

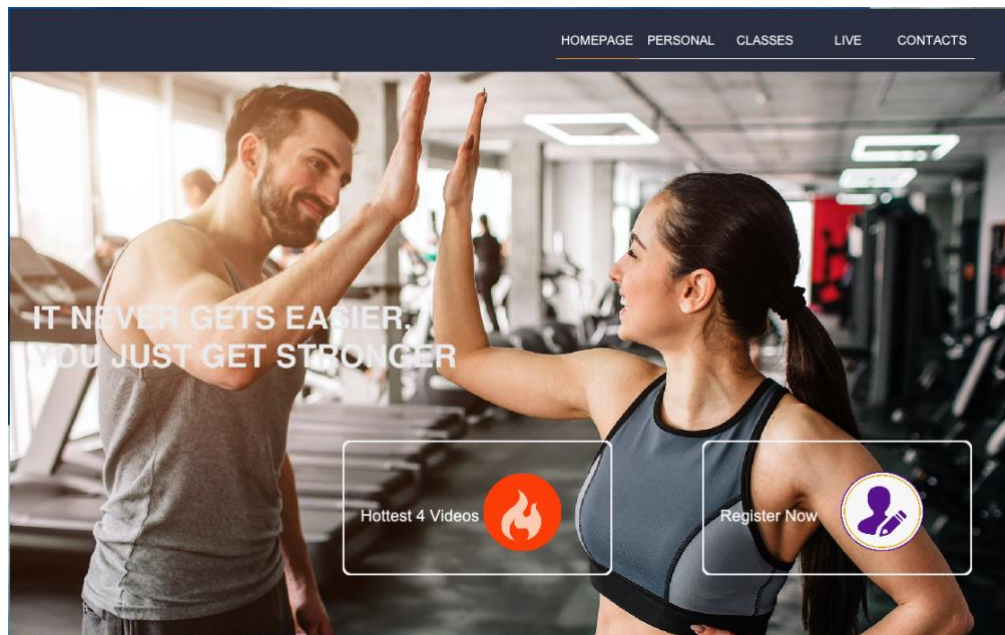
User Manual of a Digital Gym System

Group 105

Our software contains mainly 5 pages: Homepage, Personal, Classes, Live and Contact. It is a standard-alone application without database. The followings are the instructions about how to use the software.

1. Register System

- ① The page showed below is Homepage.
- ② Click the button “Register Now” and you can register.



- ① The page showed below is Register Page.
- ② After entering the information, click “Register”. If the password does not meet the specification, you will be prompted.

[Back](#)

Password should be more than 6 digits and contains at least one number and one letter

Gender	Email
<input type="text" value="M"/>	<input type="text" value="123@qq.com"/>
DateOfBirth	Password
<input type="text" value="1997-01-06"/>	<input type="text" value="12345"/>
Name	
<input type="text" value="Tom"/>	
Age	
<input type="text" value="24"/>	
PhoneNo	
<input type="text" value="13523459876"/>	<input type="button" value="Register"/>

③ If the input information meets the format requirements, the registration is successful.

Back

Register Success!

Gender

M

DateOfBirth

1997-01-06

Name

Tom

Age

24

PhoneNo

13523459876

Email

123@qq.com

Password

A12345678

Register

2. Login system

- ① The page showed below is the Login page.
- ② To log in to the system, you need to enter your account Email address and password, here are two accounts for testing, one is customer account: 1@qq.com, password: 1234; another is coach account: 2@qq.com, password: 123.
- ③ After entering the correct account information, you need to click the login button to log in to the system.

HOME PAGE

PERSONAL

CLASSES

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CONTACTS

Welcome Back

Login To Your Account

Account

Password

Login


3. Personal Module

3.1 Personal Module for client

1. My Membership Section

- ① The page showed below is the My Membership section of Personal module after login.
- ② In My Membership section, you can change your personal information such as name, gender, etc. When you have finished modifying the information, click the Save button to save the changed information.
- ③ On the top of this page, there are three icons representing account balance, membership level, and VIP expiration date in turn.
- ④ Moreover, you can top up your account by clicking on the money icon at the top of this page.

HOME PAGEPERSONALCLASSES LIVECONTACTS



Natalie Victor

My Membership

My Booked LiveSession

My Video History


My Favorite Video

My Emails

Sign Out


Total Balance

3460




User Level

3



VIP Expire time

2021-05-16



Name

Natalie Victor

Gender

F

Email

1@qq.com

Phone Number

078 5938 1631

Save

Navigation: [HOMEPAGE](#) [PERSONAL](#) [CLASSES](#) [LIVE](#) [CONTACTS](#)

Natalie Victor

My Membership

My Booked LiveSession

My Video History

My Favorite Video

My Emails

[Sign Out](#)

Total Balance: 116958

User Level: 3

VIP Expire time: 2021-05-16

Name: 1000

Gender: F

Email: 1@qq.com

Phone Number: 078 5938 1631

[Cancel](#) [Charge](#) [Save](#)

⑤ There is a Sign Out button in the lower-left corner of the interface. Click this button to log out of the system.

Navigation: [HOMEPAGE](#) [PERSONAL](#) [CLASSES](#) [LIVE](#) [CONTACTS](#)

Natalie Victor

My Membership

My Booked LiveSession

My Video History

My Favorite Video

My Emails

[Sign Out](#)

Total Balance: 116958

User Level: 3

VIP Expire time: 2021-05-16

Name: Natalie Victor

Gender: F

Email: 1@qq.com

Phone Number: 078 5938 1631


[Save](#)

[HOMEPAGE](#) [PERSONAL](#) [CLASSES](#) [LIVE](#) [CONTACTS](#)

Welcome Back

Login To Your Account


Login



2. My Booked Live Session Section

- ① The page showed below is My Booked Live Session section of Personal module.
- ② On this page, you can see all the live sessions you have booked before.
- ③ You can search the live session with a specific category and condition by selecting the check box and clicking the apply change button at the top of this page.

