Group 9 GYM manual

——Let's start our fitness journey
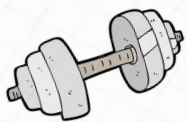
Name	QM ID	BUPT ID
Xiangrong Xing	190014571	2018212603
Shiran Yang	190014157	2018212592
Yitai Cheng	190015110	2018212608
Linfei Huang	190013596	2018212615
Yifan Zhang	190014973	2018212627
Yuanyuan Gao	190015280	2018212576

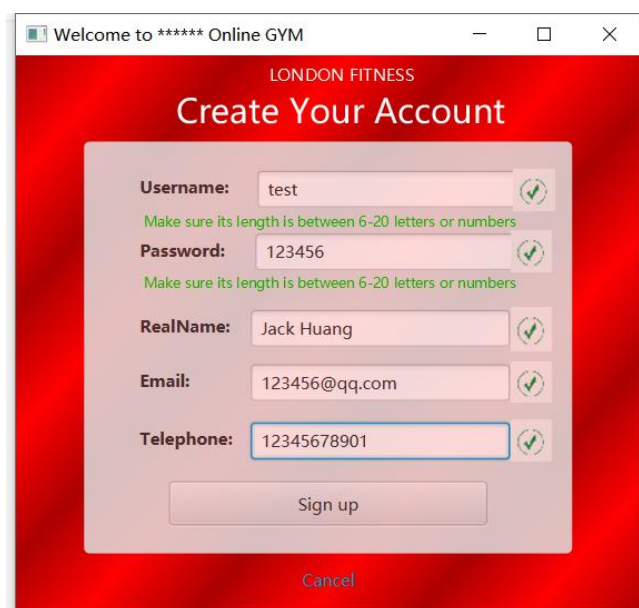# Menu

1. Instruction for Customers

1.1 Sign up

If you are new to London Fitness, you can click "Create an account" button to sign up.

Then you will enter the sign up interface.

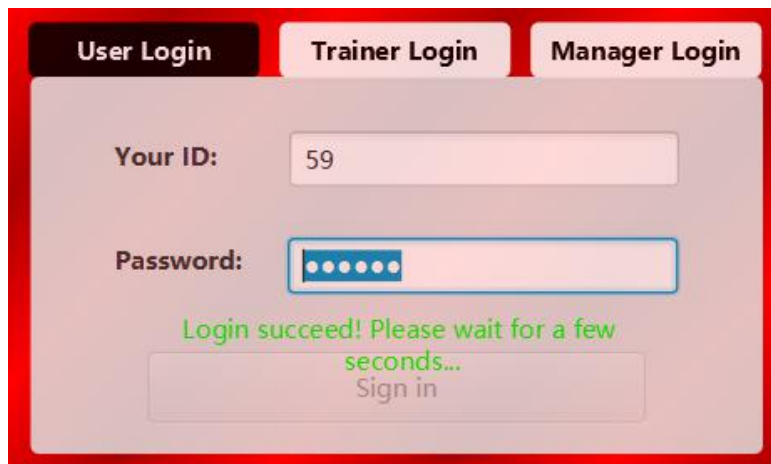Make sure that you enter every information in the right format.

Specifically, Username should be letters or numbers with length from 1 to 20, Password should be letters or numbers with length from 6 to 20, RealName should be two words begin with a capital letter(e.g. Eric Smith, Yitai Cheng) , Telephone should be numbers with length 11.

Then you will receive your automatically generated ID. For this test, the ID is 59.
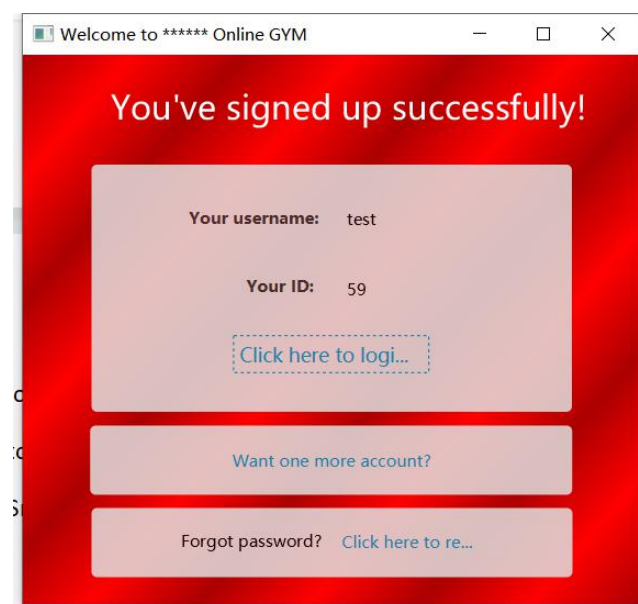
1.2 Log in

With the generated ID, you can go back to the previous interface and sign in. When you enter the right information, you will receive the right notification and enter the main interface after 2 seconds.
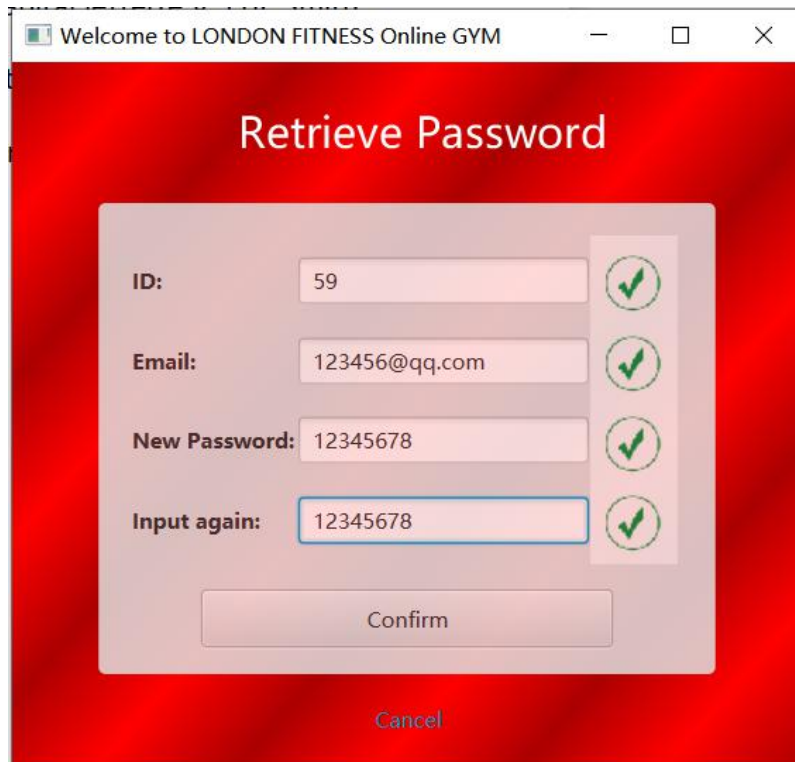
1.3 Reset Password

When you forget your password, you can reset your password with the right email address you set when signing up.

After clicking on the Confirm button, you can log in with new password.
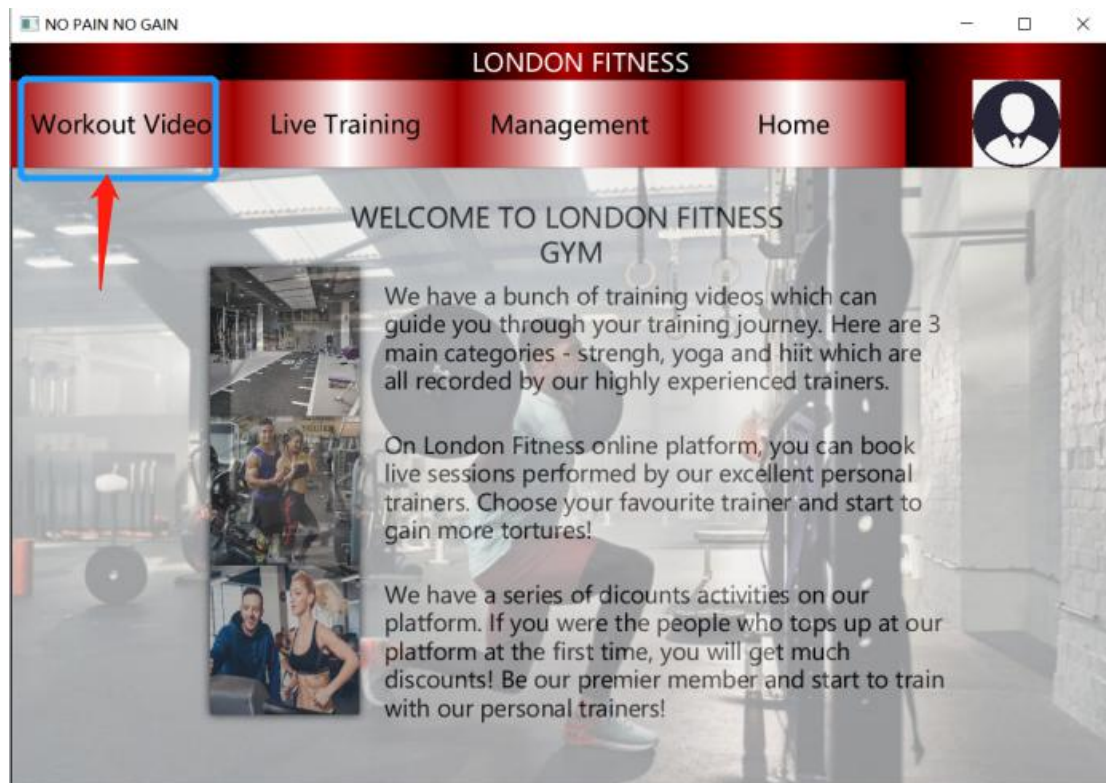
1.4 Workout Video

