

# Userguide Gym-appen

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## What is Gym-appen?

Gymappen are the new Training diary. In gym-appen a user can:

- Doing a routine/Workout
- Create an own routines and exercises
- See all workouts that has been completed
- Be able to see statistics over progress

This guide will explain how Gym-appen works step by step and all of its features.

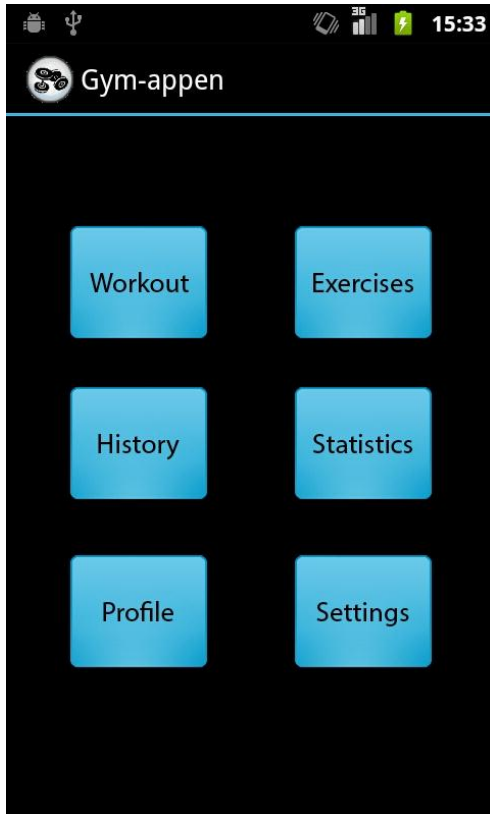
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## Introduction

### Start menu:



**Figure 1 when you start gymappen, it will look like this**

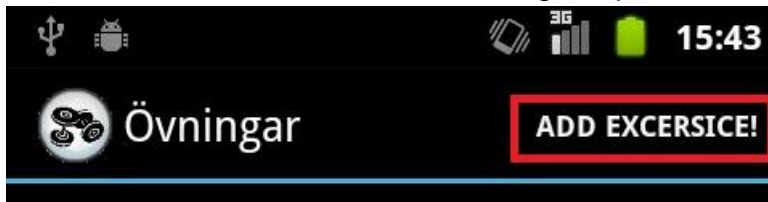
A short explanation on what will happen when pressing the buttons in the figure above:

- The gym-app icon in the top left corner takes the user back to the start menu(back to Figure 1)
- Workout: See all routines that has been added
- Exercises: See all exercises that is available.
- History: See all routines that has been completed
- Statistics: See statistics about over its training
- Profile: Fill in information about itself
- Settings: Change settings for Gymappen

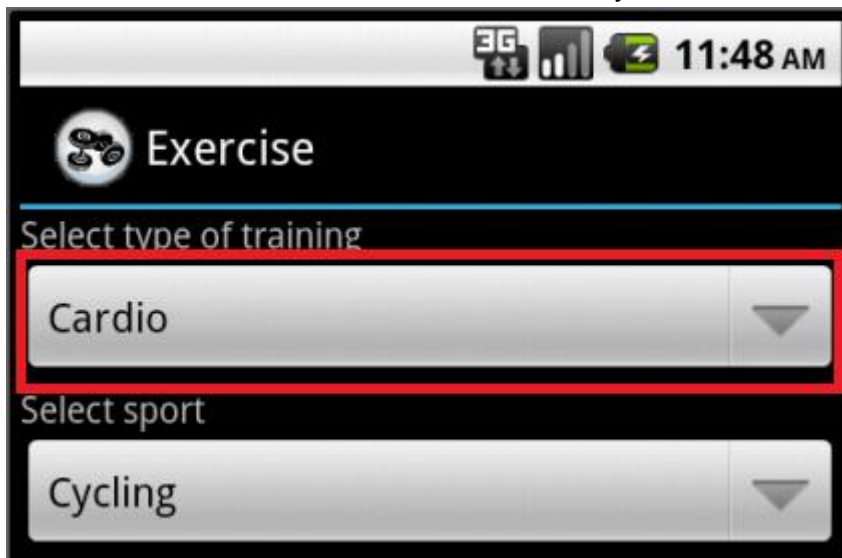
## Exercise

### Add an exercise

1. From the start menu, press the “exercise”-icon and a list will appear with the exercises that are available.
2. Push the icon “Add Exercise” at the right top and a dialog will be shown.