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Natalie Victor


- My Membership
- My Booked LiveSession
- My Video History
- My Favorite Video
- My Emails

Sign Out

Category ☒ Bicycle Training ☐ HITT ☐ Flexibility ☐ Yoga ☐ Strength ☐ WeightLoss

Expired ☐ Yes ☐ No

Apply Change



Start: 2021-01-02 09:00:00

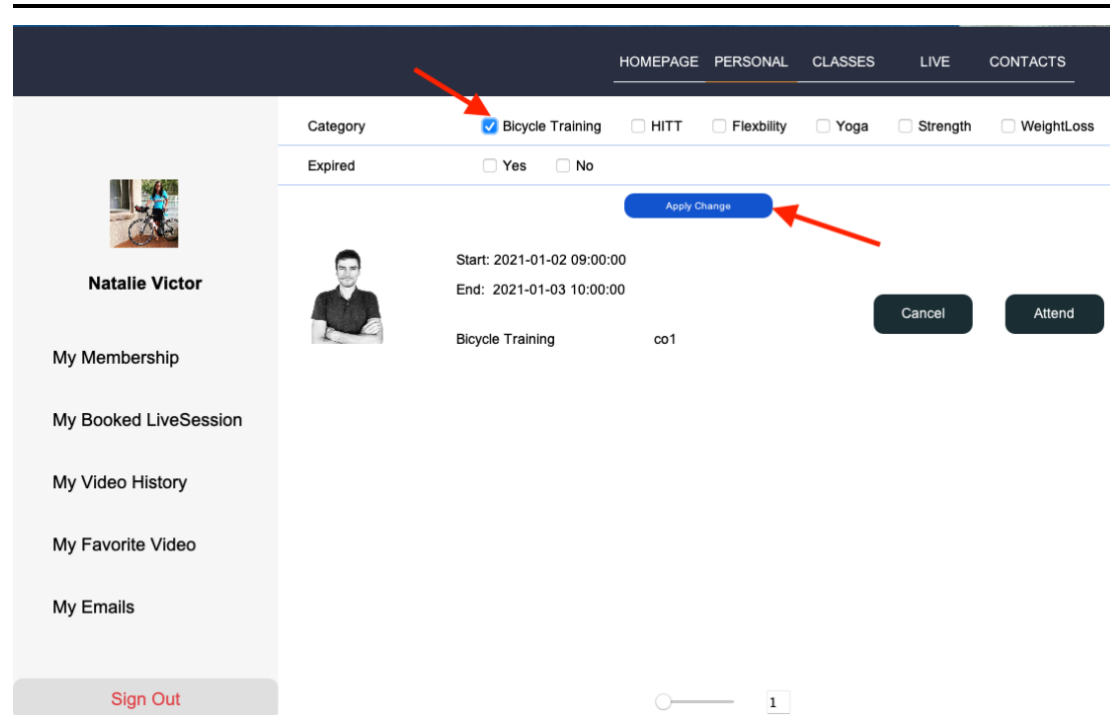
End: 2021-01-03 10:00:00

Bicycle Training co1

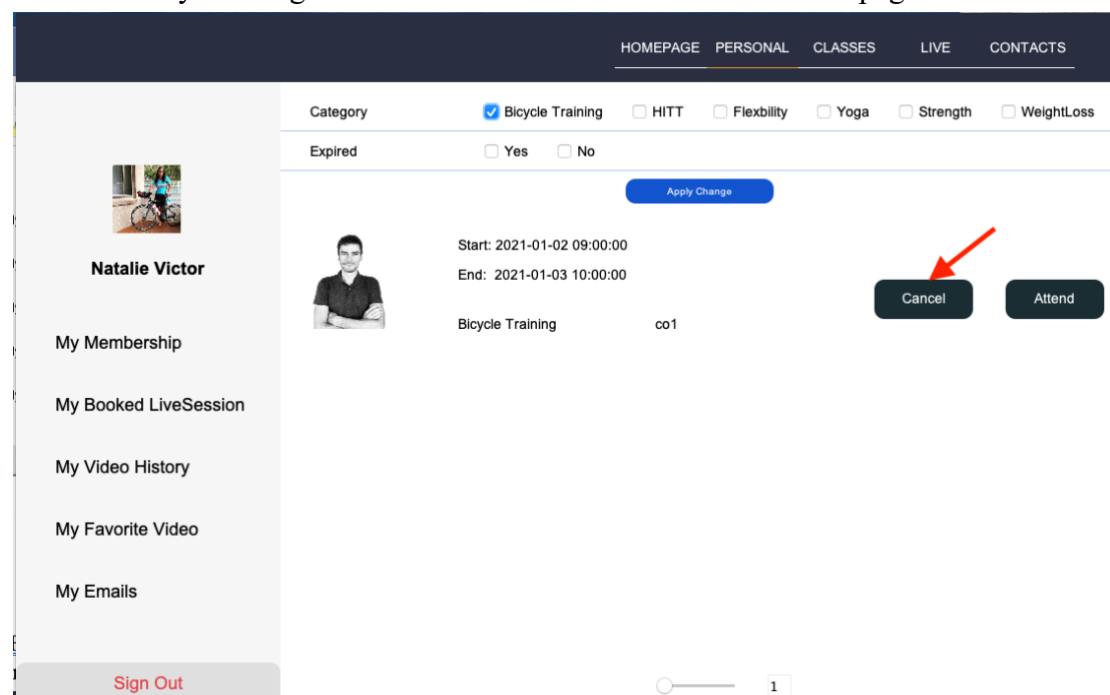
Cancel

Attend

5




④ For each class booked, you can choose to attend the class or cancel your reservation by clicking the Attend button or Cancel button on this page.



Cancel Success.

MEPAGE PERSONAL CLASSES LIVE CONTACTS



Natalie Victor

My Membership

My Booked LiveSession

My Video History

My Favorite Video

My Emails

Sign Out

Category

☐ Bicycle Training
 ☐ HITT
 ☐ Flexibility
 ☐ Yoga
 ☐ Strength
 ☐ WeightLoss

Expired

☐ Yes
 ☐ No


Apply Change

1

3. My Video History Section

- ① The page showed below is My Video History section of Personal module.
- ② On this page, you can view all the videos that you have watched before.
- ③ To watch these videos again, you can click the image of each video, and then you will step into the Video playback page.