Entering workout video with the button above, you can see three labels for three types of videos, enter whichever you like by clicking on the label.(Choose Strength for demonstration.)
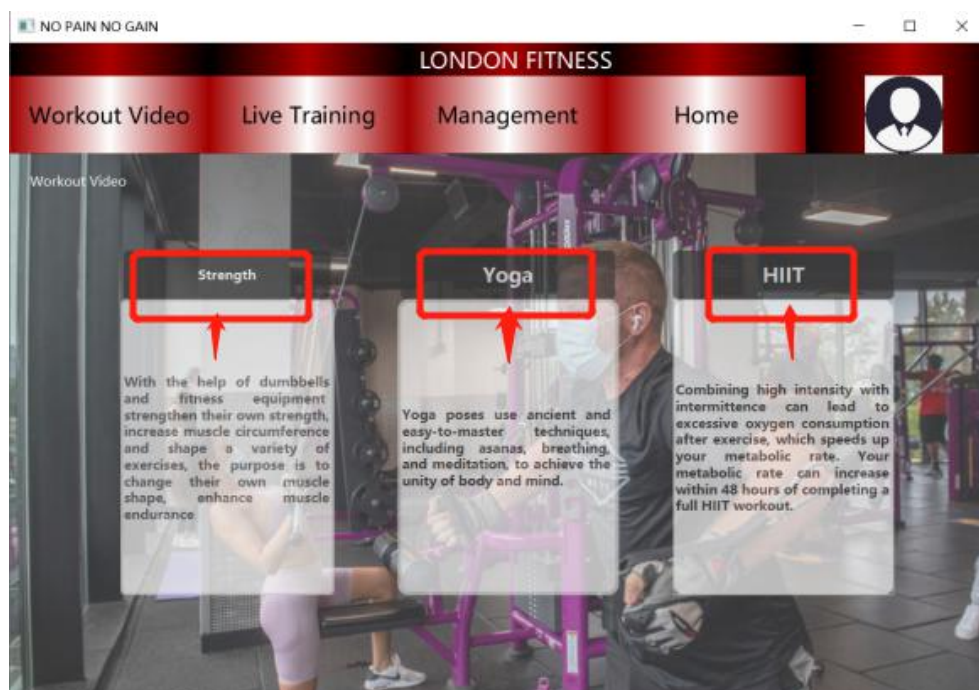
In this page, you can view all videos for selected training item and choose level by clicking on level buttons.
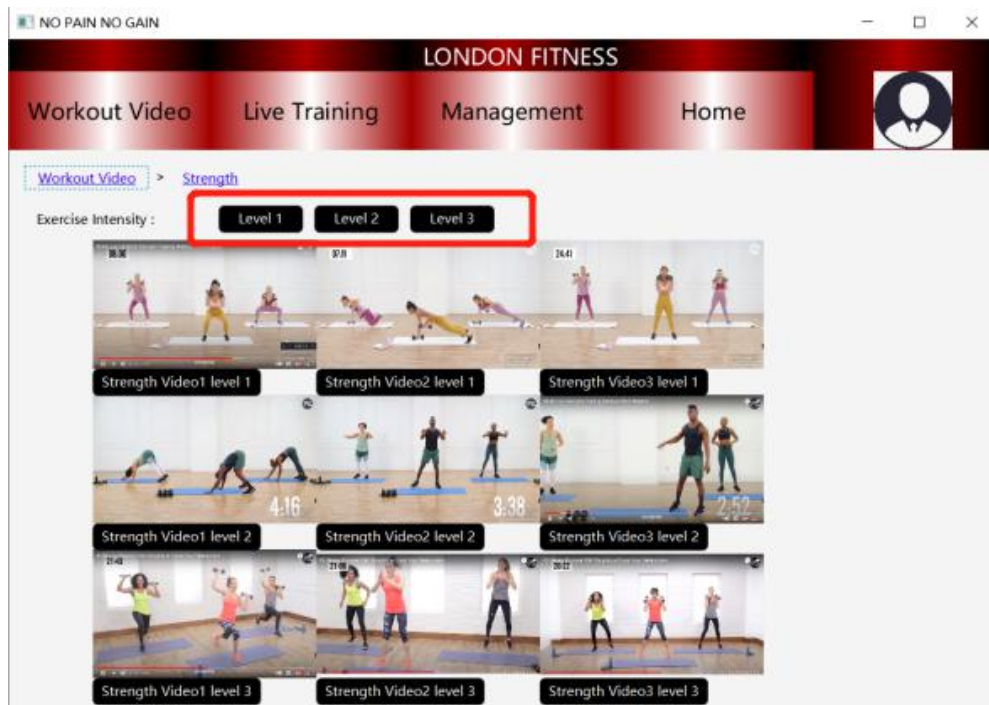
In the level 1 page, you can change level by clicking on the level bar, go back to the Strength main interface by clicking on the Strength link, or back to the Workout Video interface by clicking on the Workout Video link.
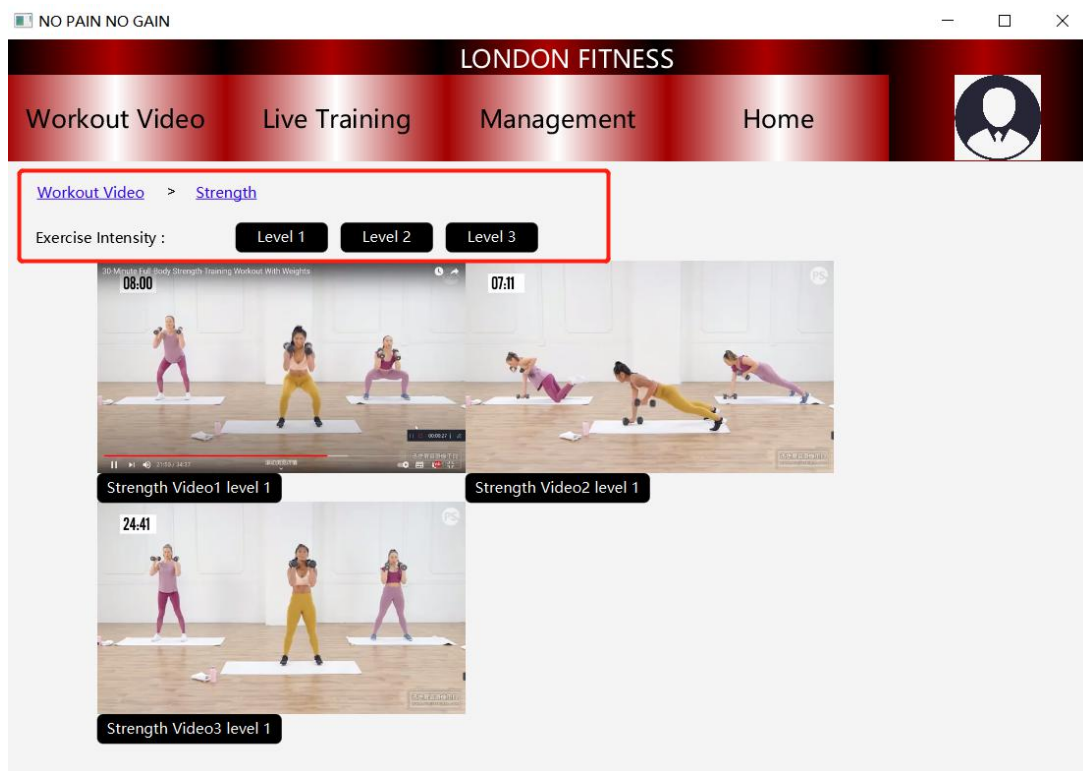
Choose the video you want to play by clicking on the button beneath each video display and you will enter a media player. (Strength Video1 level 2 for demonstration)
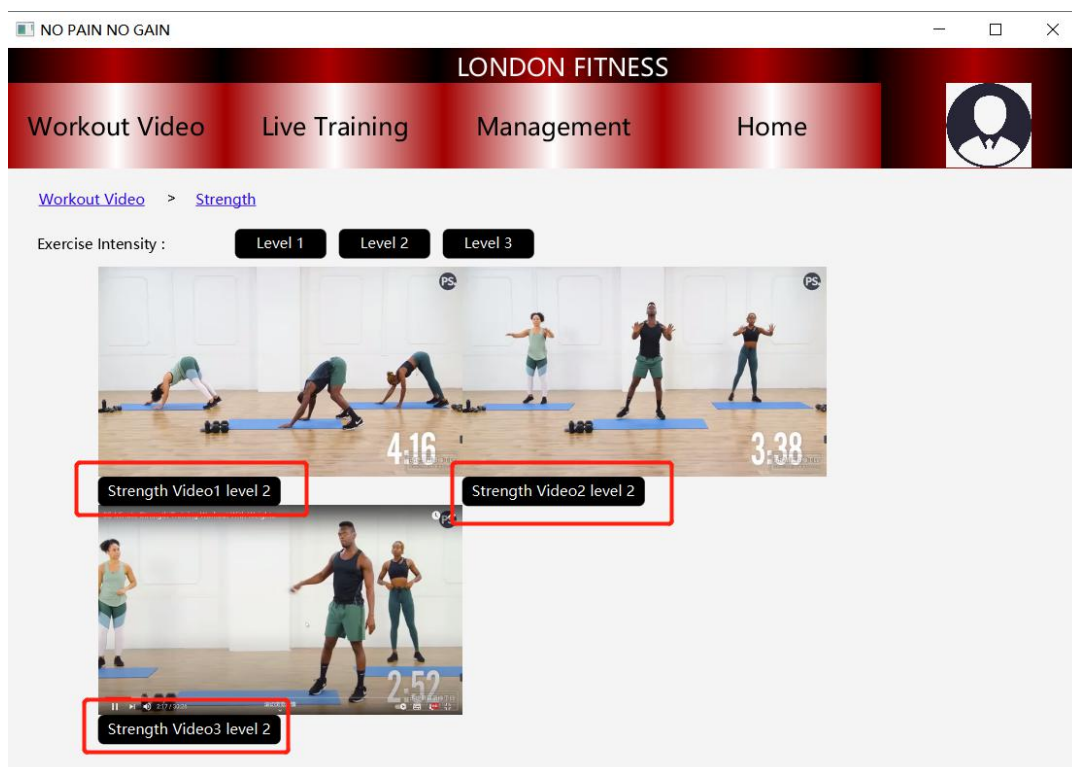
In this media player, you can play, pause, replay, change the volume, and return to the video list.

