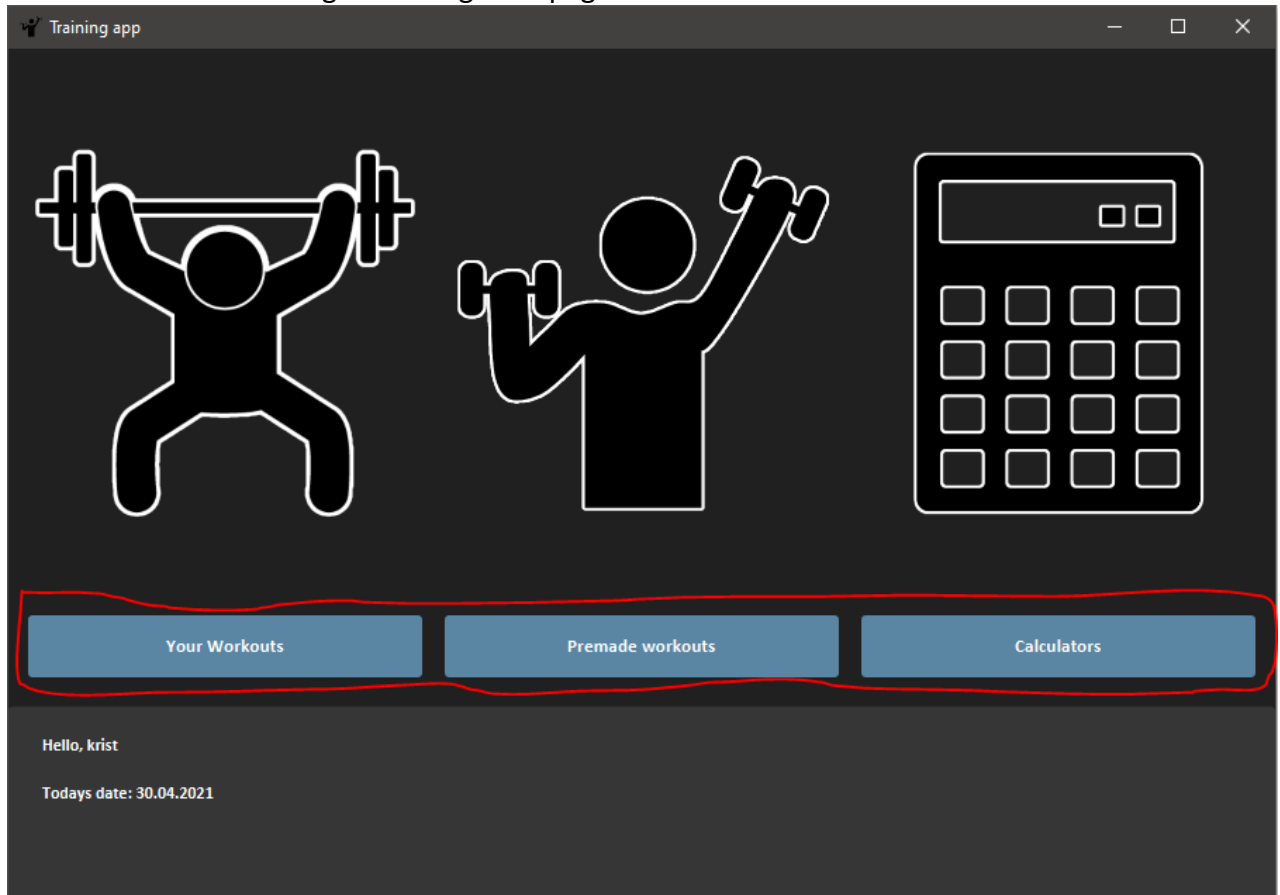


# User manual:

## Home page:

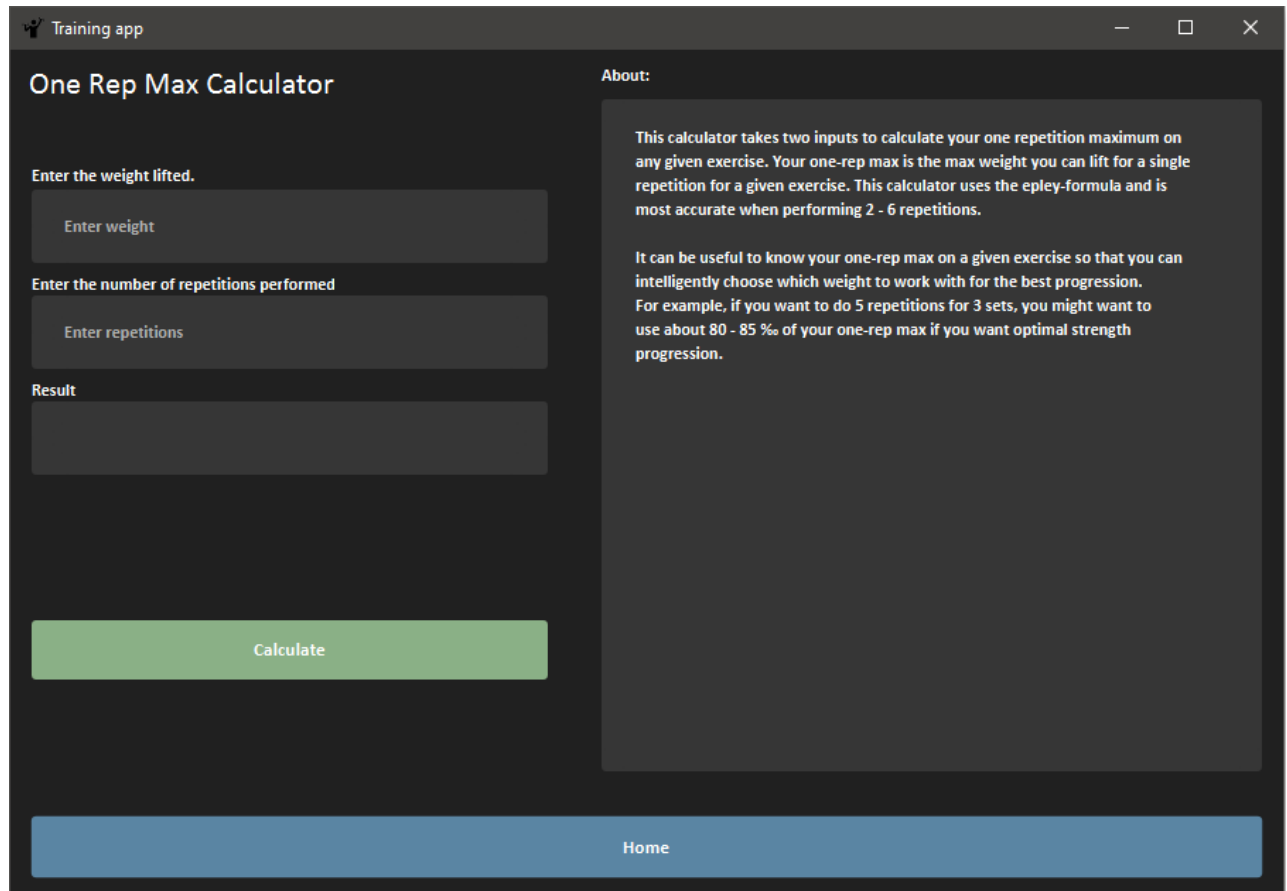
The home page has 3 buttons that lets you navigate through the different pages.

