

# FitMatrix

## USER GUIDE

by

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## USER GUIDE

### Credentials for Test User

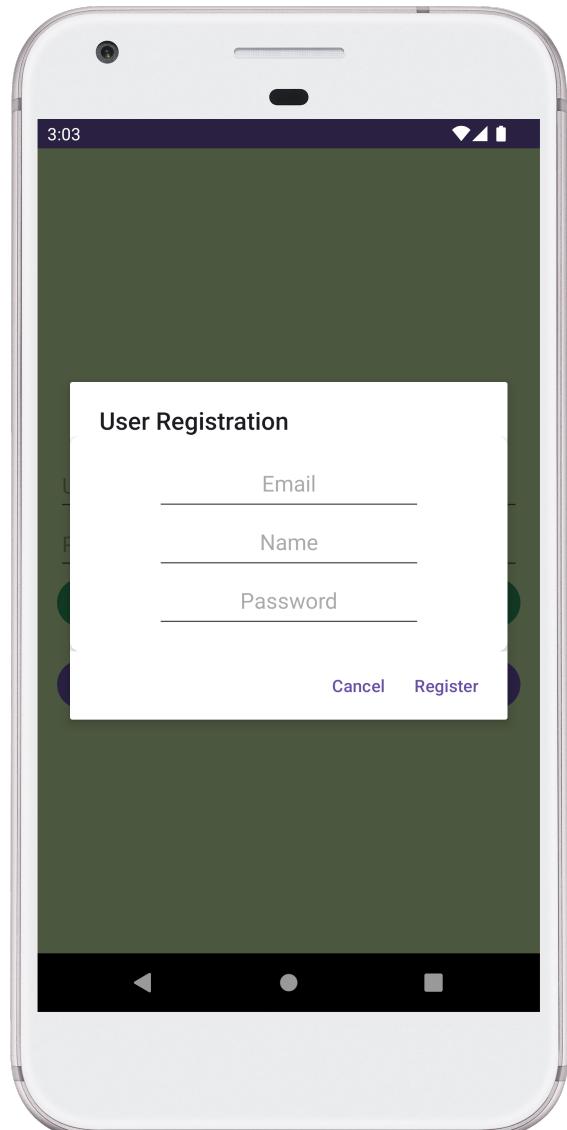
Username : [test@gmail.com](mailto:test@gmail.com)

Password : test1234

Click cancel if the registration page appears and login using the above credentials.

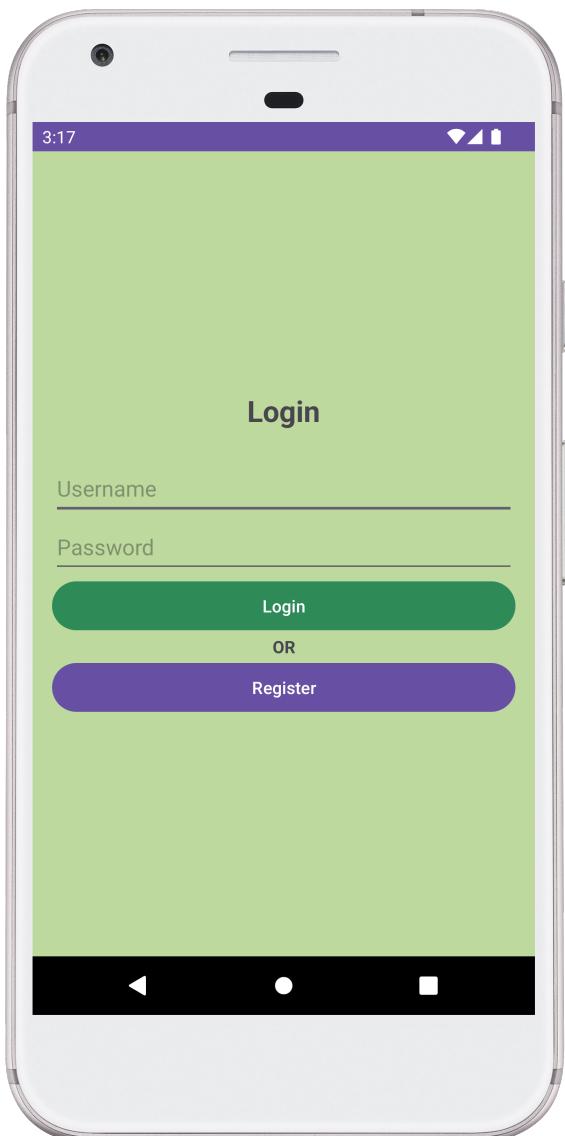
### Step 1:

When the user opens the application for the first time, they are presented with the registration page. Users will have to first register by filling out the form details.



## Step 2:

After Registration users are taken to the Login page where they can login using the credentials that they registered from.



**Test User Credentials**

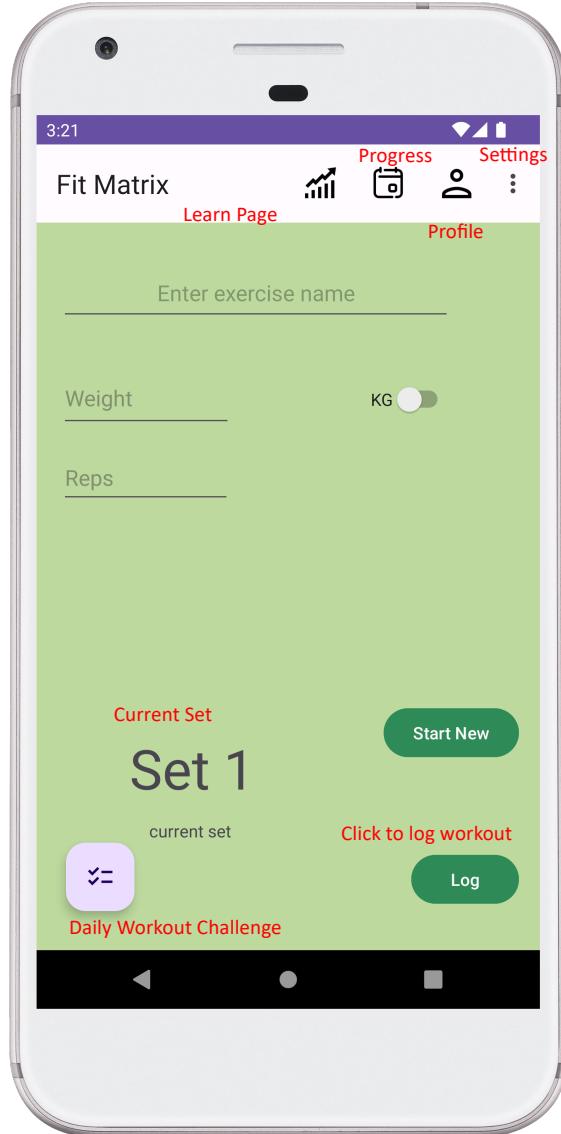
Username: [test@gmail.com](mailto:test@gmail.com)

Password: test1234

Users can also register a second account that using the register button.

### Step 3:

After successful login the users is taken to the home page.

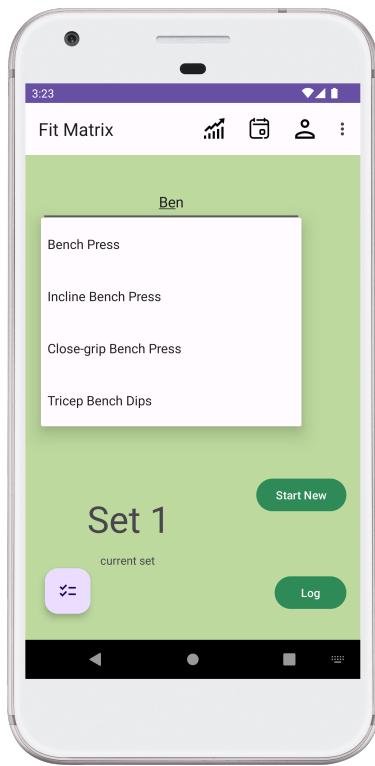


In home page users can Log workouts, see daily challenge, update previous set and access to other pages like Settings, Learn Page and progress Page.