1.5 Live Training

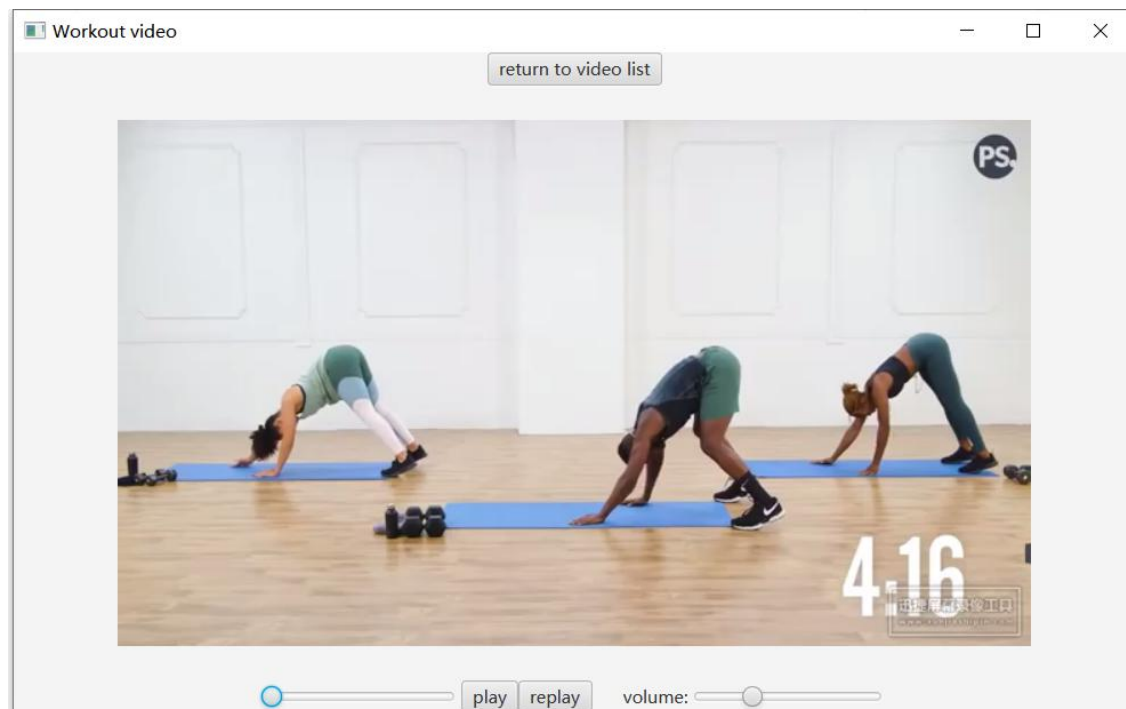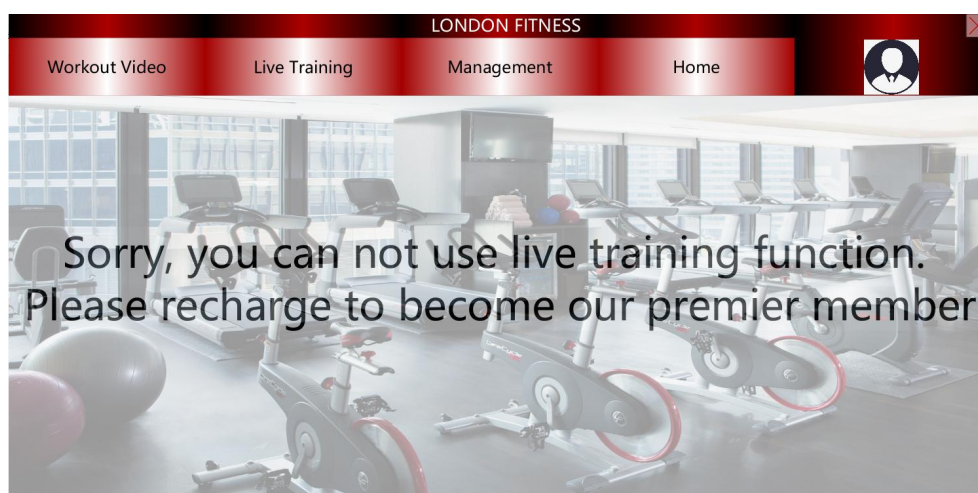Click on the Live Training button in navigation bar to enter live training section, note that ordinary member doesn't have access to this section. To upgrade your membership as premier member, please read the following instruction in part 1.7.

