

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.
2. click the "Calculate" button.
3. The result is viewed in the "Result" text field.

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

Pick a workout page:

The pick a workout displays a bunch of finished workouts.

1. Select a workout by clicking on it.

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.
2. Click the add button

- *Marking a workout as complete.*

1. Select a workout by clicking on the table.
2. Click the "Toggle completed" to complete the selected workout.

- *Deleting a workout.*

1. Select a workout by clicking on the table.
2. Click the "Delete selected" to delete the selected workout.

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