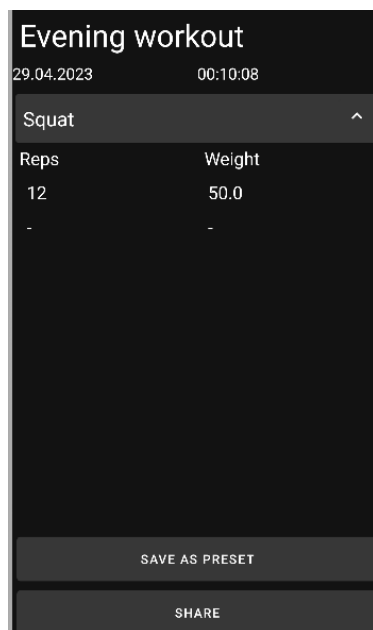
In the history tab a user can share their workouts by pressing the three dots next to the workout that they want to share and after that pressing the "Share" button. When a workout is shared it can be used by other users when they search for the user's name.

5.2 Deleting workouts



Workouts can be deleted from the trashcan icon.

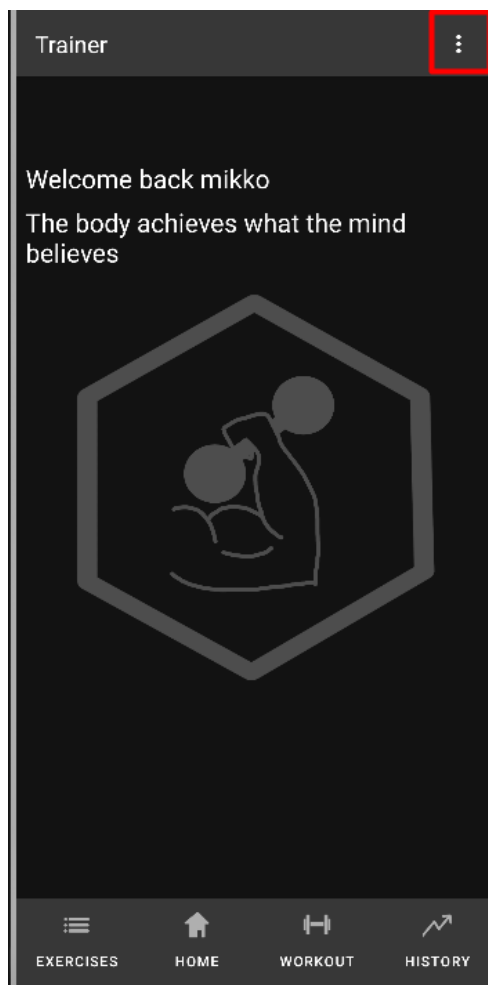
5.3 Viewing performed workouts



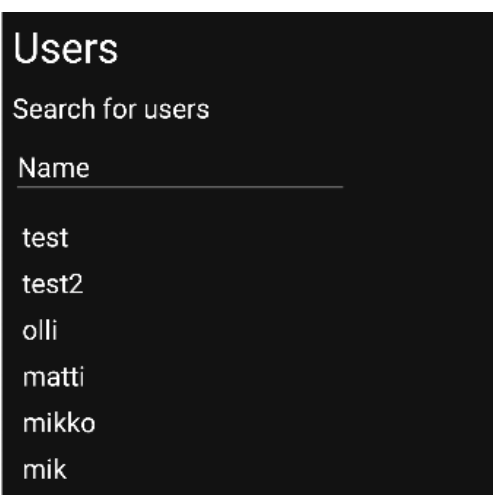
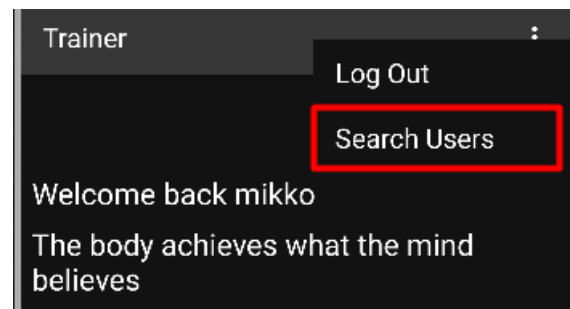
Users can view how they performed in past workouts by pressing the name of the workout in the "History" tab.

In this view the date, duration, and exercises performed can be seen. From this view the workout can be saved as a preset as well as shared to the community.

6 Community

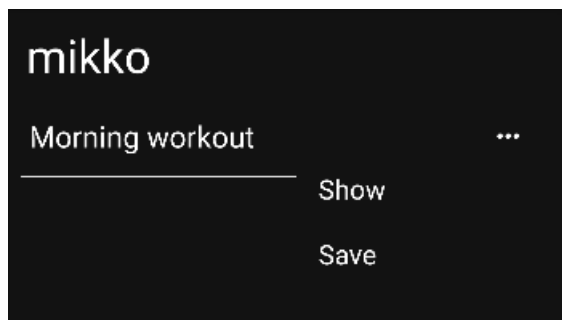


The community features can be accessed from the top navigation bar by pressing the three dots and "Search users".



From the "Search users" page all users can be found, and specific users can be searched for from the search bar.

6.1 Community workouts



When pressing on a user's name the workouts shared by the user can be seen. From here the workout can be viewed or it can be saved to the user's own presets for them to use.

7 References

1. <https://github.com/JoonasMV/Trainer>