In this part, you can choose from 3 coaches and make reservations for the next 3 days when they are available, The white arrow is used to change date and the black arrow is used to change coach.
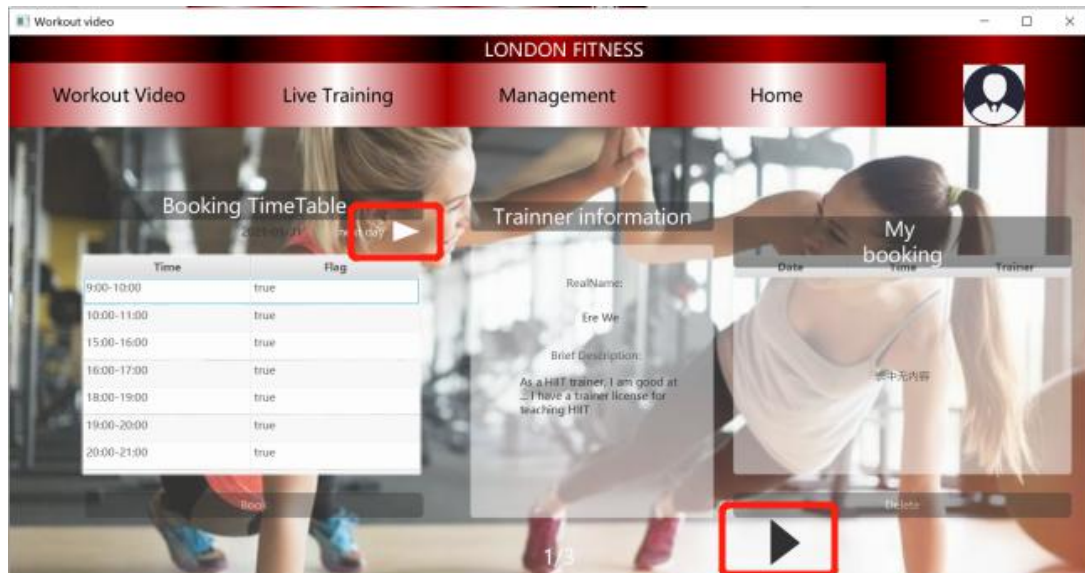
Choose the time you want and click on Book button, then you can enter your request.
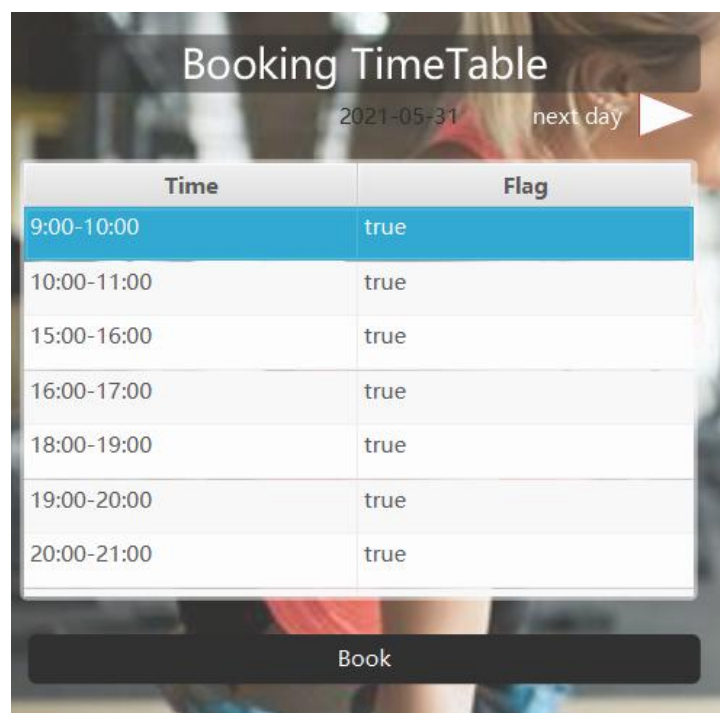
Confirm your request and you can see your booking information on the right hand side and this time slot would not be available to be reserved again, you can delete the reservation or make more reservations as you like.

1.6 Management Interface

This section is only available for manager and you will receive a blocking

notification.
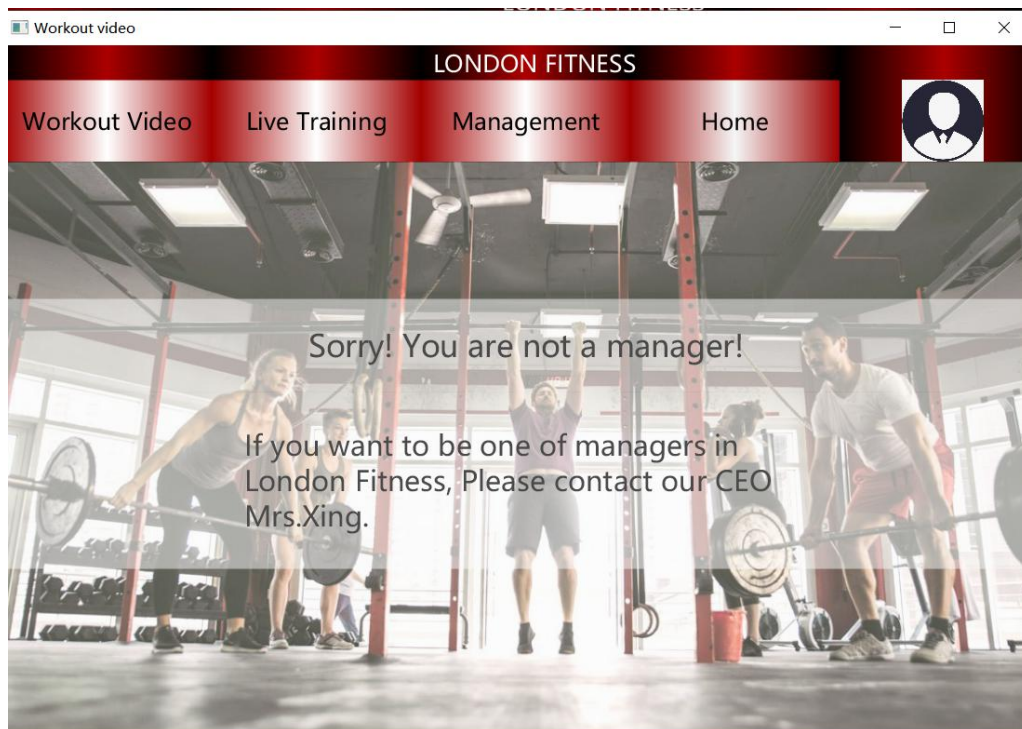
1.7 Personal information, balance and membership
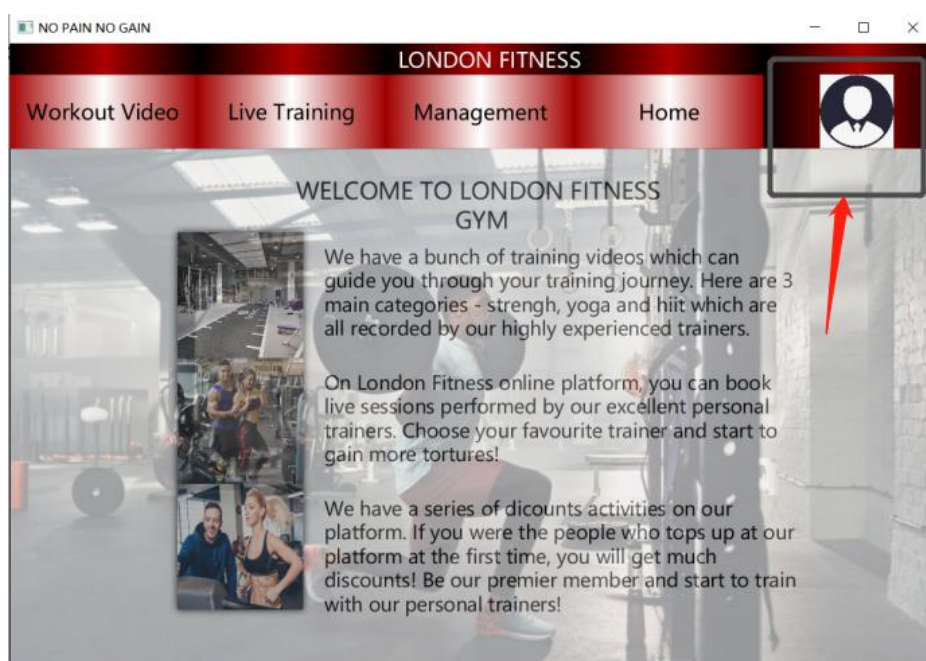
Click on the top right picture to enter personal information interface. In this interface, you can edit personal information, recharge for the account, upgrade your membership and log out.
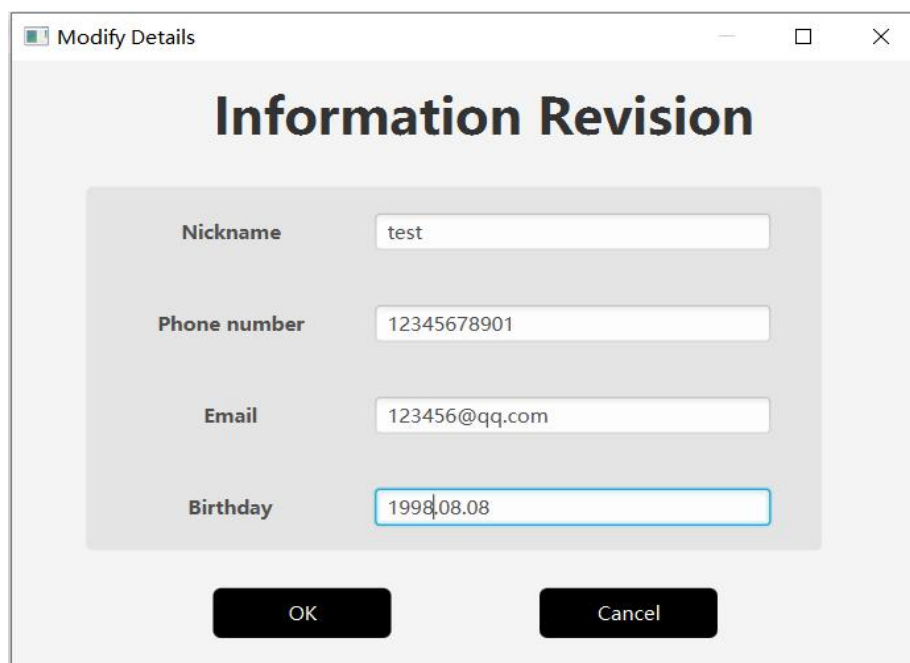
Click on the Edit button and make changes to your personal information as you want.