HOMEPAGE PERSONAL CLASSES LIVE CONTACTS



Natalie Victor

My Membership

My Booked LiveSession


My Video History

My Favorite Video

My Emails

Sign Out

yoga training tutorial 1




100

1001

9.2

Yoga

HITT training tutorial 3




100

751

8.4

HITT

strength training tutorial 3




125

1081

8.8

Strength

weight loss training tutorial 1



150

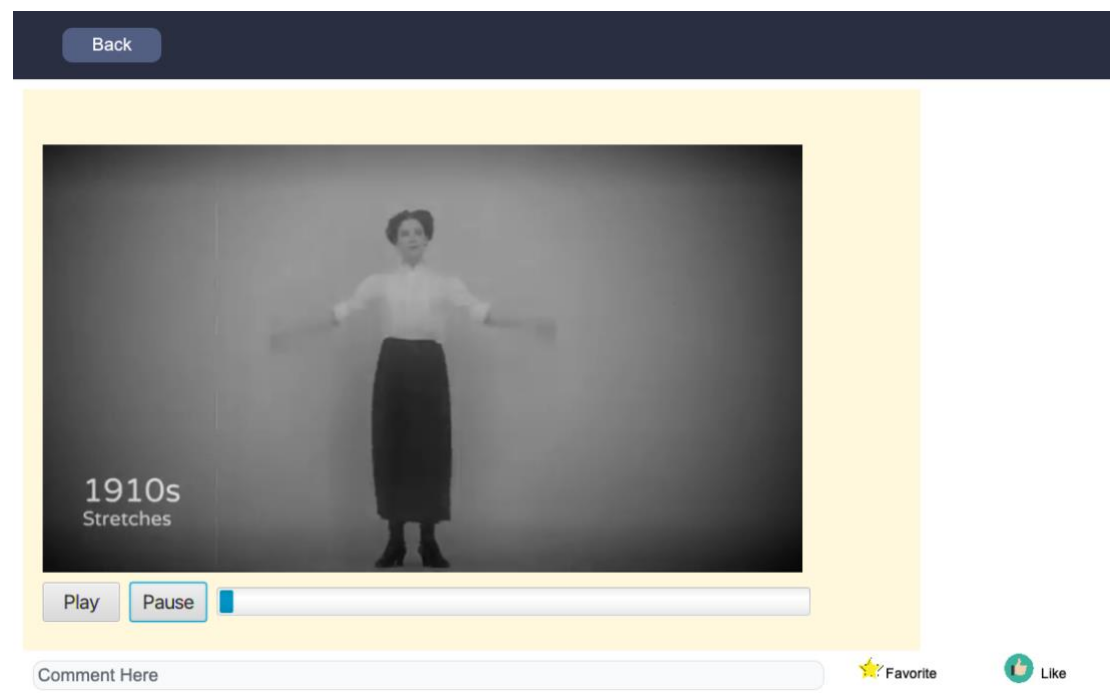
601

8.2

Weight Loss

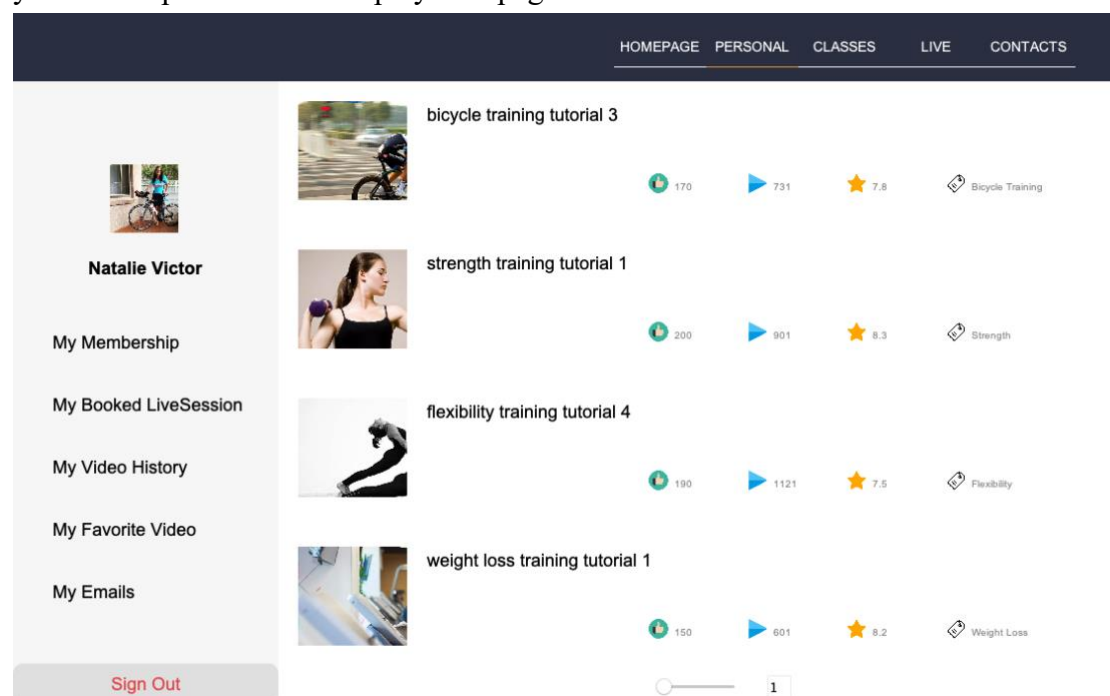
1

7



4. My Favorite Video Section

- ① The page showed below is My Favorite Video section of Personal module.
- ② On this page, you can check out all your favorite videos.
- ③ To watch your favorite videos, you can click the image of each video, and then you will step into the Video playback page.