### Step 4:

In Home Page, to log a workout.

Start typing the name of the exercise, the autocomplete will help reduce the typing.



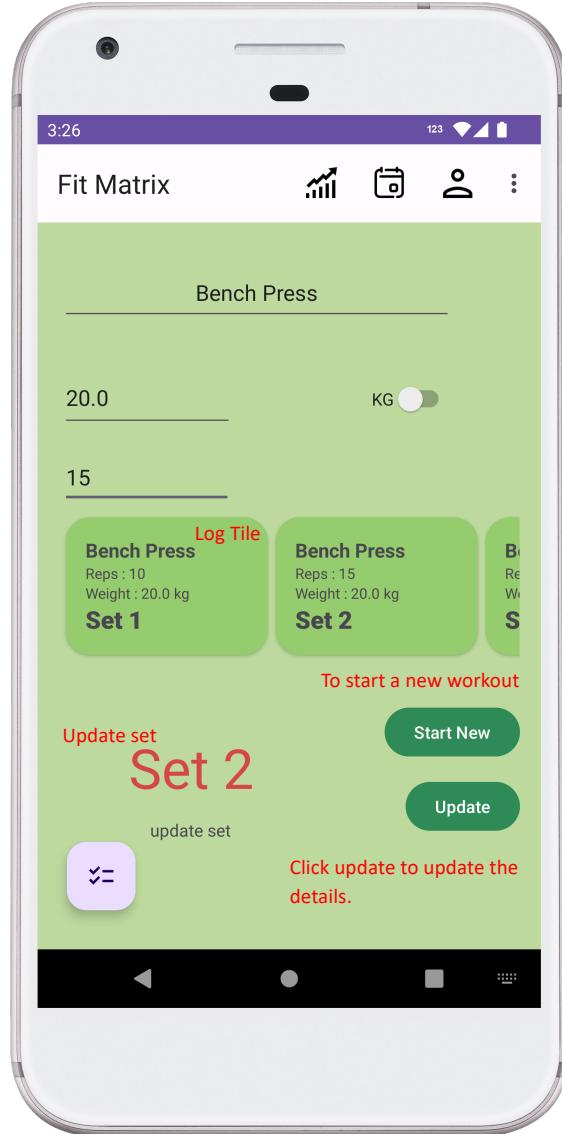
Enter the weight with it's unit, that can be toggled with the switch between KG and Lbs.

Enter the number of reps performed and press Log button to log the workout. A tile showing the logged workout will appear and the set will automatically change to Set 2, reducing typing redundancy.



## Step 5:

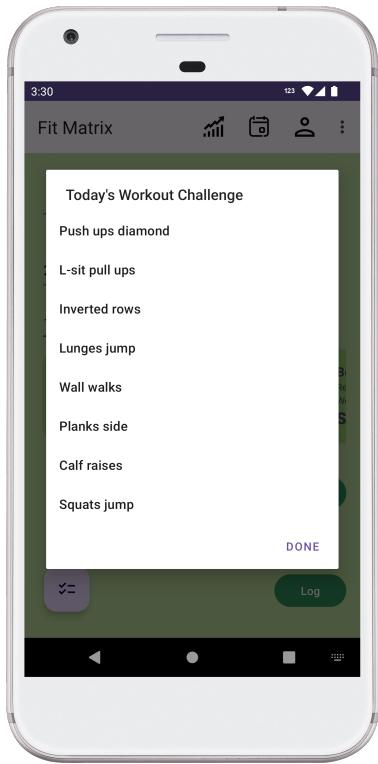
If you want to edit the logged workout, simply click on the tile. The selected set will appear in **Red** color and you can change the details, Once the changes are done, press Update to update that record.