Click on the Recharge button and choose the amount of money, new users can get extra 50% of the first payment.(500 for demonstration, the balance becomes 750 because it's the first payment.)
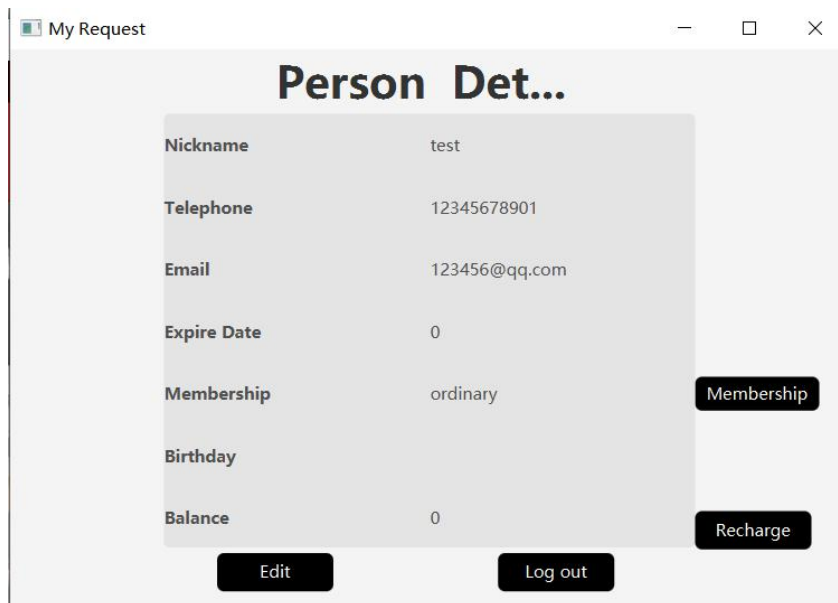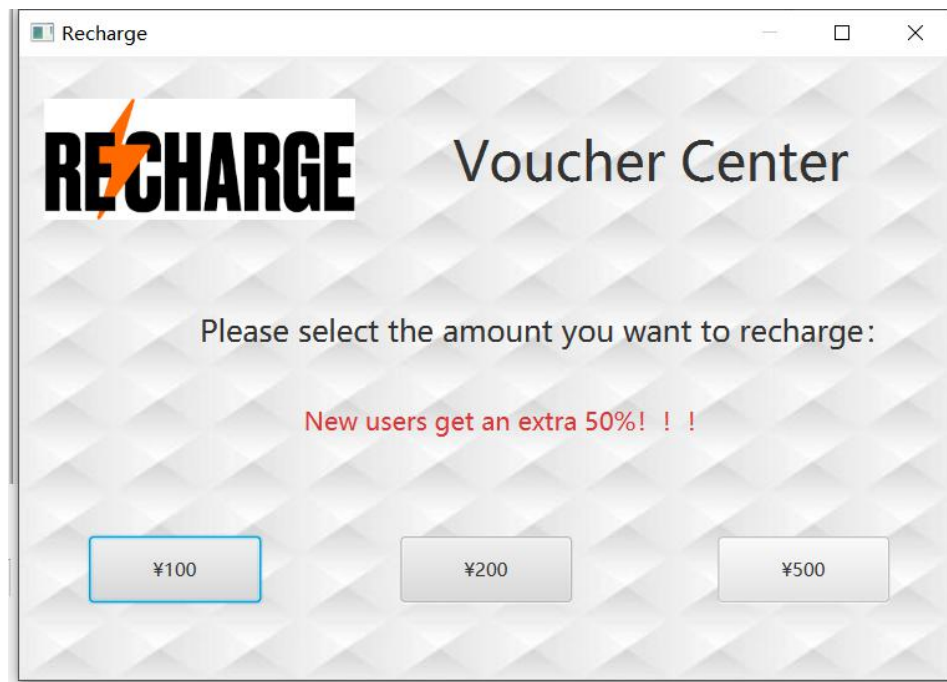

Click on the top right button to close this window after topping up.

Click on the Membership button to upgrade your membership.
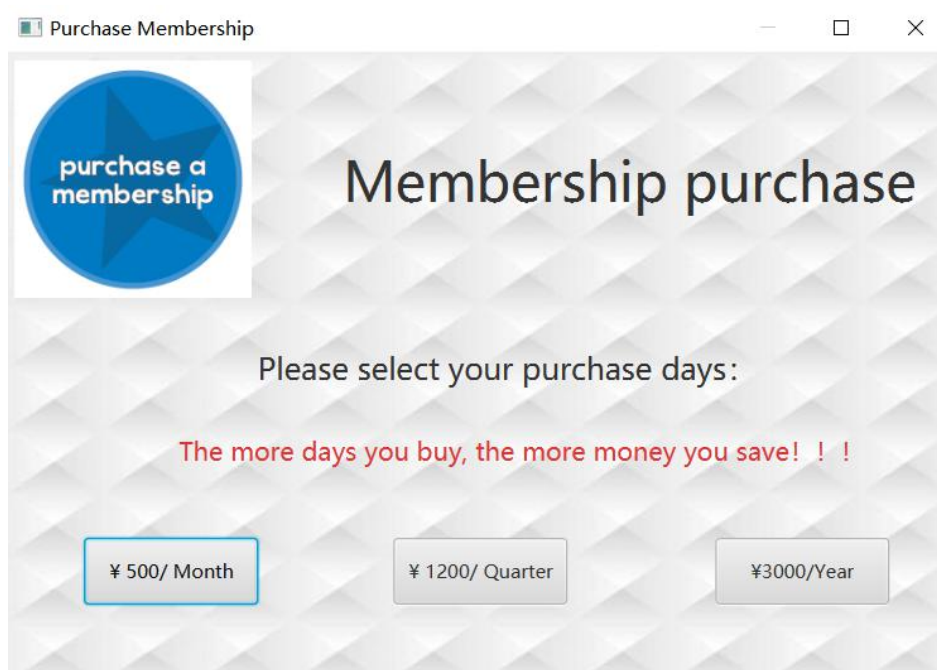
If the balance is insufficient, an alert will be displayed.
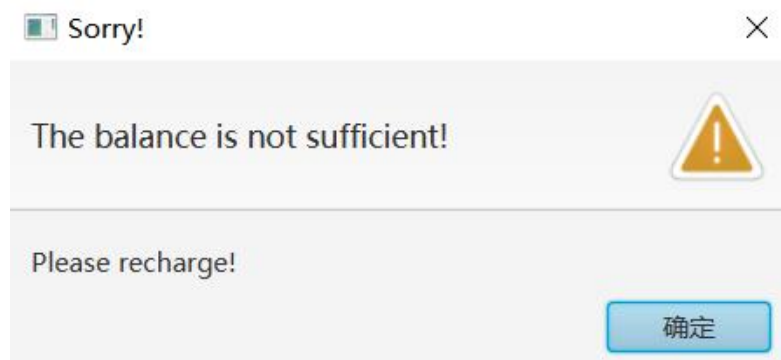
Click on the top right button to close the window after upgrading.

