

**Department of Computer Science and Engineering
University of Notre Dame**

**CSE 40746 - Advanced Database Projects
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Final Project



Group 4 - User's Guide

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Using Gainzmaster is quite easy with our simple user interface and intuitive design. The following instructions will walk you through how to create a user account and take advantage of Gainzmaster's features.

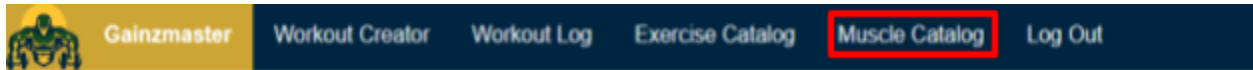
1. Navigate to the home page at <http://3.89.12.221:8004/>.
2. Click the signup tab at the top of the page to create an account



3. Once at <http://3.89.12.221:8004/signup>, enter an email address, username, and password to create your own account on Gainzmaster.

A screenshot of the "Create an Account!" form on the Gainzmaster website. The form is set against a background image of a gym with the text "FIGHTING IRISH" on the floor. The form has three input fields: "EMAIL" with the value "begloff@nd.edu", "USERNAME" with the value "begloff", and "PASSWORD" with masked characters "*****". Each input field has a red arrow pointing to it from the left. At the bottom right of the form is a "Create Account" button, which is highlighted with a red rectangle.

- Following registration with an appropriate email address, username, and password, the user will be redirected to the authenticated home page. For simplicity's sake, the guide will walk through the Muscle Catalog, Detailed Muscle Pages, Exercise Catalog, Detailed Exercise Pages, Workout Creator, and Workout Log in that order. Accordingly, press the muscle catalog button in the navbar at the top or in the middle of the page.



- After pressing the muscle catalog button, you will be redirected to <http://3.89.12.221:8004/musclecatalog>, where you can query the muscle database for more information on distinct muscles. Simply typing into the name search or changing the search category will update the table below.


Muscle Search

NAME

CATEGORY

All

To see more information about 1/46 distinct muscle groups, click on the table entry to be redirected to a detailed muscle information page.

Supraspinatus	-CLICK- Shoulders		Rotatory Cuff, Shoulder	Subscapularis, Infrapinatus, Teres Minor
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- After clicking on a table entry, you should be redirected to <http://3.89.12.221:8004/musclecatalog/6>, where “6” differs based on the muscle selected. From a detailed muscle page, you can read any information you are interested in, and use the navbar and back button to navigate where you would like, or press any of the exercises at the bottom of the page to be redirected to the appropriate exercise page.

Check out some exercises that target this muscle:

To Exercise Page

[Dumbbell Seated Front Lateral Raise](#)

[Cable Seated Front Lateral Raise](#)

[Cable Full Can Lateral Raise](#)

[Dumbbell Front Lateral Raise](#)

[Cable Front Lateral Raise](#)

[Dumbbell Seated Front Lateral Raise](#)

[Dumbbell Full Can Lateral Raise](#)

[Dumbbell Full Can Lateral Raise](#)

[Dumbbell Front Lateral Raise](#)

After surveying appropriate muscle information, click on the exercise catalog tab to be redirected.

- Upon navigating to the exercise catalog page, you are greeted with an extensive exercise search box. The exercise search box contains eight fields to search the 2600+ exercise table with. Pressing search will filter all the exercises contained in the table. The sort by preferability checkbox will also sort all exercises by decreasing preferability, meaning only the most preferable exercises will be shown. When you have your search parameters set, press the search button and scroll down to the exercises table to view the results.

Exercise Search

NAME

MUSCLE GROUP

All

DETAILED MUSCLE

All

SORT BY PREFERABILITY

☐

EQUIPMENT/METHOD

All

UTILITY

All

MECHANICS

All

MUSCLE FORCE

All

Reset Fields

Search

Also to increase the number of results in the table, you can press the “See More Entries” button at the bottom of the page. There are 50 exercises shown for each query until the see more entries button is pressed.

Inverted Sit-up	Waist		Quadratus Lumborum	Sit-ups	Basic	Compound	Pull	2
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See More Entries

Clicking a table entry will redirect you to a detailed exercise page.

Cable Standing Fly	Chest		General Chest	Flies	-CLICK- Auxiliary	Isolated	Push	2
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- Clicking an exercise catalog table entry will redirect you to the detailed exercise page. This page will show sufficient information for each exercise including preparation information, execution information, and a picture of how to perform the exercise. At the top of the page, clicking the muscle/area of focus text will redirect you to the appropriate muscle information if desired.