HOME PAGE

PERSONAL


CLASSES





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Natalie Victor
My Membership
My Booked LiveSession
My Video History
My Favorite Video
My Emails
[Sign Out](#)








bicycle training tutorial 3
 170  731  7.8  Bicycle Training








strength training tutorial 1
 200  901  8.3  Strength




flexibility training tutorial 4
 190  1121  7.5  Flexibility



weight loss training tutorial 1
 150  601  8.2  Weight Loss

 1


[Back](#)




1910s
Stretches

Play

Pause

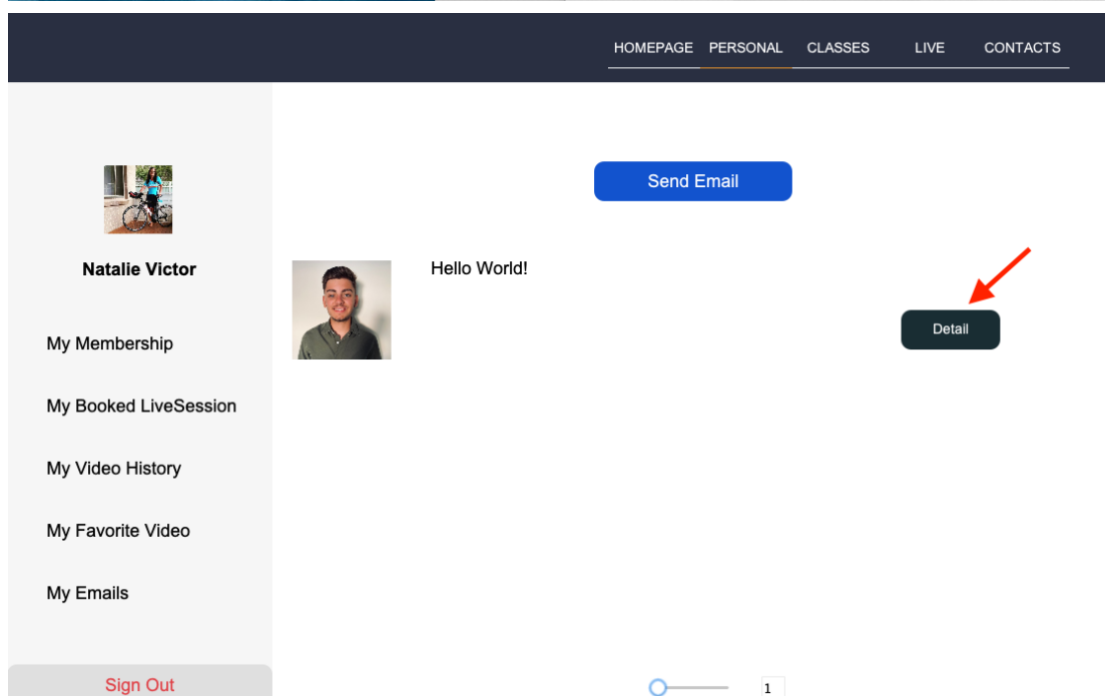
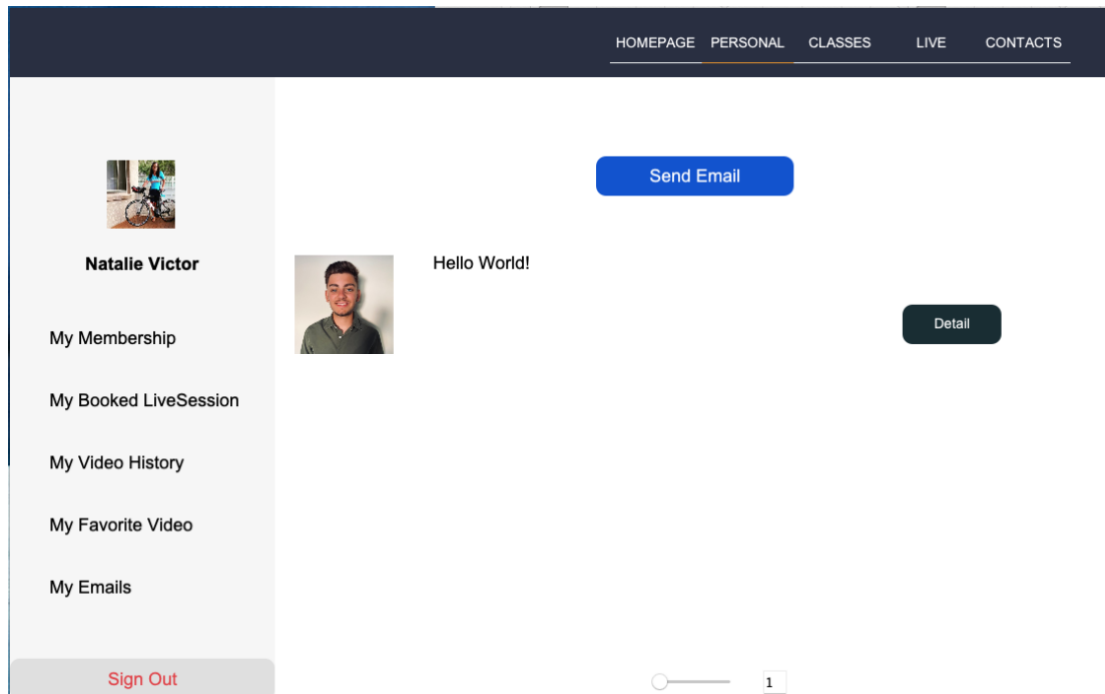
 Favorite

 Like

9

5. My Emails Section

- ① The page showed below is My Emails section of Personal module.
- ② On this page, you can browse all the emails you receive from other users in the system.
- ③ To check the details of the email, you can click the Detail button on this page.



[Back](#)


To
cs1


From
cs2

Mail Content
Hello world!


④ To send emails to other users, you can click the Send Email button, and then you can edit your email content in the text field.

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**Natalie Victor**
[My Membership](#)
[My Booked LiveSession](#)
[My Video History](#)
[My Favorite Video](#)
[My Emails](#)
[Sign Out](#)

**Hello World!**
[Detail](#)

[Send Email](#)



1

⑤ When you finish editing and ready to send this email, you can click the Send button.

Back

To

cs2

Send

Mail Content

Hello world! Nice to meet you!