In this demonstration, the balance is 750, after purchasing membership for a month at price 500, the left balance is 250, Membership change from ordinary to premier, the expiration date is 30.
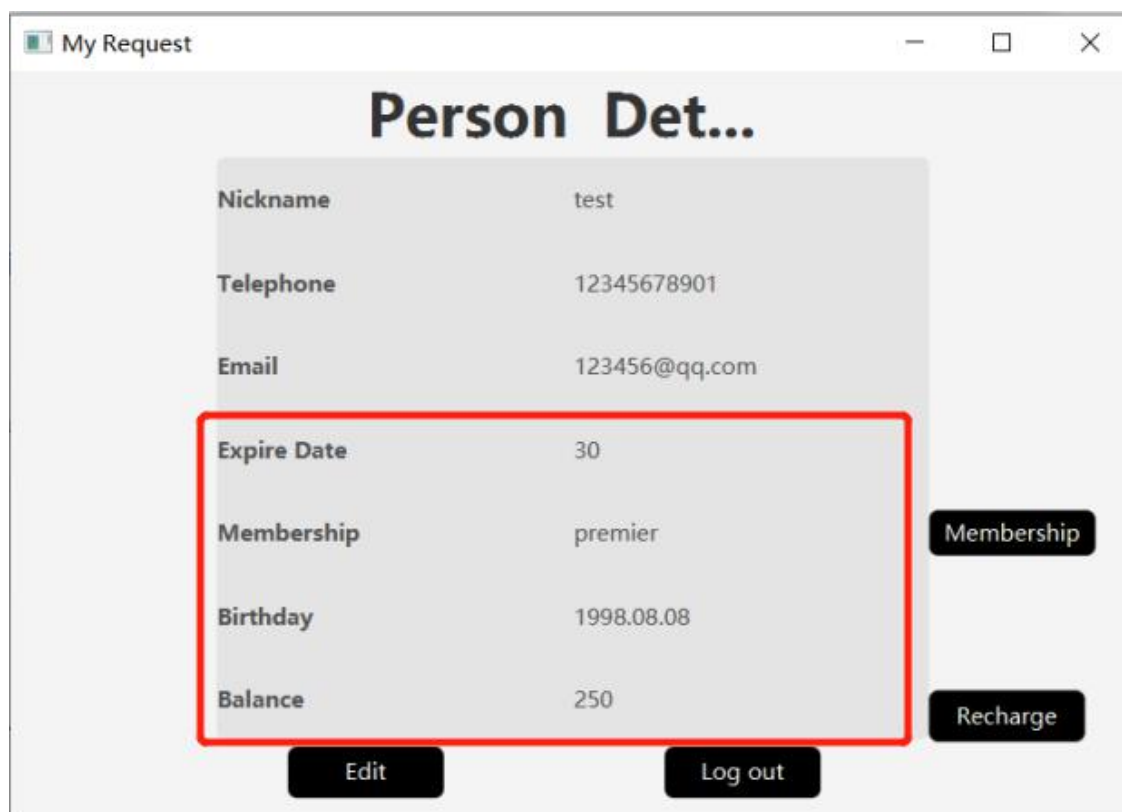
Click on log out and you will go back to the sign in interface.

2. Instruction for trainer

2.1 Log in

We have 3 trainers in total, their information are:

Name	ID	Password
Qwl We	22	222222
Gsad Qfg	33	222222
Ere We	47	222222

In the previous demonstration, I use the test user account to book a live session of trainer Ere We, so I would log in as Ere We for demonstration in this section. Remember to select Trainer Login mode.

2.2 Workout Video

Trainers have same access to Workout Video section as user, detailed information can be seen in section 1.4.

2.3 Live Training

Live training section for trainer is a list that contains his/her own reservation information. To make it more clearly, there are some zoomed screenshots below, mainly shows the reservation date and time, user name, telephone and requirement.

Date	Time
2021-05-31	9:00-10:00

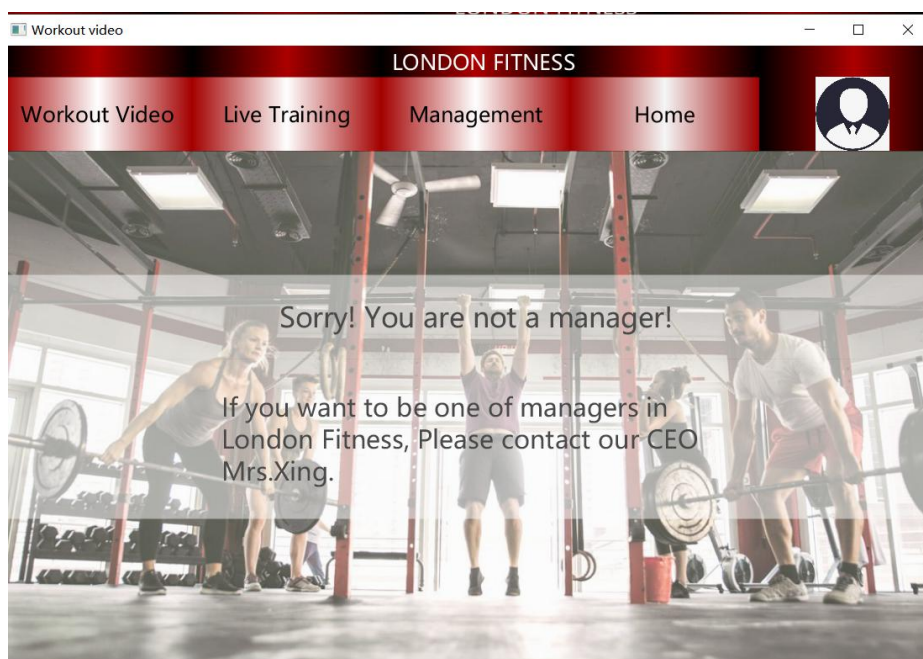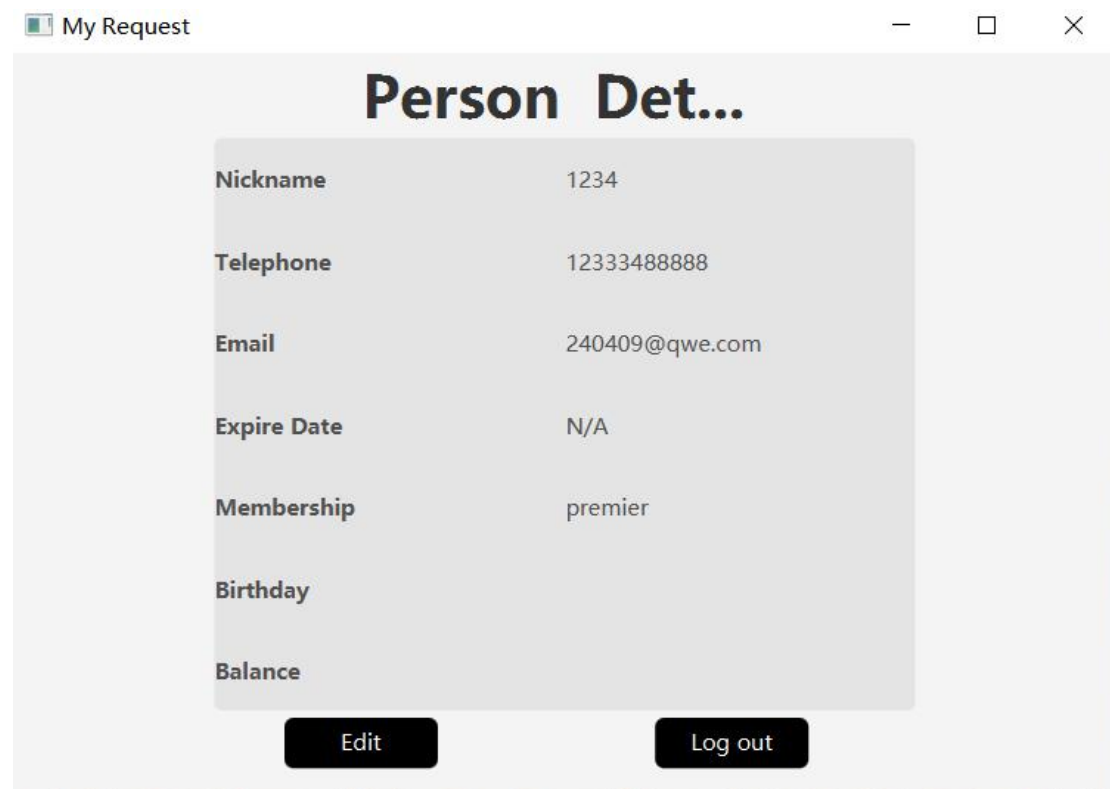| Trainee		
User Name	Tel	Requirement
test	12345678901	I want to exercise mainly on my legs.

2.4 Management Interface

This section is only available for manager so trainers will receive the same blocking notification as user.

