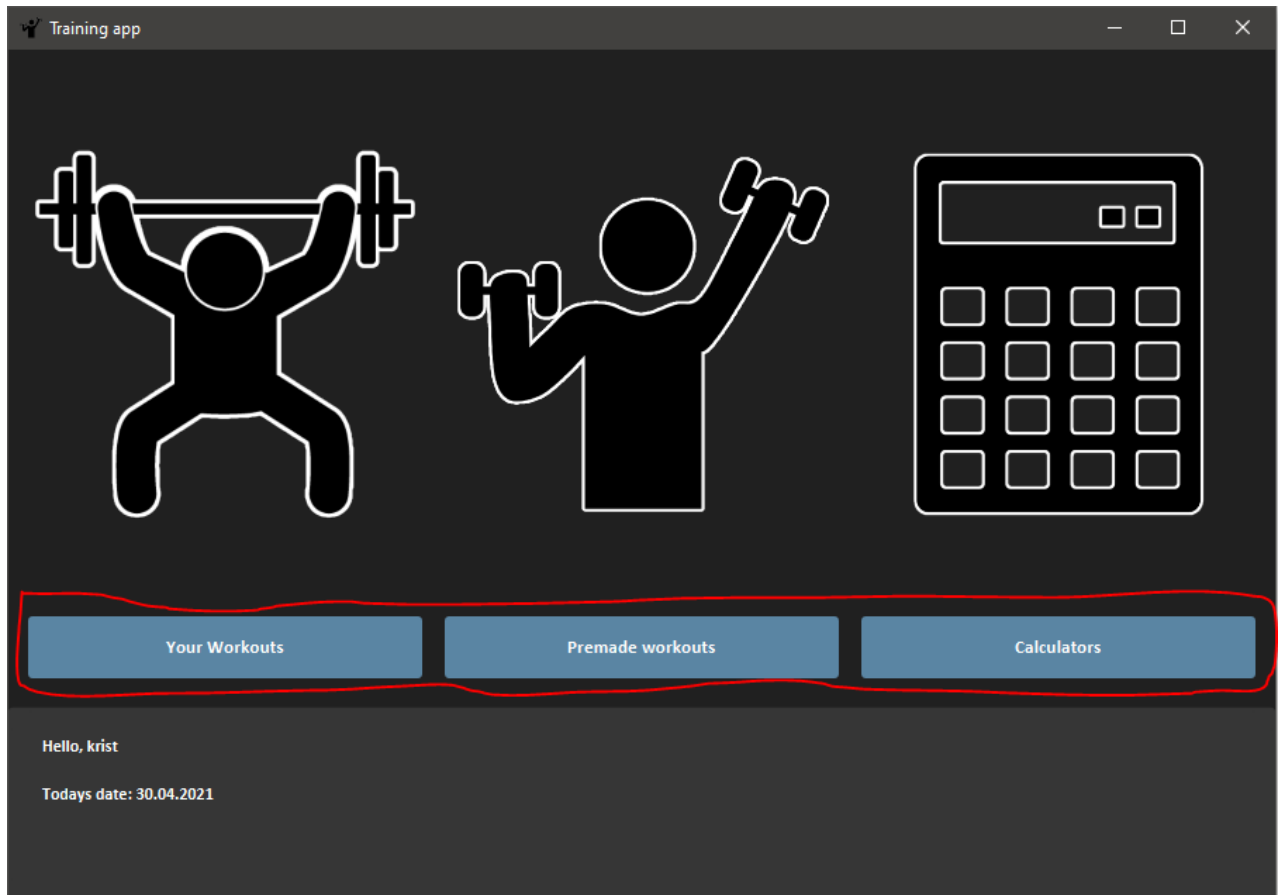


User manual:

Home page:

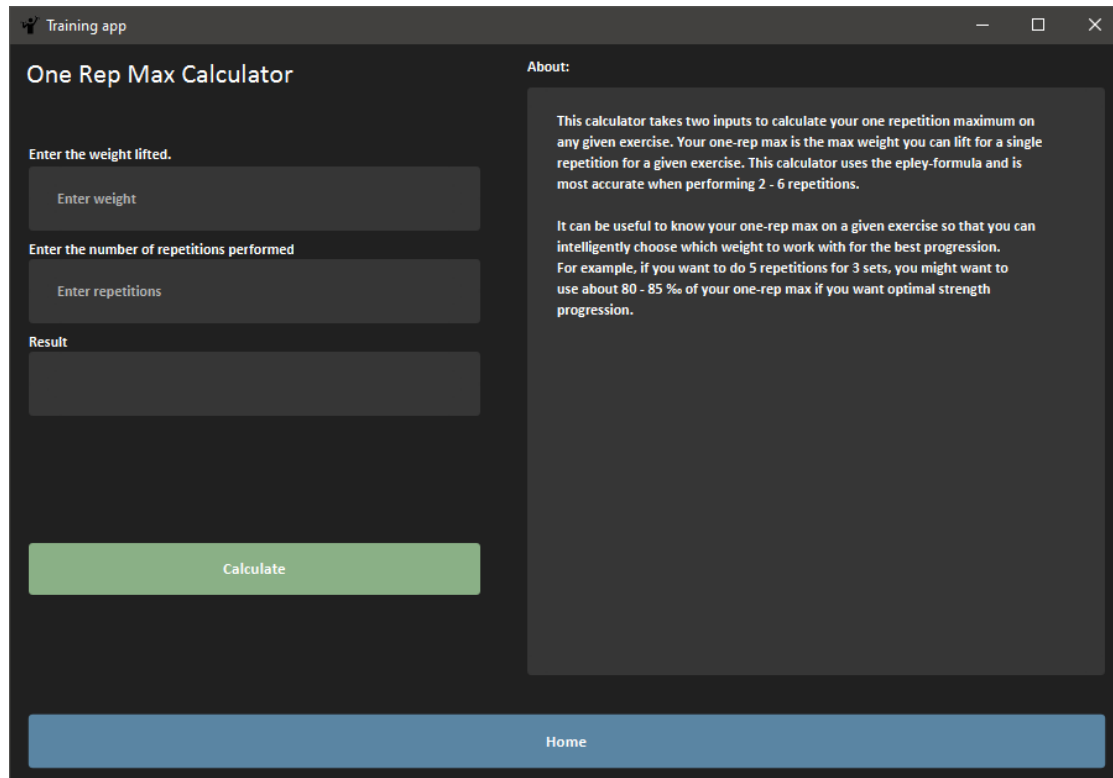
The home page has 3 buttons that lets you navigate through the different pages.