Back

Send Success!

To

cs2

Send

Mail Content

Hello world! Nice to meet you!

3.2 Personal Module for coach

1. My Membership Section

- ① The page showed below is the My Membership section of Personal module after coach login
- ② In My Membership section, you can change your personal information such as name, gender, etc. When you have finished modifying the information, click the Save button to save the changed information.


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DB

My Membership

My Teaching LiveSession

My Emails

Sign Out

Name

DB

Gender

M

Email

2@qq.com

Phone Number

070 4964 0648

Save

2. My Teaching Live Session Section

- ① The page showed below is My Teaching Live Session section of Personal module.
- ② On this page, you can see all the live sessions you are going to teach.
- ③ You can search the live session with a specific category and condition by selecting the check box and clicking the apply change button at the top of this page.
- ④ To teach a live session, you can click the Attend button on this page.

Category ☒ Bicycle Training ☐ HITT ☐ Flexibility ☐ Yoga ☐ Strength ☐ WeightLoss

Expired ☐ Yes ☐ No

Apply Change

	Start: 2021-01-02 09:00:00 End: 2021-01-03 10:00:00	Bicycle Training	co1	Attend
	Start: 2021-01-09 11:00:00 End: 2021-01-09 11:30:00	Bicycle Training	co1	Attend
	Start: 2021-01-23 11:00:00 End: 2021-01-23 11:30:00	Bicycle Training	co1	Attend

Sign Out

Category ☒ Bicycle Training ☐ HITT ☐ Flexibility ☐ Yoga ☐ Strength ☐ WeightLoss

Expired ☐ Yes ☐ No

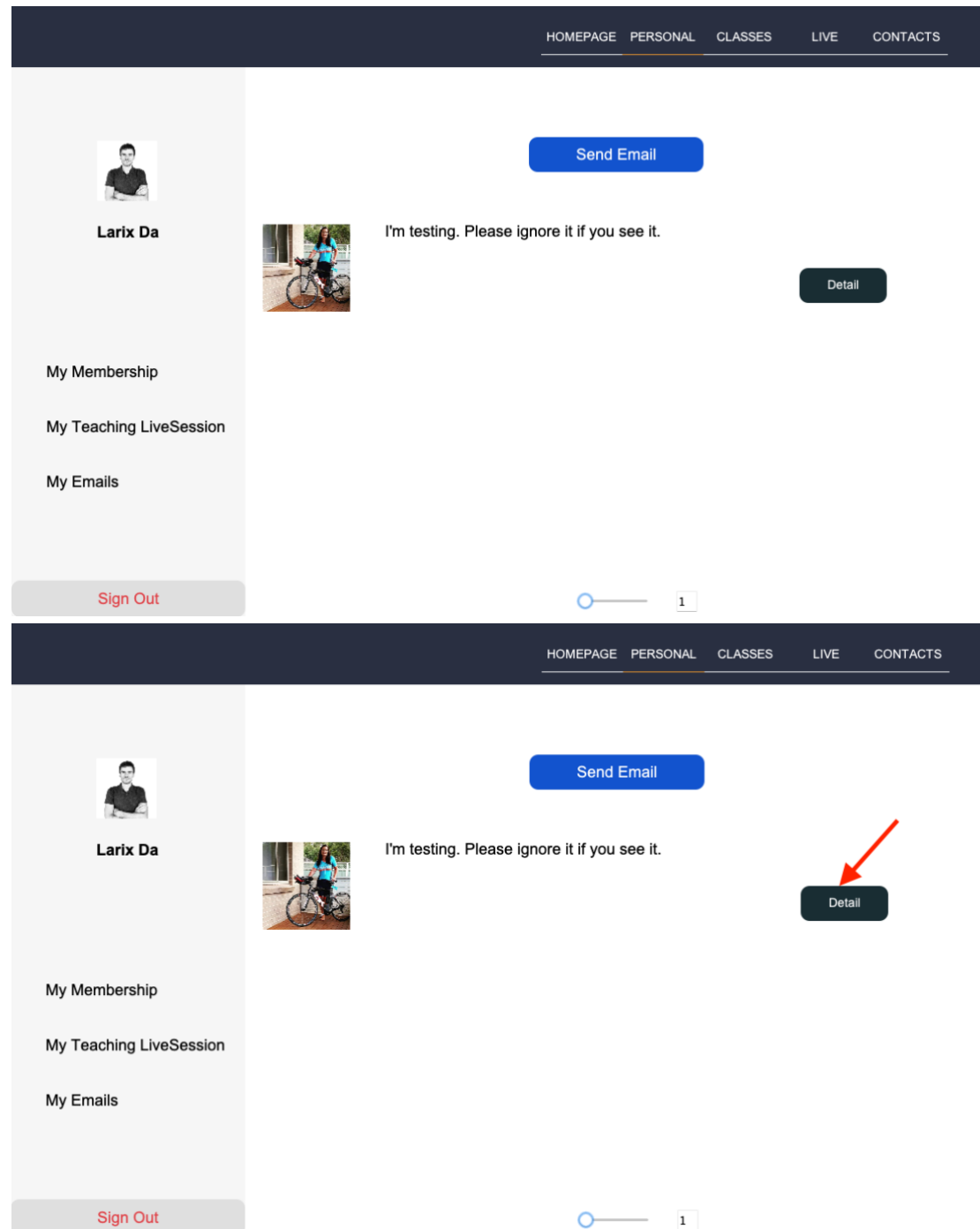
Apply Change

	Start: 2021-01-02 09:00:00 End: 2021-01-03 10:00:00	Bicycle Training	co1	Attend
	Start: 2021-01-09 11:00:00 End: 2021-01-09 11:30:00	Bicycle Training	co1	Attend
	Start: 2021-01-23 11:00:00 End: 2021-01-23 11:30:00	Bicycle Training	co1	Attend

Sign Out

3. My Emails Section

- ① The page showed below is My Emails section of Personal module.
- ② On this page, you can browse all the emails you receive from other users in the system.
- ③ To check the details of the email, you can click the Detail button on this page.



