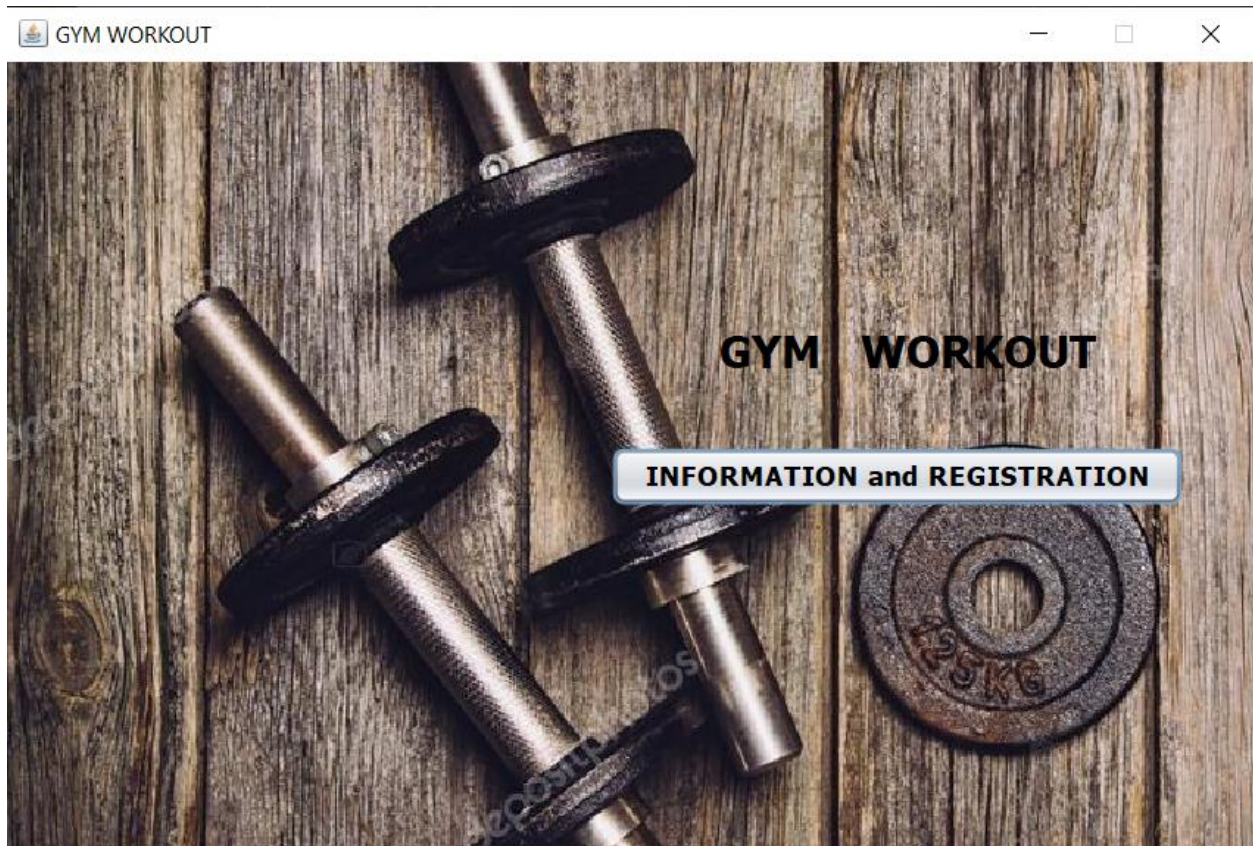


GYM WORKOUT

Hey, user this is a guide on using this application. So, following are the work of various buttons in this application.

This is the home page.



There is a button name information and registration which when you click, you enter to the frame which contains information and gives an opportunity of adding information and the frame is shown below.

Information and Registration

File ? Help

Name	Gender	Training Session	Products	Time	Price
David Gurung	Male	Medium Training	Push up, Dumbbell, Squat	30	1000
Rabina Thapa	Female	Light Training	Pull up, Barbell	40	4000
Kishor karki	Male	Heavy Training	Bench press, Wrightlifting, Dead lift	60	2000
Hira KC	Female	Stamina Training	Trademill	20	5000
Rupesh Shahi	Male	SPA	Steam bath, Sauna	70	3000

Home

Light Training

Search Detail

price

Search Accessories

Full Name

Gender

Male Female

Training Session

Medium training

Products

Push up Dumbbell Bench press Dead Lift Sauna Trademill Bar bell

Time

Price

Add Clear

How to add?

- First fill all the information such as name, gender, training session, products, time and price.
- Then click on add button.
- A message box of success will appear
- Then your information will appear in the table.

Clear button?

- This button clear the information which you have filled in order to add.

Here if you press the home button you will enter to homepage.

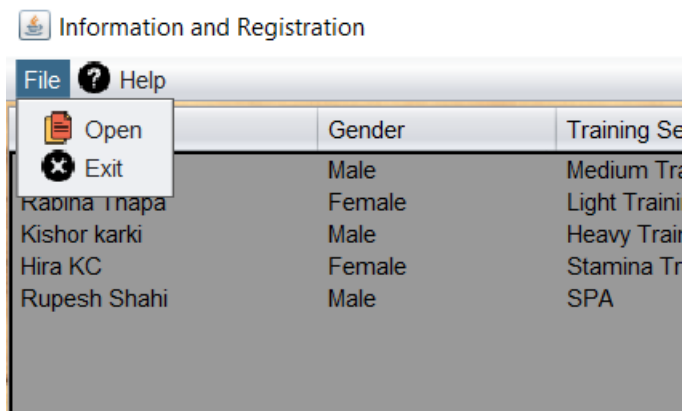
Menu Bar?

