**PanGains Manual**

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## Flutter Installation

Following the flutter installation guide supplied by flutter ensure that flutter is fully installed and that when running the command flutter doctor there are no errors.

<https://docs.flutter.dev/get-started/install/windows>

## MySQL Download

There are two options available to install MySQL.

First option, download and install MySQL workbench this will auto start a MySQL server for you if installed correctly.

https://www.mysql.com/downloads/

Second Option, download XAMPP and follow the installation instructions. Once installed then download SqlYog to view the database.

<https://www.apachefriends.org/download.html>

https://webyog.com/product/sqlyog/

For PanGains we recommend you use the MySQL Workbench as we can show you how to import the data.

## Data Import

Locate the Database File and open MySQL Workbench.

Once workbench is open create a new Schema called PanGains. To do this right click the schema browser and click on create schema.

Graphical user interface, application, Word

Description automatically generated

Now we are going to import the data file.

First locate the tab Server and click on it to view the options select Data Import.

Graphical user interface, application

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Graphical user interface, text, application

Description automatically generatedOnce selected you will see a screen like this.

Then select the following options

Graphical user interface, text, application

Description automatically generated

Import from self-contained file.

Default Target Schema and select PanGains.

Now we are going to locate the file.

Click the three dots and browse to where the file is.



Then click Start Import located bottom right.

Now if you encounter any errors, these are the following common errors.

1. Wrong file selected.
2. Forgot to select the schema.

Now the database is imported I will attach a screenshot of all the data field properties so that you can ensure they are the same as what they are meant to be.

Account Table:

Table

Description automatically generated

Challenges Table:

Graphical user interface, text, application

Description automatically generated

ChallengeStats Table:

A screenshot of a computer

Description automatically generated with medium confidence

CompletedWorkout Table:

Table

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DaysWorkedOut Table:

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Exercise Table:

Graphical user interface, diagram, text, application

Description automatically generated

Folder Table:

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Leaderboard Table:

A screenshot of a computer

Description automatically generated with medium confidence

Routine Table:

Graphical user interface

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Set Table:

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Social Table:

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Statistics Table:

A screenshot of a computer

Description automatically generated with medium confidence

YourExercise Table:

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## Visual Studio 2022 Installation

Install vs22, this will be what runs the API and the web app.

<https://visualstudio.microsoft.com/vs/>

Ensure that the following are selected.

Graphical user interface, text, application

Description automatically generated

## Visual Studio Code Installation

Install visual studio code so that you can run the PanGains app. You should already have this installed from last year.

<https://code.visualstudio.com/>

## Opening Code – All Repo Downloads

**Web API Download**

Now clone the PanGains web API repo or download the file whichever is easiest.

<https://github.com/theomcmullien/PanGainsAPI-MySql>

**Web App Download**

Now clone the PanGains web app repo or download the file whichever is easiest.

<https://github.com/theomcmullien/PanGainsWebApp>

Once the above are all installed go ahead and open the web API and web app with visual studio 22. Locate the solution explorer and go to appsettings.json.

A screen shot of a computer

Description automatically generated with medium confidence

Looking at the following connection strings



Locate the MySQL line and update the connection string to your uid and pwd.

Now do this for the API and the web app.

Now run both and they should be perfect.

**Mobile App Download**

Now clone the PanGains mobile app repo or download the file whichever is easiest.

<https://github.com/Riley-Howley/PanGains>

Now extract the file and open with visual studio code. You will not need to change anything in the application.

Now run the program with an android emulator.

# Mobile App Manual

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Once the app is loaded Sign up or sign in. Popular accounts are

Email: [j.nolen@gmail.com](mailto:j.nolen@gmail.com)

Password: 123.

You can also Sign up for a new account.

Once you have reached the main app screen your screen will look like this.

A screenshot of a phone

Description automatically generated with medium confidence

If you would like to edit the data of the account, click the red pen.

To view Followers, click on followers.

To View following click on following.

Scroll down have a look the rest is self-explanatory.

Next Locate the Workouts Page

A screenshot of a phone

Description automatically generated with medium confidence

You can click start empty workout and select an exercise or Browse Community routines.

If the account has any folder feel free to click on them as well.

Clicking on a folder you can see a delete button this will delete the whole folder but if you want to delete a routine press and hold. I made this hidden because only people who make excuses delete routines.

Then scroll down and can see show history etc.

A picture containing text, electronics, phone, cellphone

Description automatically generated

Here is the main part of the app. Click on the time on the right to set your rest timer.

Click add set and change the kg and reps. Then click add set and do as many sets as you like. Once finished click checked and it will glow green. Now finish the workout and view your stats.

Next Locate the Message Screen

A screenshot of a phone

Description automatically generated with low confidence

This is a full messaging part of the app and can talk to anyone in the app. Even PT.

Now locate the Community screen.

A screenshot of a phone

Description automatically generated with medium confidence

Here you can view all accounts that are public in the app and not private. You can also search. Click on the profile to view their details and stats and you can follow them like a full social media app.

Popular screen is fake data due to lack of users on the app.

A picture containing text, monitor, phone, cellphone

Description automatically generated

Lastly locate the Leaderboard Screen.

A screenshot of a phone

Description automatically generated with medium confidence

This shows the stats of everyone that participated in the challenge.

The application will have bugs due to the size and limited time but here is the Full Social Media Application.

# Web App/Admin Portal Manual

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**Log In Page**

This page will be displayed on load of the application and will require an admin username and password for signing into the app. There will be no sign up or guest functionality on the web app as it is for administrative purposes only and will only be used for pre-existing admin accounts.