- ④ To send emails to other users, you can click the Send Email button, and then you can edit your email content in the text field.

[Back](#)

To
[Send](#)

Mail Content

Hello buddy!
Nice to meet you!

[Back](#)

To
[Send](#)

Mail Content

Hello buddy!
Nice to meet you!

[Back](#)[Send Success!](#)

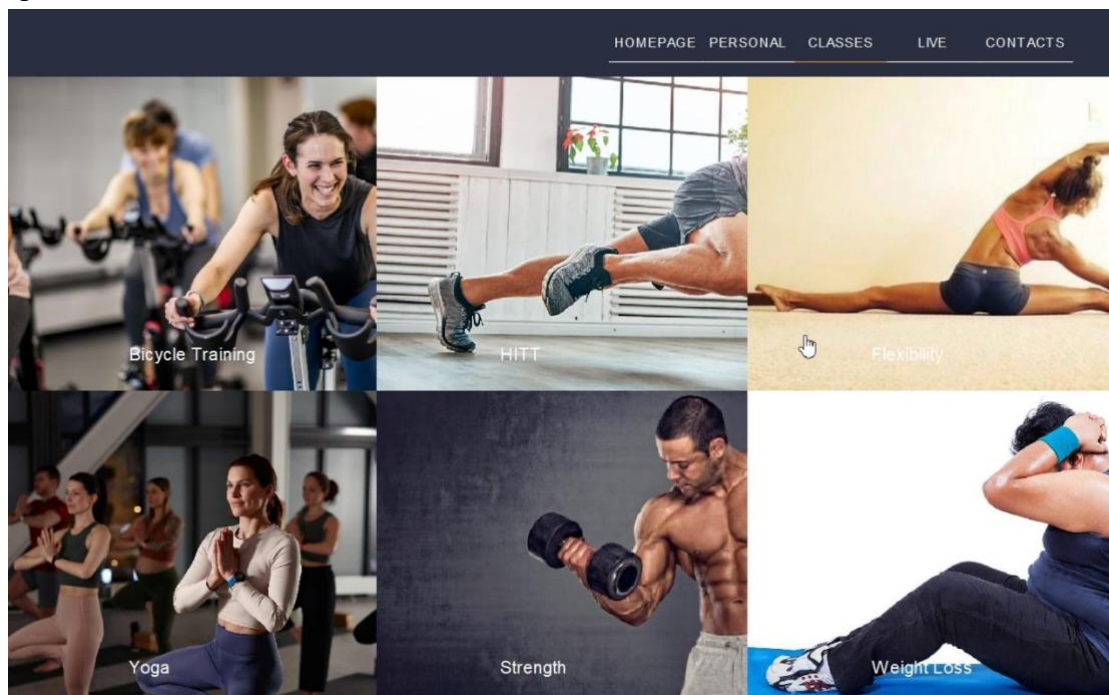
To
[Send](#)

Mail Content

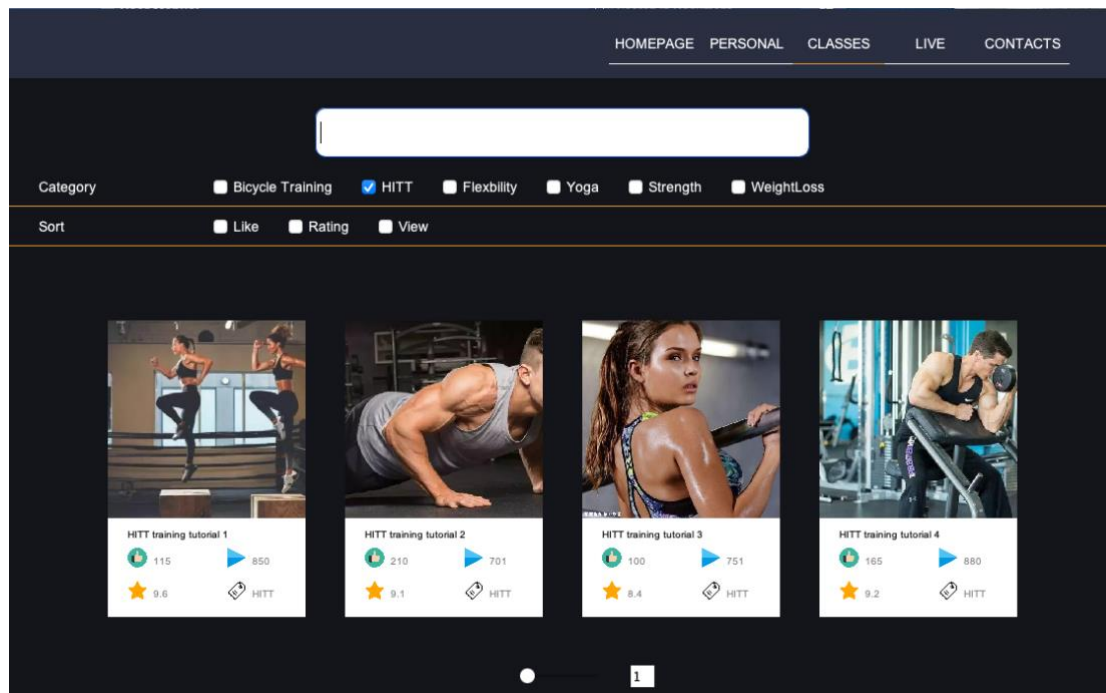
Hello buddy!
Nice to meet you!