Click on a button to navigate through the pages.



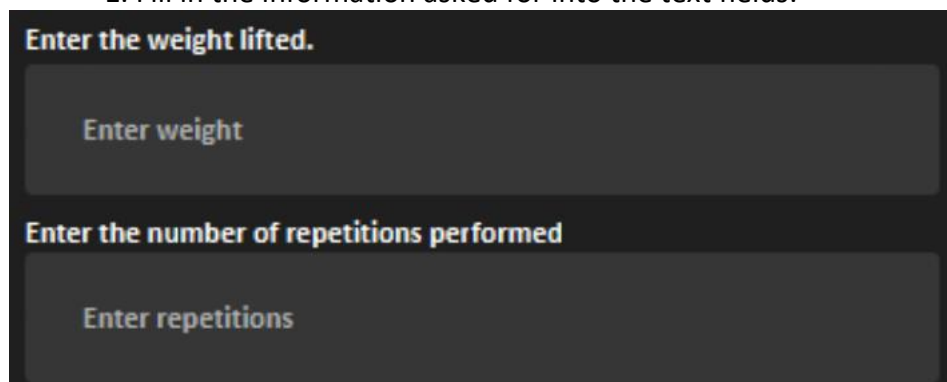
## Calculator page:

The calculator has some text inputs.