3. Write the name for the exercise and then press the button “add”
4. Now, let's put in some attributes for the exercise. Choose what type of training it is. Choose between: Cardio, Static or a dynamic exercise



5. **For cardio:**

What sport to be added. The two text fields that follow after are optional and will contain a description about the exercise and some extra note to the user itself.

3G 11:49 AM

**Exercise**

Select type of training

Cardio

Select sport

Cycling

Description

Describe your exercise

Note to self

Add a personal comment

Cancel Done

**For Static and dynamic:**

Choose primary(the first item) and secondary(the second item) muscle group. The two text fields that follow after are optional and will contain a description about the exercise and some extra note to the user itself.

The screenshot shows an iPhone screen with an 'Exercise' app. At the top, the status bar shows 3G, signal strength, battery, and the time 1:13 PM. The app title 'Exercise' is at the top left. Below it is a section 'Select type of training' with a dropdown menu showing 'Dynamic'. To the right of this dropdown is a yellow label 'Primary' with a downward arrow. Below this is a section 'Primary muscle' with a dropdown menu showing 'Biceps'. This section is enclosed in a red box. Below that is a section 'Secondary muscle' with a dropdown menu showing 'Triceps'. This section is also enclosed in a red box. To the right of the 'Triceps' dropdown is a yellow label 'Secondary' with a downward arrow. Below these is a section 'Description' with a text area containing the placeholder 'Describe your exercise'. At the bottom is a section 'Note to self' with a text area containing the placeholder 'Add a personal comment'. At the very bottom are two buttons: 'Cancel' and 'Done'.

6. Then press done and now the exercise has been added

### Edit a exercise

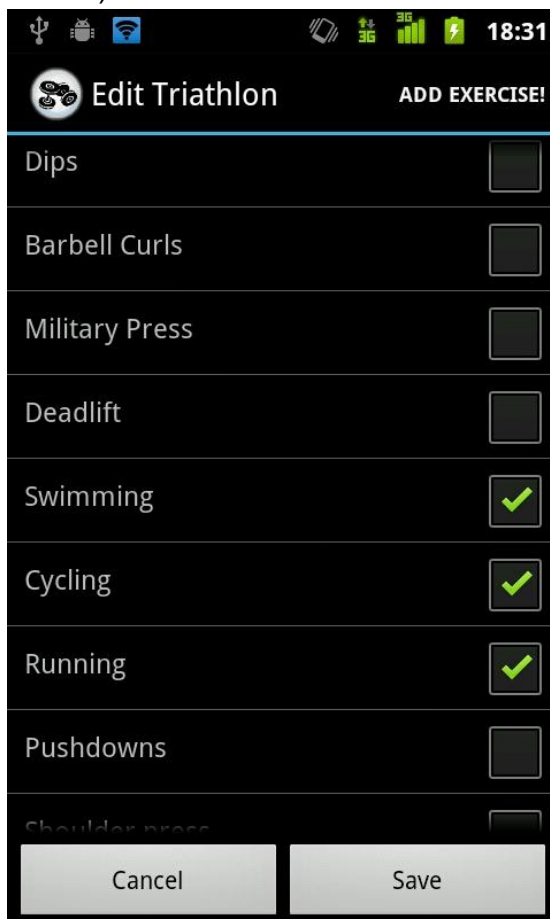
1. From the start menu, press the “exercise”-icon and a list will appear with the exercises that are available.
2. Press the exercise that shall be edited.
3. Then do step 4-6 in “Add an Exercise”.



## Workout

### Create a new workout

1. Press the “Workout”-icon from the start menu.
2. Thereafter press the icon “Add Workout” that is placed on the top left corner. Redirects to a dialog.
3. Thereafter, write the name that the workout shall have.
4. A list will be displayed with all the exercises. Pick the exercise by clicking it and the checkbox to the right of the exercise will be “checked”(see picture bellow)