4.Classes

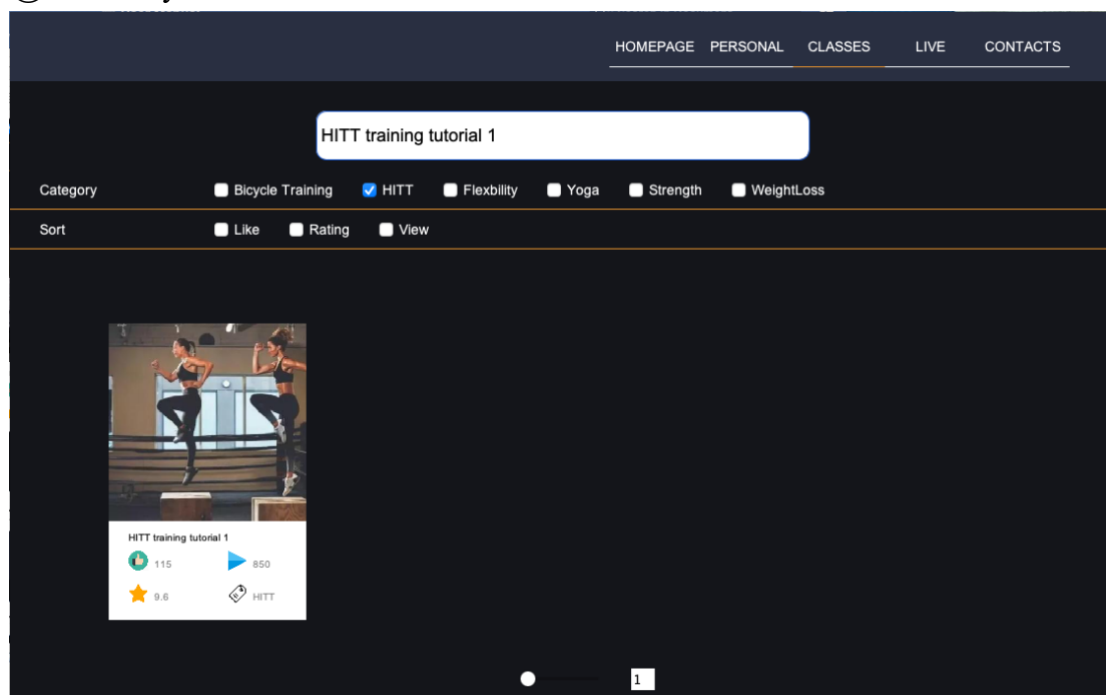
① The page showed below is Classes, click the picture and you can go to the specific class.



② Each class contains corresponding courses. You can see the number of likes, plays and ratings of each course. Click the course picture and you can enter the course playing interface.



③ Enter keywords to search.



- ④ Click “Favorite” and this video will add to your favourite list.

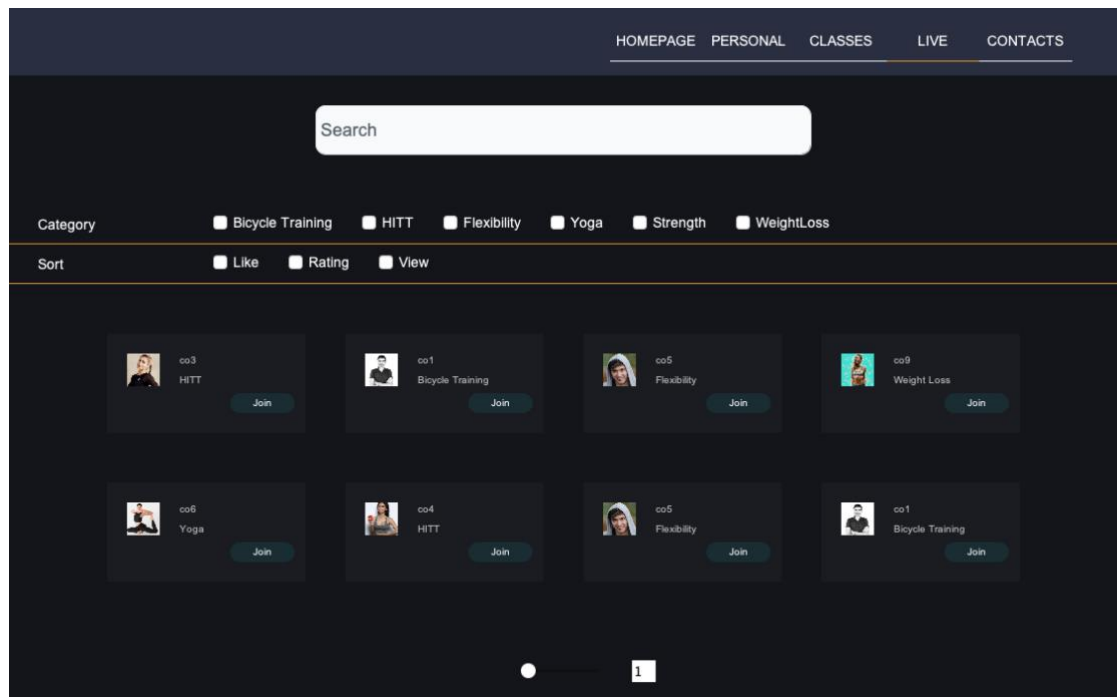


- ⑤ You can enter a comment in the comment box.