2.5 Personal Information

Only Edit and Log out button are available in this interface for trainer, the

functions are the same as users' in section 1.7.
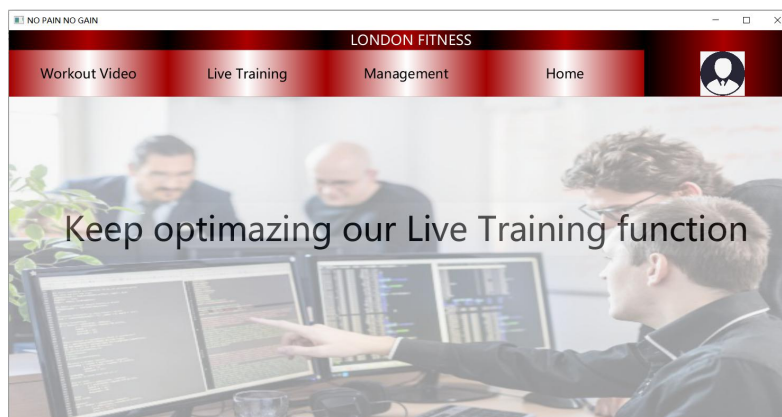
3. Instruction for manager

3.1 Log in

We have set information for one manager. The ID is 100 and password is

123123, remember to select Manager Login mode.
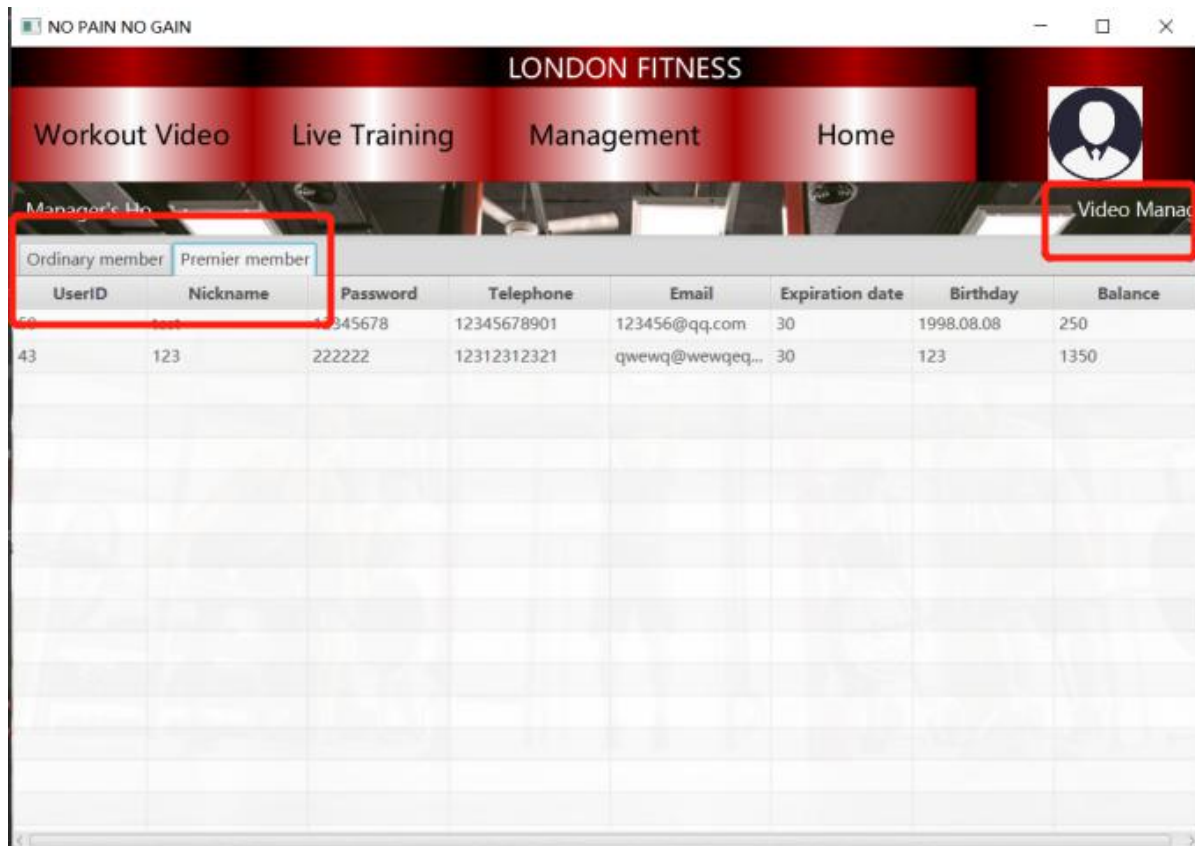

3.2 Live Training

Manger doesn't have direct access to live training.

3.3 Management Interface

Manager is the only identity that has access to this section.

Entering this section, manager can see all members' information, click on the table bar to change between Ordinary member list and Premier member list. And you can click on the Video Manage button to manage videos.

In video management interface, you can enter the video ID, if this is an added video, you can click on Remove to change it to the "to be added" list, and it will be unavailable in Workout Video section, if it's an video to be add, you can enter the video ID then click on Add to change it to

Added Videos list, also it will be available in Workout Video section. Click on Manager's Home link, you can go back to the membership management interface.
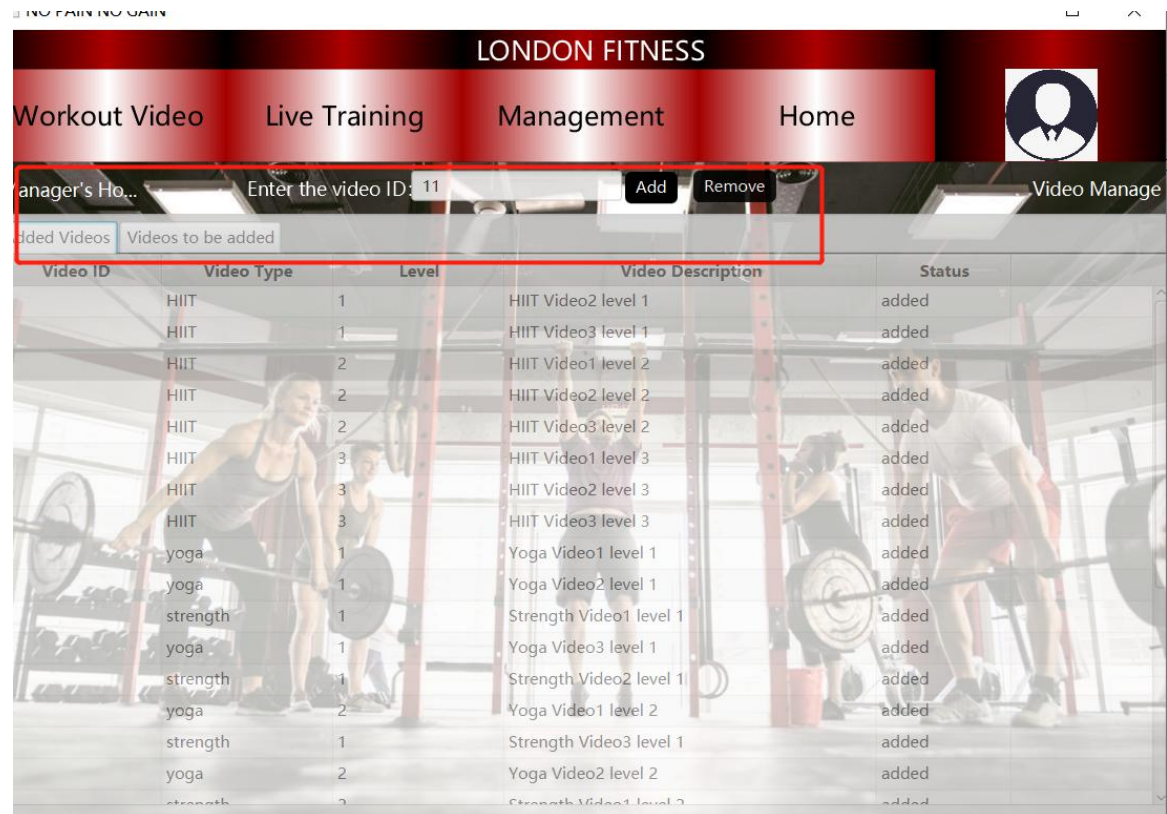
For demonstration, I remove video ID 11(Strength video1 level 1) and 12(Strength video2 level2). Then they show up in the "Videos to be added" list.
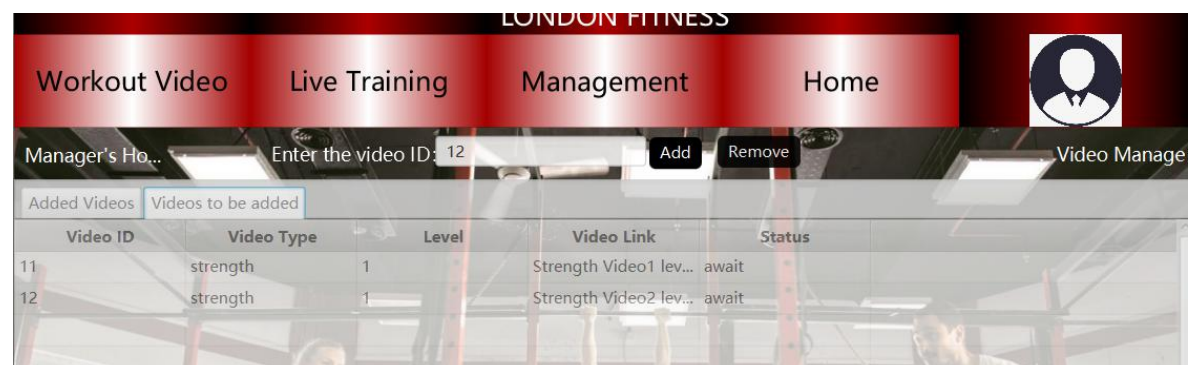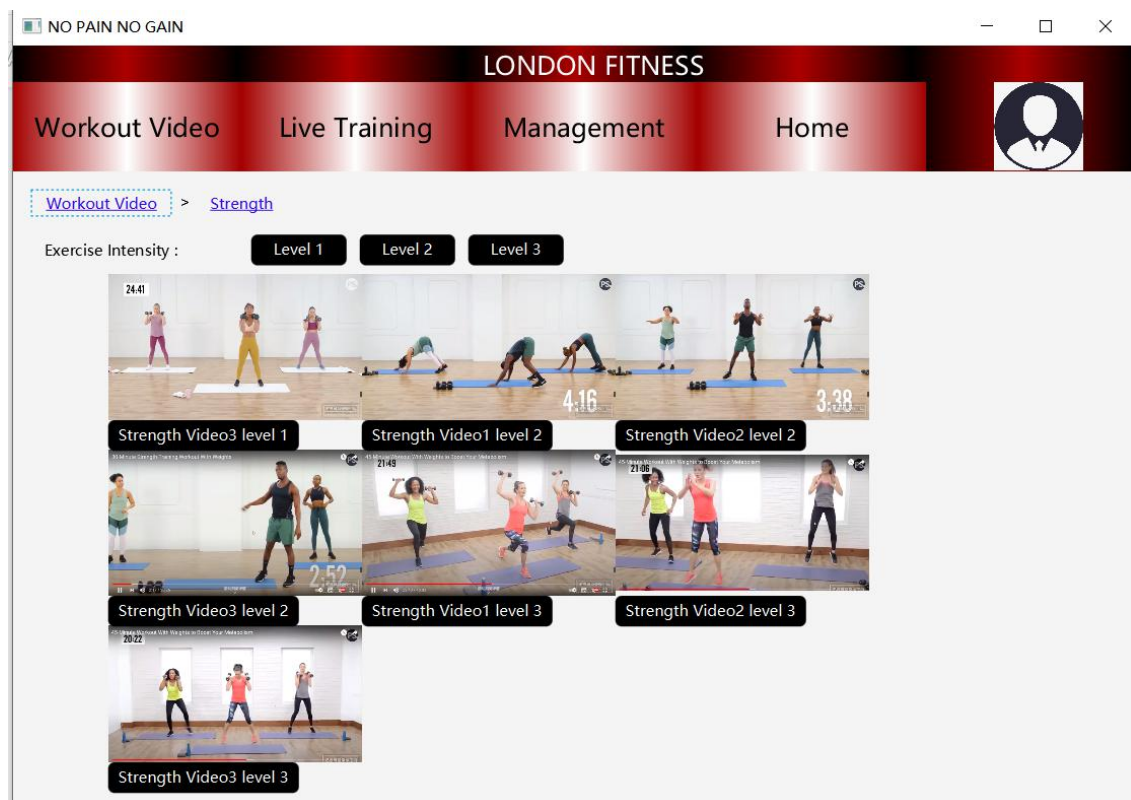