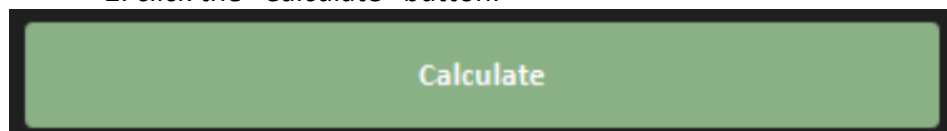
The screenshot shows a web application titled "Training app" in the browser window. The main heading is "One Rep Max Calculator". On the left side, there are two text input fields: "Enter the weight lifted." with a placeholder "Enter weight", and "Enter the number of repetitions performed" with a placeholder "Enter repetitions". Below these is a "Result" label and an empty text field. A green "Calculate" button is positioned below the inputs. On the right side, under the heading "About:", there is a text block explaining the calculator's purpose and the Epley formula, and a note about using 80-85% of the one-rep max for optimal strength progression. At the bottom of the app, there is a blue "Home" button.

1. Fill in the information asked for into the text fields.



This image is a close-up of the input section of the calculator. It shows the label "Enter the weight lifted." above a dark grey text input field with the placeholder "Enter weight". Below this is the label "Enter the number of repetitions performed" above another dark grey text input field with the placeholder "Enter repetitions".

2. click the "Calculate" button.



This image is a close-up of the green "Calculate" button, which is centered and has a white border.

3. The result is viewed in the "Result" text field.

**Result**

Home

The pick a workout displays a bunch of finished workouts.

The screenshot shows a web application titled "Training app". It features two main sections:

### Your workouts:

Workout	Sets	Reps	Weight	Completed
Legs	12	12	30.0	false
Pushups	10	20	70.0	false

Below the table are two buttons: "Toggle completed" (green) and "Delete selected" (red).

### Add new exercise:

Enter the name of the workout:

Enter number of sets:

Enter number of reps:

Enter weight in kg

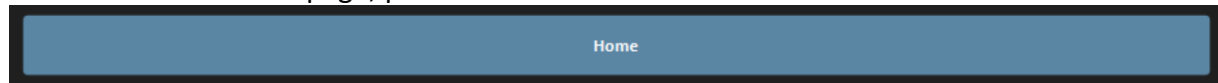
addExercise

A blue bar at the bottom contains the "Home" link.

## Your workouts:

Workout	Sets	Reps	Weight	Completed
Legs	12	12	30.0	false
Pushups	10	20	70.0	false

To return to the home page, press the “Home” button found on the bottom.



### Create a workout:

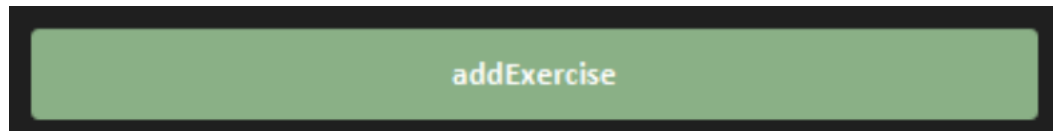
The create a workout page has some text inputs.

- To add a workout

1. Fill in the information asked for into the text fields.

**Add new exercise:**  
Enter the name of the workout:  
  
Enter number of sets:  
  
Enter number of reps:  
  
Enter weight in kg

2. Click the add button

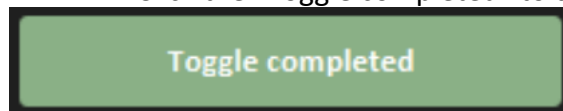


- Marking a workout as complete.

1. Select a workout by clicking on the table.

Workout	Sets	Reps	Weight	Completed
dsa	213	321	132.0	false
d	23	321	213.0	false

2. Click the “Toggle completed” to complete the selected workout.



- Deleting a workout.

1. Select a workout by clicking on the table.

	Workout	Sets	Reps	Weight	Completed
dsa		213	321	132.0	false
d		23	321	213.0	false

2. Click the “Delete selected” to delete the selected workout.

Delete selected

To return to the home page, press the “Home” button found on the bottom.

Home