Admin Accounts:

Table

Description automatically generated

A picture containing text, floor

Description automatically generated

**Dashboard Page**

This page will be displayed after logging in.

Every screen/page of the admin portal (Excluding the log in page) will display a log out button and a sidebar used for navigation with the following tabs: Dashboard, Accounts, Exercises, Challenges and Leader board.

Graphical user interface

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**Accounts Page**

This page will be displayed after an admin user clicks on the accounts tab on the navigation sidebar. This page will display every account registered within the app, filtered by most recent. There will be a search feature positioned at the top of the page allowing an admin user to search for a specific account via the accounts id, first name, last name, full name, email, or subscription type (Unfortunately this is case sensitive). The admin user will also have the ability to view, edit and delete an individual account via their respective buttons listed under the action column of the table.

A screenshot of a computer screen

Description automatically generated with medium confidence

**Individual Account Details Page**

This page will be displayed after an admin user clicks on the details button next to an account on the accounts table. This page will display all of the account’s details and statistics along with a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.

A screenshot of a computer

Description automatically generated with medium confidence

**Individual Accounts Edit Page**

This page will be displayed after an admin user clicks on the edit button next to an account on the accounts table. This page will display all of the account’s details and statistics. You can edit any of this information and press the save changes button to save the changes made. This will permanently save the changes on the web app and database. As well as a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.

Graphical user interface, application, Teams

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**Individual Accounts Delete Page**

This page will be displayed after an admin user clicks on the delete button next to an account on the accounts table. This page will display all of the account’s details and statistics with a delete button near the top of the screen to confirm the deletion of the account before fully deleting it from the accounts page and database. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.

A screenshot of a computer

Description automatically generated with medium confidence

**Exercises Page**

This page will be displayed after an admin user clicks on the exercises tab on the navigation sidebar. This page will display every exercise within the app, filtered by id. There will be an add exercise button positioned at the top of the page allowing an admin user to add/create a new exercise on the exercises page and within the database itself. The admin user will also have the ability to edit and delete an exercise via their respective buttons listed under the action column of the table.

Graphical user interface

Description automatically generated

**Exercises Create Page**

This page will be displayed after an admin user clicks on the add exercise button on the exercises page. This page will consist of a single input field and an add button in which the admin user can insert the name of a new exercise and click the add button, adding the new exercise into the exercises page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.

Graphical user interface, website

Description automatically generated

**Exercises Edit Page**

This page will be displayed after an admin user clicks on the edit button next to a specific exercise on the exercises page. This page will consist of a single input field which will be automatically filled in with the name of the exercise that was clicked on. From here the admin user can edit the exercise name and click save changes to update the exercises name on the exercises page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.

Graphical user interface, website

Description automatically generated

**Exercises Delete Page**

This page will be displayed after an admin user clicks on the delete button next to a specific exercise on the exercises page. This page will consist of a delete button near the top of the screen to confirm the deletion of the exercise before fully deleting it from the exercises page and the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.

Graphical user interface, application, Teams

Description automatically generated

**Challenges Page**

This page will be displayed after an admin user clicks on the challenges tab on the navigation sidebar. This page will display every challenge within the app, filtered by id. There will be an add challenge button positioned at the top of the page allowing an admin user to add/create a new challenge on the challenges page and within the database itself. The admin user will also have the ability to edit and delete a challenge via their respective buttons listed under the action column of the table.

Graphical user interface

Description automatically generated

**Challenges Create Page**

This page will be displayed after an admin user clicks on the add challenge button on the challenges page. This page will consist of a single input field and an add button in which the admin user can insert the name of a new challenge and click the add button, adding the new challenge into the challenges page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.

Graphical user interface, website

Description automatically generated

**Challenges Edit Button**

This page will be displayed after an admin user clicks on the edit button next to a specific challenge on the challenges page. This page will consist of a single input field which will be automatically filled in with the name of the challenge that was clicked on. From here the admin user can edit the challenge name and click save changes to update the challenges name on the challenges page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.

Graphical user interface, website

Description automatically generated

**Challenges Delete Page**

This page will be displayed after an admin user clicks on the delete button next to a specific challenge on the challenges page. This page will consist of a delete button near the top of the screen to confirm the deletion of the challenge before fully deleting it from the challenges page and the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.

Graphical user interface, application, Teams

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**Leader Board Page**

This page will be displayed after an admin user clicks on the leader board tab on the navigation sidebar. This page will display a table of positions of the top ranked accounts of the current monthly challenge, filtered by amount of reps. The right side of the page will display the challenge name of the challenge to be used as the next month’s challenge, if no challenge is set, “No Challenge Set” will be displayed. If no challenge has been set for the next month, the admin user will have the ability to click the create challenge button, creating a challenge. If there is a challenge set for the next month, the admin user will have the ability to remove the challenge and create a new challenge.

A screenshot of a computer

Description automatically generated with medium confidenceA screenshot of a computer

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**Leader Board Create Page**

This page will be displayed after an admin user clicks on the create challenge button on the leader board page. This page will consist of a single dropdown field containing all challenges within the database and a set challenge button in which the admin user can then click, creating a new monthly challenge within the database set for next month. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the leader boards page.

Graphical user interface, website

Description automatically generated

**Leader Board Delete Page**

This page will be displayed after an admin user clicks on the remove button on the leader board page. This page will consist of a delete button near the top of the screen to confirm the deletion of the monthly challenge before fully deleting it from the database. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the leader board page.

Graphical user interface, application, Teams

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