The according change of Workout Video interface will be shown in the next part.
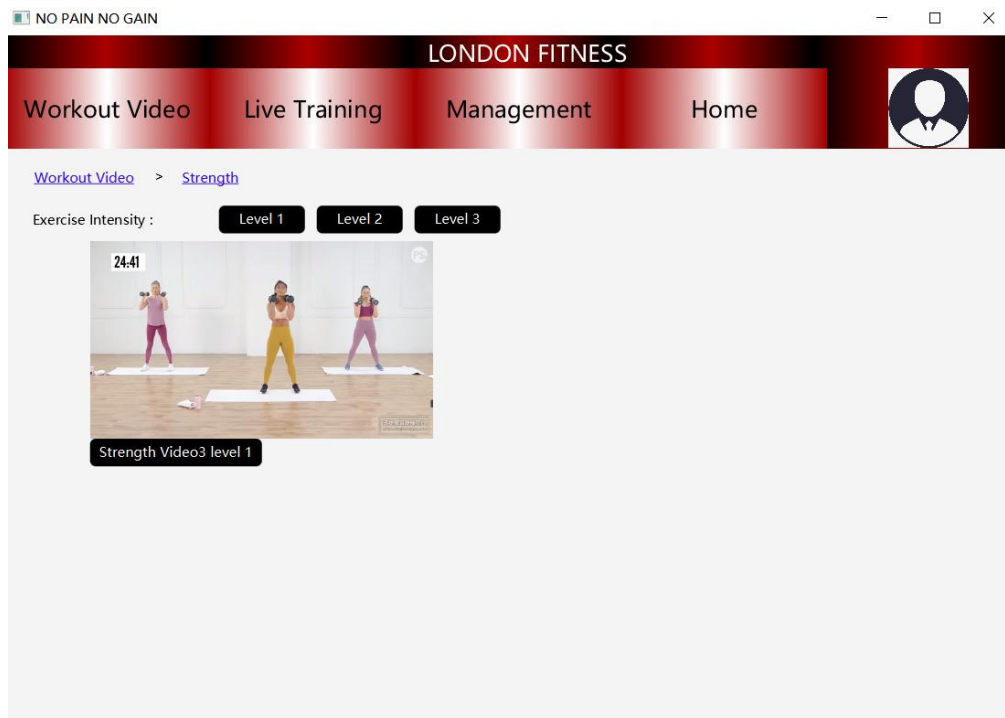
3.4 Workout Video

According to the previous change, video ID 11(Strength video1 level 1)

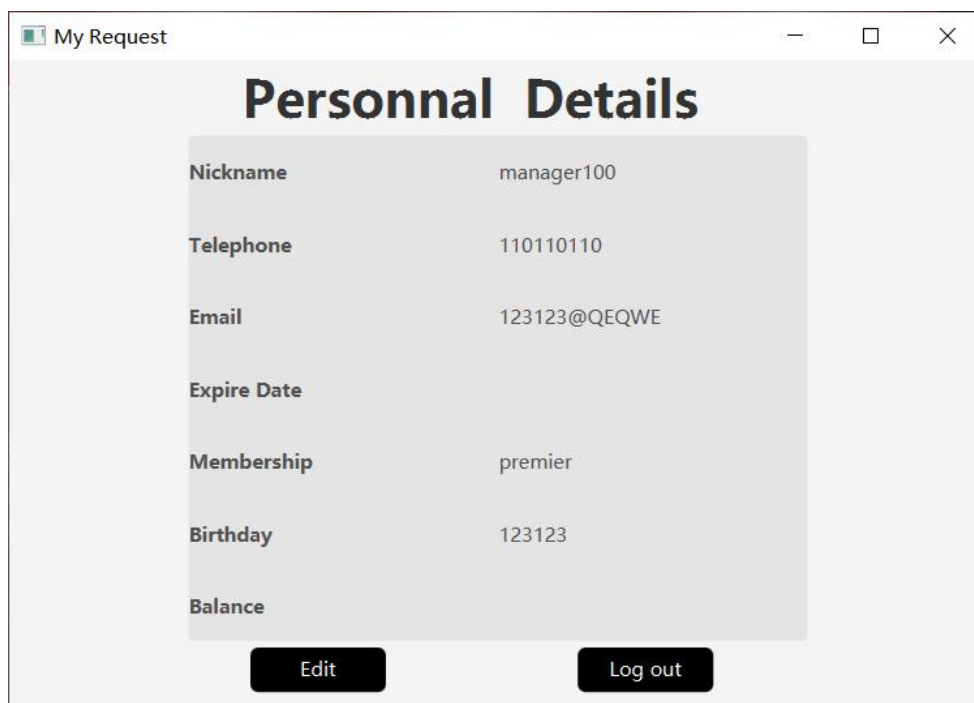and 12(Strength video2 level2) is now unavailable.

Check the Workout Video interface:

For level 1 specifically: video1 and video 2 are now unavailable.

3.5 Personal Information

The personal information interface of manager is similar to that of trainer.