User Manual for Barbell Track

BBTrack

What gets measured, gets managed..
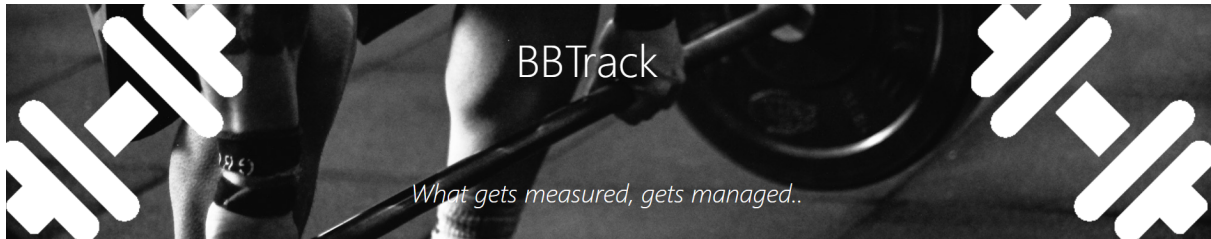
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1. *General Information*

1.1 **System Overview**
Barbell Track is a web app that is capable of recognizing and tracking the end of a barbell through either live video recording, or uploaded video. After analysing the video Barbell Track gives the user their customised rpe values whilst keeping track of the user's progress. The application is also capable of critiquing the users form.

1.2 **Organization of Manual**
The user's manual is split into 3 sections. First section is *General Information* which has the sub headings *Systems Overview* and *Organization of Manual.* Second section is *Getting Started* which has the sub headings *Registering* and *Logging In*. Third section is *Using the System* which has the sub headings *Upload/Record* , *Stash* and *Logging Out*

2. *Getting Started*

2.1 **Registering**

When the user loads the homepage successfully they must register before they can use the features of the application. To register the user must simply click the *Register* button.

Once the *Register* button is clicked, the user is sent to the register page where they will fill in their information and when done will click the *Create Account* button.

2.1 Logging In

When the user loads the homepage and presses the *Login* button they will be sent to the login page.

User must use the data they used to register to login

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3. *Using The System*

3.1 Upload/Record Video

To upload a video simply click the Capture Video button.

This will lead you to the picker page where you will have the option to select the colour of the tracking paper and your type of lift.

After the user chooses their colour and lift, the *Select* button will lead them to the recordorupload page

To upload a video, the user must press the *Upload File.*
To Record a video, the user can simply press the *Record.* This leads them to the video page where the user can start, end and save their video.

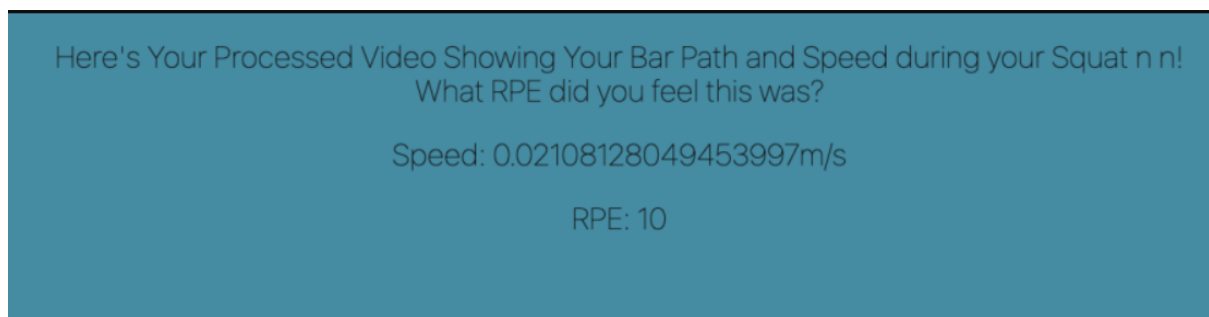Once the video is saved, the user will be prompted to enter their RPE values to submit on the left hand side.

On the right side of the page information on the processed video will be displayed for the user.

Once the user submits their RPE value, a page showing the users video and their very own customised RPE chart will be displayed. Here the user will have the option to see the body tracking of the video uploaded.

Once the user clicks the Body Tracking button, the bodytracking page will be shown.

3.2 Stash

Stash allows the user to check their saved videos. If a user wants to check a saved video they must press the *Stash* button in the header of the homepage.

This will lead them to the stash page where they can view their saved videos. For example a link will be shown on the left side of the page which contains their saved video.
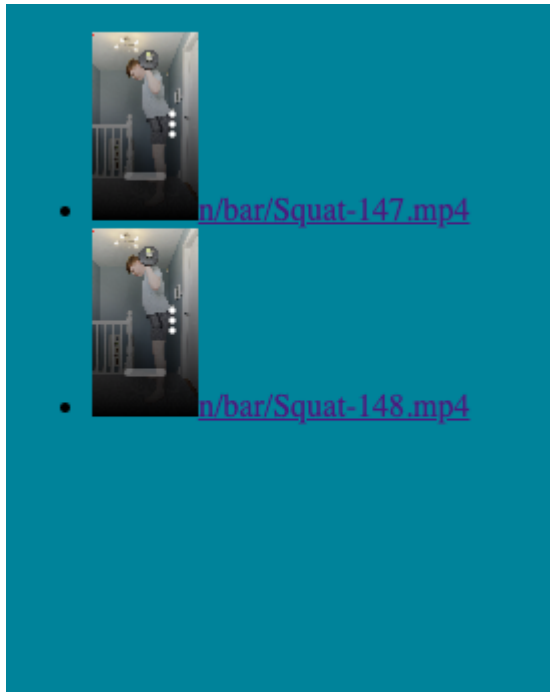
When the user clicks a video they will be sent to another page where more information on their clicked video will be readily available.

3.3 **Logging Out**

To log out of your account or exit out of the application you will need to press the Logout button found on the header of the page.