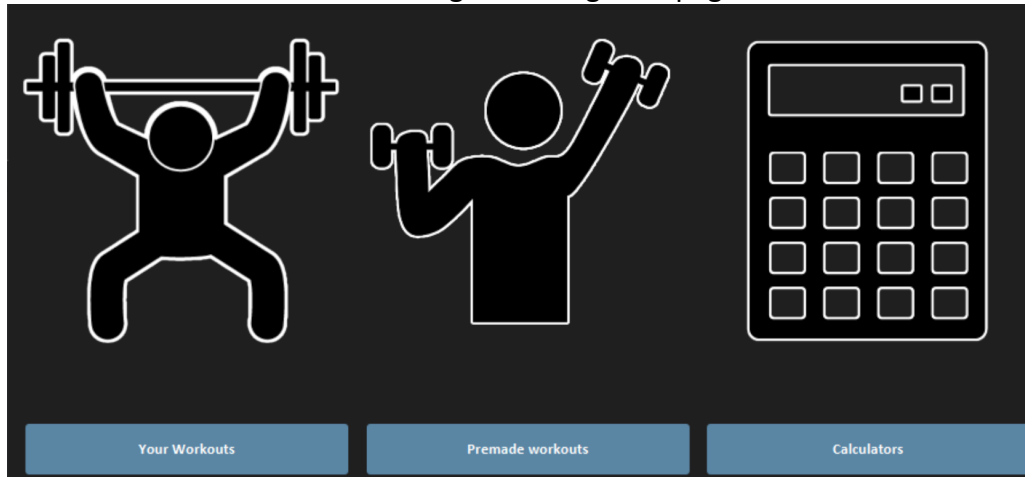


# User manual:

## Home page:

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

1. Click on a button to navigate through the pages.



## Calculator page:

The calculator has some text inputs.

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

**Enter the weight lifted.**

**Enter the number of repetitions performed**

2. click the “Calculate” button.

**Calculate**

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**

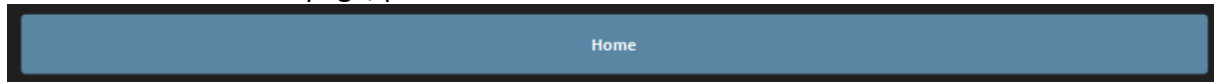
### Pick a workout page:

The pick a workout displays a bunch of finished workouts.

1. Select a workout by clicking on it.

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

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



### Create a workout:

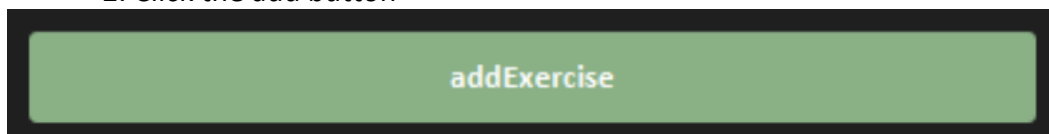
The create a workout page has some text inputs.

- 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

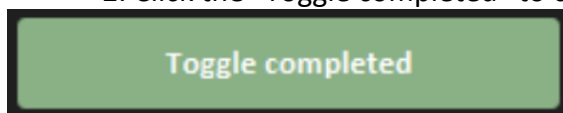


- Marking a workout as complete.

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