

Login Screen ✓



Main Page ✓



Start workout

not possible without data ⚡

(C)

(D)

(H) Training information

- stretching
- execution
- / interactive map ⚡

My Hanyoung Gym ✓

Next workout
(I)

Machines
(B) (H)

map
machines
description

My progress
(I)

sleep quality
(E)

users online
(G)
suggested time

About us

(4) special section
for contact

Project proposal
Team Members
Contact address

settings ✓

(A)


(B)


(F)


stretching
warming up set
workout
post workout stretching
feedback between every exercise


My Hanyang Gym (main page)


Hanyang University Gym Trainer


Start Workout



My Hanyang Gym


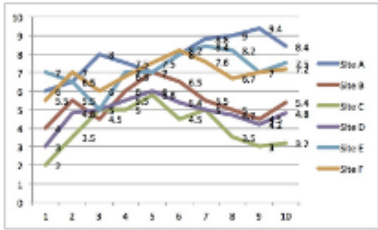

About Us


Settings


Next workout
Scheduled for:
Tuesday, 21st December 2019, 6pm
Trained Muscles:
Chest, Biceps, Upper Back

Machines
Chest:
-
Biceps:
-
Upper Back:
-



My progress
My goals
☒ Goal 1
☐ Goal 2
☒ Goal 3
☐ Goal 4
Charts


Sleep quality


How many hours did you sleep last night?

5


Submit



Users online
At the moment
30 Users
Are at the gymn


Day	Site A	Site B	Site C	Site D	Site E	Site F	Site G
1	6.5	5.5	4.5	3.5	2.5	1.5	0.5
2	7.5	6.5	5.5	4.5	3.5	2.5	1.5
3	8.5	7.5	6.5	5.5	4.5	3.5	2.5
4	9.5	8.5	7.5	6.5	5.5	4.5	3.5
5	8.5	7.5	6.5	5.5	4.5	3.5	2.5
6	7.5	6.5	5.5	4.5	3.5	2.5	1.5
7	6.5	5.5	4.5	3.5	2.5	1.5	0.5
8	5.5	4.5	3.5	2.5	1.5	0.5	0.5
9	4.5	3.5	2.5	1.5	0.5	0.5	0.5
10	3.5	2.5	1.5	0.5	0.5	0.5	0.5


Stretching

Stretching


Start Workout



My Hanyang Gym


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Stretching


Behind the Back-Elbow to Elbow Grip: --> Chest



This quick and easy stretch can be performed seated or standing. Simple to perform, it's a great way to get a quick stretch anytime of the day.

Seated or standing, begin with arms hanging by your sides and shoulders pressed down away from your ears. Gently squeeze your shoulder blades together, broaden the chest, and then bring the arms behind the back and grip elbow to elbow.

Shoulder Blades Stretch



Stretch between shoulder blades


Place right elbow on left elbow

Now take your left hand and interlace it around the right arm

In this position you can apply more pressure to feel your upper back opening


Hold the end position for 20-30 seconds


Repeat on the other side





Warming up set/workout

Warming up



Start Workout



My Hanyang Gym


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Warming up


Bench Press--> Chest

Sets: 3
Reps: 8
Weight: 20kg
Detailed description: --> [here](#)
Where is this?--> [map](#)


Dumbbell Single Arm Row--> upper back

Sets: 3
Reps: 8
Weight: 15kg
Detailed description: --> [here](#)
Where is this?--> [map](#)


Links are pointing to /MainPage/MyHanyangGym/Machines


Feedback

Warming up


Start Workout



My Hanyang Gym


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Feedback

Bench Press--> Chest





This exercise was...
This exercise was...
easy
appropriate
too intense

Dumbbell Single Arm Row--> upper back




This exercise was...
This exercise was...
easy
appropriate
too intense







Start Workout



My Hanyang Gym



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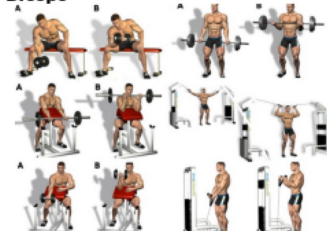
Machines

Chest

Bench Press




Biceps

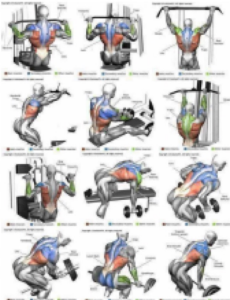


Lower Back

Hyperextensions





Upper Back





Settings

Settings


Start Workout


My Hanyang Gym


About Us


Settings

Account Settings

username

password

Personal Settings

gender

height

weight

training goal

exercise settings

favorite machines

Schedule

workouts per week

free time slots

Settings

- account settings
 - password
 - username
- personal settings

- gender
- height
- weight

• training goal :

• exercise settings :

- ex. 1 :
 - my weight
 - my reps

• i don't know

- ex. 2 : ~ " ~

• i don't know

- ex. 3 : - " -

• favourite machines

• schedule

- free time slots for workout → google calendar