If you want to open a file and insert the value in the table:

- Click on the file option in menu bar.
- Click on open.
- A message of success will be delivered.
- Then, you can see the value in the table.

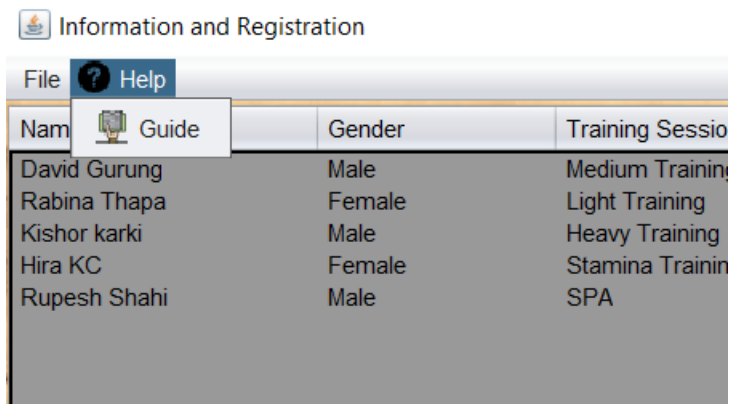
Also, to exit the application:

- Click on exit.



And, if you want to visit this pdf of guide again:

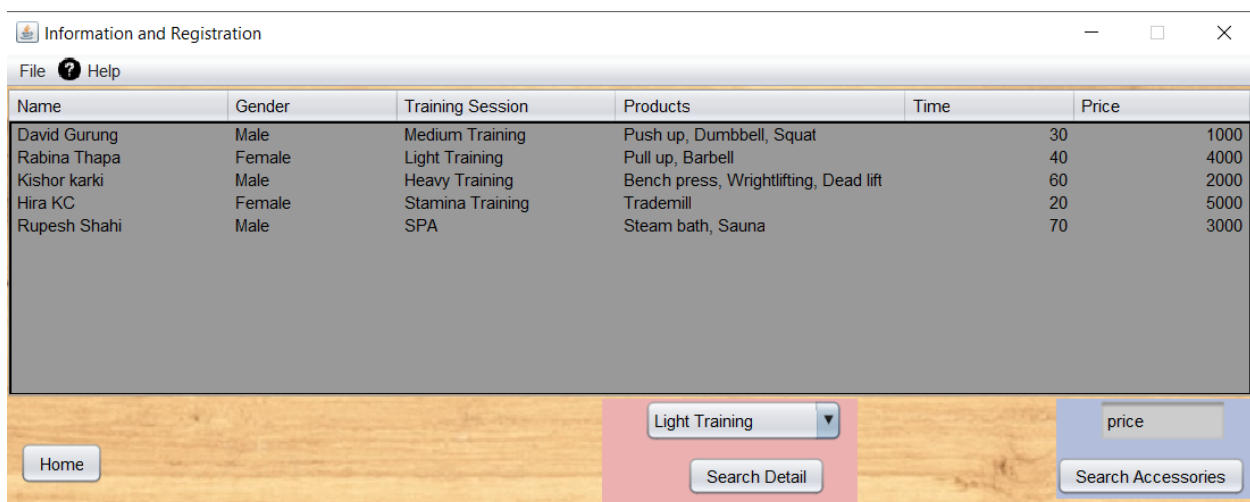
- Click on help option in menu bar.
- Click on Guide.



Work of Search Detail button?

If you want to get the name of the people who have done a particular training session.
Then,

- Select the training session from the combo Box.
- Click on the Search Product.
- A message box will appear with the name of the people for select a particular training session.



The screenshot shows a web application window titled "Information and Registration". It features a table with training session details and a search interface at the bottom.

Name	Gender	Training Session	Products	Time	Price
David Gurung	Male	Medium Training	Push up, Dumbbell, Squat	30	1000
Rabina Thapa	Female	Light Training	Pull up, Barbell	40	4000
Kishor karki	Male	Heavy Training	Bench press, Wrightlifting, Dead lift	60	2000
Hira KC	Female	Stamina Training	Trademill	20	5000
Rupesh Shahi	Male	SPA	Steam bath, Sauna	70	3000

Below the table, there is a search interface with a dropdown menu set to "Light Training", a "Search Detail" button, and a "Search Accessories" button. A "Home" button is also visible on the left.

Work of Search Accessories button?

Similarly, if you want to get the product present based on the price. Then,

- Enter the price.
- Click on Search Accessories.
- If the price is in the table then
- The item will be displayed in the message box.
- Else, message of re-enter price will be displayed.

Name	Gender	Training Session	Products	Time	Price
David Gurung	Male	Medium Training	Push up, Dumbbell, Squat	30	1000
Rabina Thapa	Female	Light Training	Pull up, Barbell	40	4000
Kishor karki	Male	Heavy Training	Bench press, Wrightlifting, Dead lift	60	2000
Hira KC	Female	Stamina Training	Trademill	20	5000
Rupesh Shahi	Male	SPA	Steam bath, Sauna	70	3000

Home Light Training Search Detail price Search Accessories