5. Press save and all of the exercises that has been pressed are now saved in the workout.

### Edit a workout

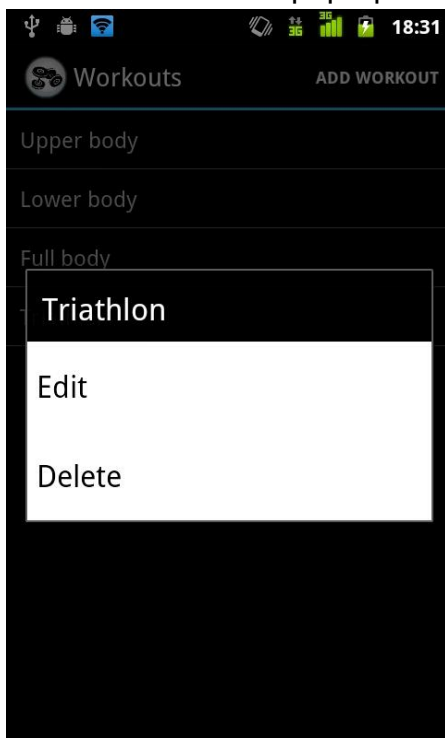
1. Press the Workout-icon from the start menu.
2. Press the workout that shall be edited.
3. Press “Edit Workout”-icon that are placed in the top left corner.
4. Do step 4 and 5 in “Create a new workout”

Alternative option

1. Press the Workout-icon from the start menu.
2. Longclick the workout that shall be edited.
3. Press edit on the pop-up dialog
4. Do step 4 and 5 in “Create a new workout”

### Delete a workout

1. Press the Workout-icon from the start menu.
2. Longclick the workout that shall be edited.
3. Press delete on the pop-up dialog.



4. Press yes to confirm the deletion.

## Do a workout

1. From the start menu press the workout-icon.
2. Press the workout that shall be used
3. Press the start button that is placed on the bottom screen.
4. Now click the exercise that shall be done.

At the top of every exercise there will be listed a “last time” text field. This place will list how many reps and how much weight that was lifted or for how long the exercise was done and the distance.

### The dynamic-exercise

Fill in how many repetitions that was done and how much weight that were used. Do this for every set that are done.

### The static-exercise

Fill in how long time the exercise were done in minutes and seconds and also fill in the weight amount that were added(if no extra weight, write zero).

### The cardio-exercise

Fill in for how long time the exercise were done in minutes and seconds and also write the distance.

If the set were wrong that recently were added, just press the button “Remove set” and the last added set will be removed.

When finished the exercise, press done.

5. When finished with a workout, press done and the workout will be added in history.

## History

### See all performed workouts

1. From the start menu press the history-icon.
2. You now see a list with all workouts that have been performed  
The big text is the name of that workout and the text under the name is the date of the last time the workout was performed.
3. Push the workout that the history should be listed for. A list with all the exercises with the weight and reps will be shown.

## Statistics

### View statistics

From the start menu click statistics button.

1. From the dropdown menu choose what exercise/category you want to view statistic for.
2. Statics up under the menu.

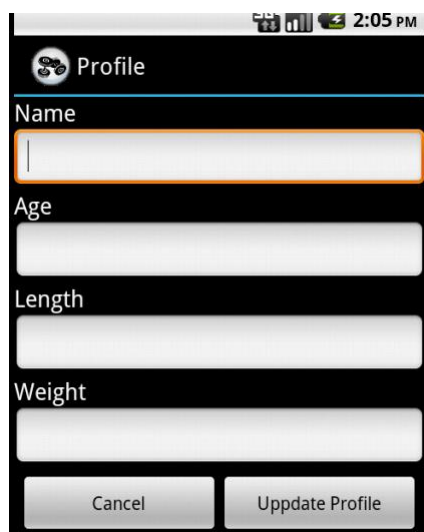
### Add statistics

1. From the start menu click statistics button.
2. Click add

## Profile

### Enter profile

1. Enter name
2. Enter age
3. Enter length
4. Enter weight
5. Press the “Update Profile”-button



Profile

Name

Age

Length

Weight

Cancel Update Profile

## Settings

### Change language

1. Press the item that is called “Language”
2. From there choose either, English or Svenska.
3. The pop-up screen is automatically shut down.
4. Now the chosen language is the current one.

### Change units

#### Change distance

1. Press the item that is called “Distance”
2. From there, choose either, Kilometers or Miles.
3. The pop-up screen is automatically shut down.
4. Now the chosen unit is the current one.

#### Change weight

1. Press the item that is called “Weight”
2. From there, choose either, Kilogram or Pounds.
3. The pop-up screen is automatically shut down.
4. Now the chosen unit is the current one.

### The about button

When clicking this button a dialog will pop-up with some information about the project.