Users can also update the existing log By simply clicking on the tile and changing the details and finally pressing the Update button.

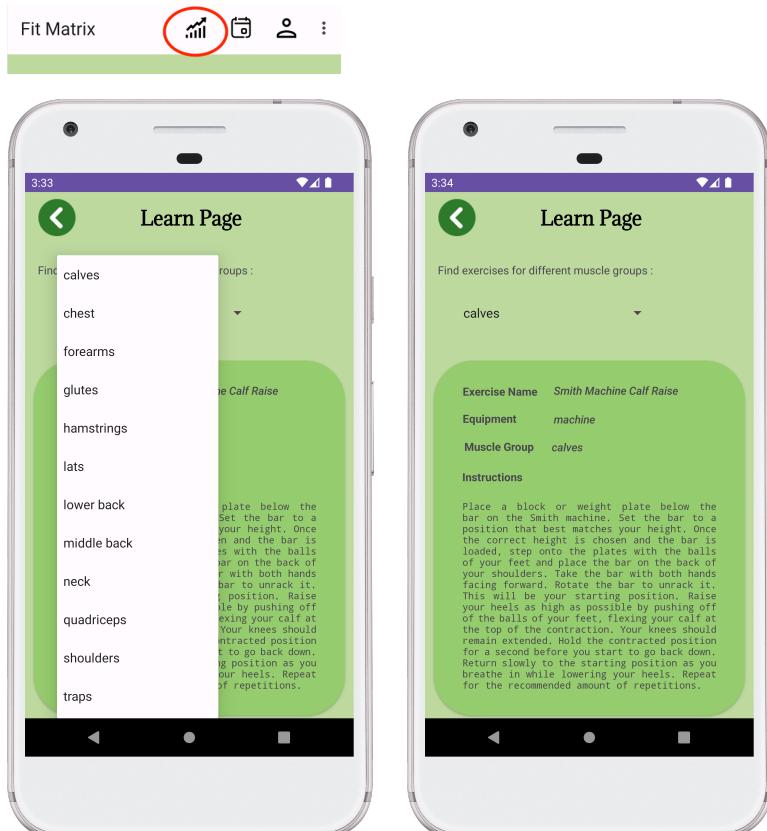
## Step 6:

To see the Daily challenge click on the Floating Button and a list of 8 workouts will be displayed as shown below.



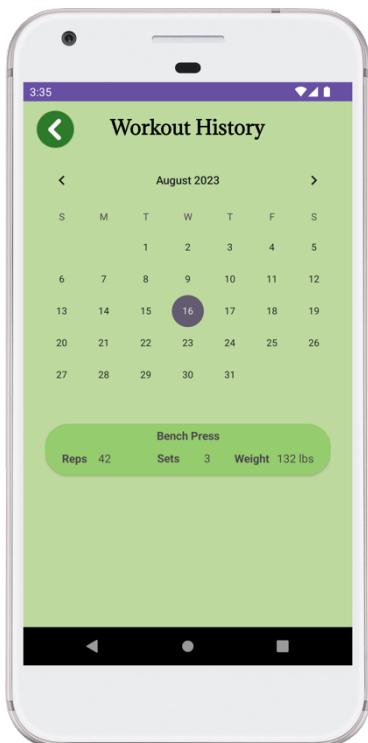
## Step 7:

Click on Learn page and select the muscle group you would like to learn about, The API will return a list of exercises for that muscle group and instructions on how to perform them.



## Step 8:

Click on Progress page and select a date from the calendar. You will see a summary of total volume performed including sets, reps and total weight lifted.



## Step 9:

Click on Profile page, here you can edit your profile picture using edit picture.



## Step 10:

Click on Settings page, here you can clear all the data stored locally by clicking Reset Everything Button.

To logout click Logout button.