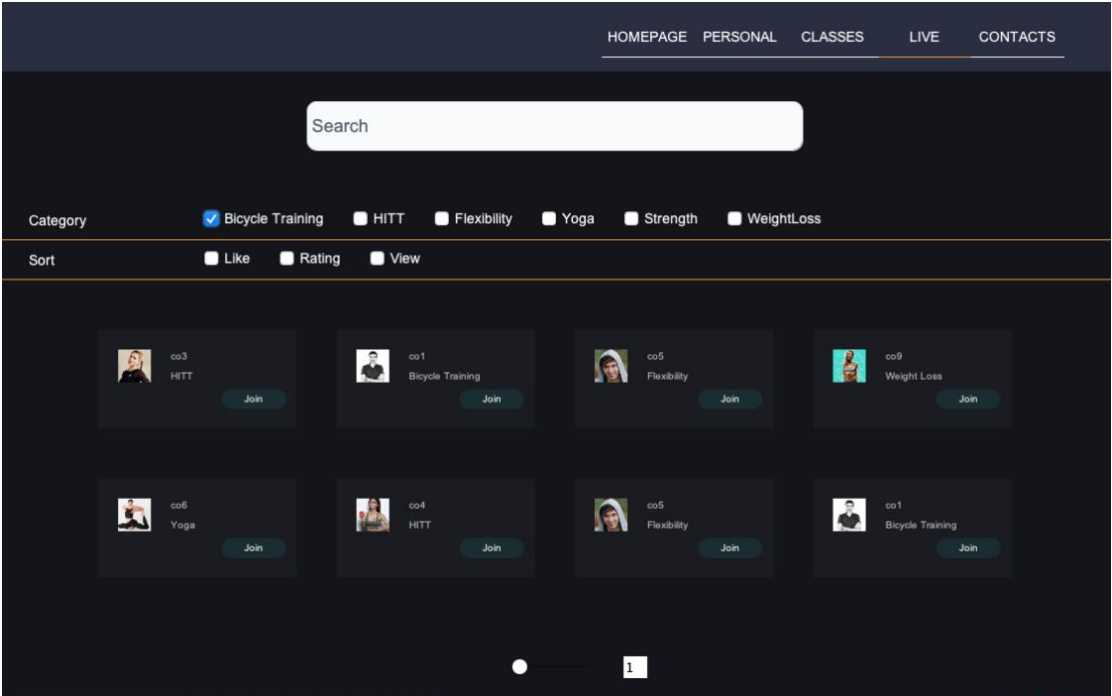


5.Live Session Module

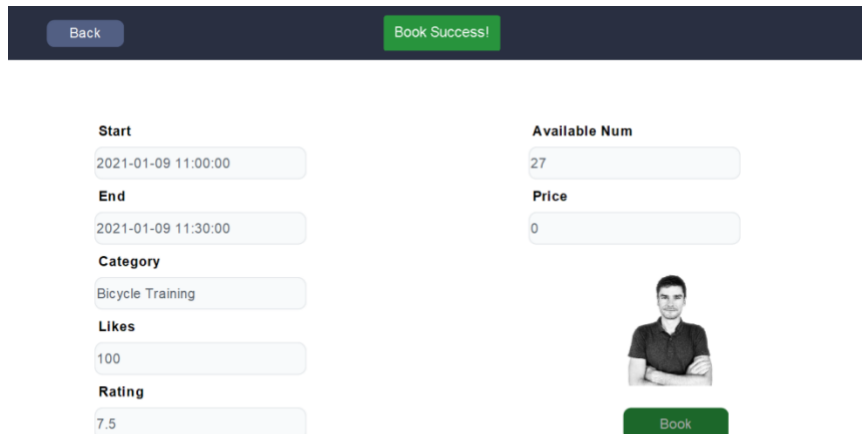
① Customer can see the overall live session available list on the live session module.



② By searching the keyword, ticking the category option box and ticking the sorting selection box, customers can see the live session of their interest.

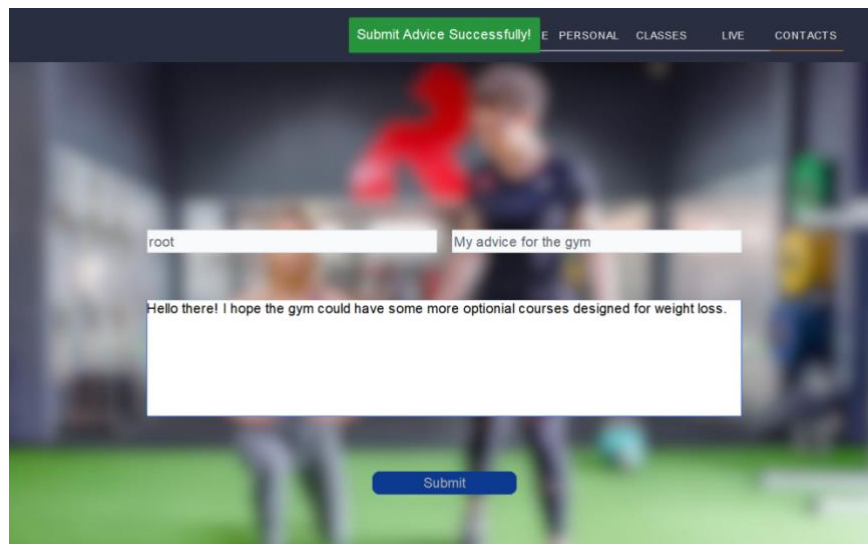


- ③ By clicking the related coach icon, customers can see the detailed information of the specified live session.



6.Contact Module

- ① This module is for customers to get in touch with their friends in the gym, their coaches, and the administrators as well. For example, customers can give advice to the gym by sending an email to the admin.



7.Management System

- ① Administrators can add or modify a live session in this page.


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Kayne


Membership Management

Video Management

Live Session Management


Advice

Sign Out




Email: 123@qq Subject: 122 Advice: 12223

Detail



Email: 11 Subject: 233 Advice: 12222

Detail



Email: root Subject: My advice for the gym Advice: Hello there! I hope...

Detail


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Kayne

Membership Management

Video Management


Live Session Management

Advice


Sign Out

Monthly Income

4




Add Session




Start: 2021-01-02 11:00:00
End: 2021-01-02 11:30:00
HITT co3

Modify



Start: 2021-01-02 09:00:00
End: 2021-01-03 10:00:00
Bicycle Training co1

Modify



Start: 2021-01-04 08:30:00
End: 2021-01-04 09:30:00
Flexibility co5

Modify

② Details can be changed by clicking the modify. Administrators can also delete a live session by clicking the delete button.

2

Back

Start

2021-01-02 11:00:00

End

2021-01-02 11:30:00

Category

HITT

Likes

80

Rating


9.2

Available Num

10

Price

2




Delete

Save

③ Administrators can see the advices from all the users in the Advice section.

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Kayne


Membership Management

Video Management

Live Session Management


Advice

Sign Out




Email: 123@qq Subject: 122 Advice: 12223

Detail



Email: 11 Subject: 233 Advice: 12222

Detail



Email: root Subject: My advice for the gym Advice: Hello there! I hope...

Detail

2

[Back](#)**To**

Admin

From

cs1

Mail Content

Email: root

Subject: My advice for the gym

Advice: Hello there! I hope the gym could have some more optional courses designed for weight loss!

8.Exit System

Enter Ctrl + C in the command line.