Click on a button to navigate through the pages.



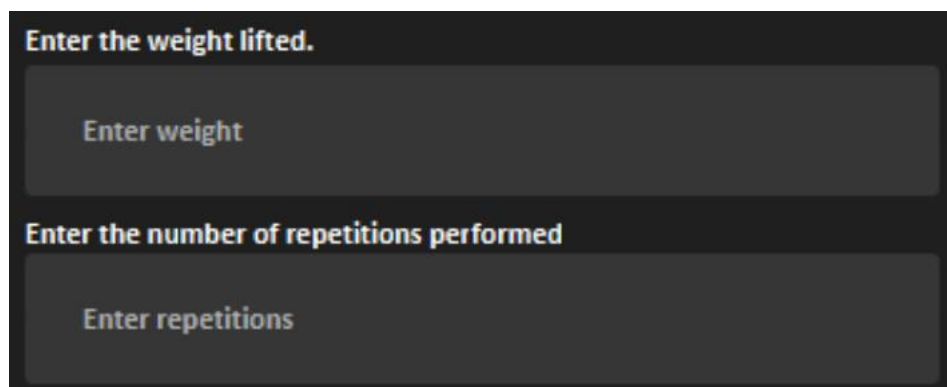
Calculator page:

The calculator has some text inputs.



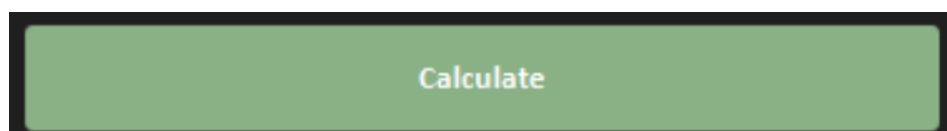
The screenshot shows a mobile application window titled "Training app". The main heading is "One Rep Max Calculator". On the left side, there are two text input fields: "Enter the weight lifted." with a placeholder "Enter weight", and "Enter the number of repetitions performed" with a placeholder "Enter repetitions". Below these is a "Result" label above an empty output field. A green "Calculate" button is positioned below the input fields. On the right side, there is an "About:" section with two paragraphs of text explaining the calculator's purpose and the Epley formula. At the bottom of the screen is a blue navigation bar with a "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 app. It shows the label "Enter the weight lifted." above a dark grey text input field containing the placeholder "Enter weight". Below this is the label "Enter the number of repetitions performed" above another dark grey text input field containing the placeholder "Enter repetitions".

2. click the "Calculate" button.



This image is a close-up of the "Calculate" button, which is a green rectangular button with the word "Calculate" written in white text.

3. The result is viewed in the “Result” text field.

Result

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

Home

Pick a workout page:

The pick a workout displays a bunch of finished workouts.

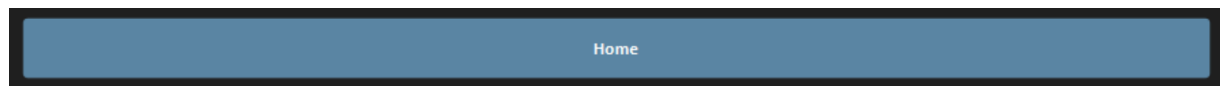
[illegible]

1. Select a workout by clicking on it.

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:

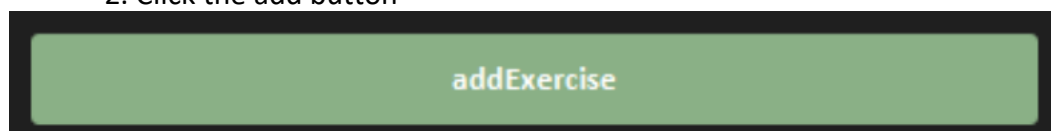
Enter the name of the workout:

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.

Your workouts:

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

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

Toggle completed

- *Deleting a workout.*

1. Select a workout by clicking on the table.

Your workouts:

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