🔧 Equipment/Method: Flies

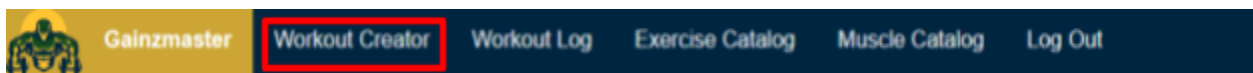
👉 Muscle/Area of Focus: General Chest

🔧 Utility: Auxiliary

🔧 Mechanics: Isolated

👤 Muscle Force: Push



After surveying the exercise catalog and detailed exercise pages, click workout creator on the top navbar to redirect to the workout creator tab.



9. The workout creator has two main components that you can use to draft a workout to add to your workout log. First the top contains several buttons for randomly generating a workout according to either a push, pull, upper, legs, or completely random methodology.



Pressing any of the buttons above will generate a workout and populate a current workout table with an exercise, sets, and reps. Second, pressing the “Add Exercise” button will add individual exercises to the current workout table.

	Depth Push-up	Chest 	Pectoralis Major Sternal	Plyometric	Plyometric	Compound	Push	1
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After you have sufficiently filled the current workout table, press the complete workout button to finalize your workout.

Current Workout:

Remove Exercise	Exercise	Sets	Reps
	Cable Pull-up	<input type="text" value="5"/>	<input type="text" value="3"/>
	Suspended One Arm Row	<input type="text" value="4"/>	<input type="text" value="4"/>
	Weighted Chin-up	<input type="text" value="3"/>	<input type="text" value="12"/>
	Cable Standing Low Row	<input type="text" value="5"/>	<input type="text" value="3"/>
	Dumbbell Curl	<input type="text" value="3"/>	<input type="text" value="12"/>
	Rear Pull-up	<input type="text" value="2"/>	<input type="text" value="18"/>
	Weighted Pull-up	<input type="text" value="3"/>	<input type="text" value="5"/>

Pressing the complete workout button will prompt you to fill out some information about the workout to store in your log. Pressing submit workout on the pop-up modal will push the workout information to your log.

Log Workout

Enter Workout Name:

Enter Workout Split:



Enter Workout Date:

After clicking submit workout, click the workout log tab on the nav bar to see your inserted workout.

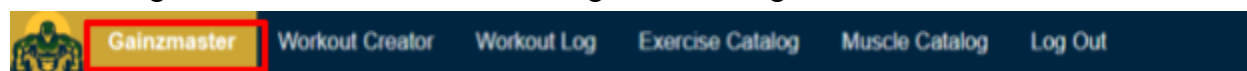


- Once on the workout log page, you can see the workout you just submitted within the workout log.

Hello, ben. Here is a description of your last 1 logged workouts:

Ben's Workout		Pull	07-MAY-23
Exercise	Image	Sets x Reps	
Suspended One Arm Row		4 x 4	
Weighted Chin-up		3 x 12	

Clicking the red minus button at the top of the log entry will delete the entry, while clicking on the exercise name will redirect you to the detailed exercise page. For the final features of the website, navigate back to the home page to view log and exercise integrations. Click the Gainzmaster logo on the navigation bar to return home.



- Scrolling down on the home page will show three separate buttons. The “Add to Log” button will push the suggested workout to the workout creator where you can follow the above process to submit it to your workout log. The “Regenerate Workout” button will create a new randomly curated workout. Finally, the “View More Logs” button will redirect you to the workout log page.

Looking for a workout? Here's a randomly curated *Pull* workout!

- Weighted Pull-up (open-centered bar) 5 x 3
- Parallel Close Grip Pull-up 4 x 4
- Cable Rear Pull-up 5 x 3
- Suspended Row 3 x 12
- Inverted Row (on hips) 5 x 3
- Cable Rear Pull-up 4 x 4
- Machine-assisted Pull-up 4 x 4

Add to Log

Regenerate Workout

This is your last logged workout:

- Weighted Chin-up 12 x 3
- Dumbbell Curl 12 x 3
- Cable Pull-up 3 x 5
- Rear Pull-up 18 x 2
- Weighted Pull-up 5 x 3
- Suspended One Arm Row 4 x 4
- Cable Standing Low Row 3 x 5

View More Logs

These are all the features of the Gainzmaster website. We hope you enjoy all the features that Gainzmaster offers!