

Workout Buddy Manual

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Version 3, 29 June 2007

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Getting Started

Signing up for a Workout Buddy Account

Figure 1 and 2: Homepage and Sign Up Page



WORKOUT BUDDY

[Sign In](#)

Workout Buddy

WorkoutBuddy is dedicated to making it easy for individuals and groups to interact with each other, primarily through sport and recreational activities. Finding a workout partner is as signing up with Workout Buddy.

[Sign up today](#)

Connect with People.
Online website to connect people all over the

Take Control.
If you have failed to workout on your own, this is an

Please Sign Up


☐ Remember me

[Sign up](#)

1. Go to http://people.eecs.ku.edu/~dfernand/eecs448/EECS448_Project3/
2. Click **Sign Up** today
3. Enter all information into the necessary fields
4. Check the email you entered for a confirmation email.

Signing In

Figure 3: Sign In Page



WORKOUT BUDDY

Please Sign In


☐ Remember me

Sign in

Sign up

1. Sign in using the email address and password used during sign up
2. Check the **Remember Me** box for your browser to remember your Username and password for the next time you visit Workout Buddy

Figure 4: Profile Page

[Home](#) [About](#) [Contact](#) [More Actions ▾](#) [Calendar](#) [Inbox 0](#) [Hi purnad](#) [Logout](#)

Profile Page

User Info

purnad ddd

Groups Added

Add Group

No groups

Groups Joined

Find Group

No groups

Exercise Routines

Add Routine

No Routines

3. Your profile page is now loaded with all your existing information

Groups

Your groups allow you to plan and find other people who wish to do the same workout as you. Users can find and join public groups or create their own private group to restrict who can find their group.

Adding a New Group

Add a new group when you wish to create an event. The Add Group button can be found on your homepage or under the **More Actions** tab at the top of your webpage.

Figure 5: Add Group Page

Add Group

Group Name

Thursday Workout Crew

☒ Private ☐ Public

Group Discription

Serious workout group. Must bench more than a 100 lbs and have below 10% body fat.

Group Activity

Weightlifting

Add group

1. Fill out all the fields with relevant information
2. Choose private if you do not wish for everyone to see your group details. Choose public if you want anyone to be able to join your group
3. Choose your Group Activity from the drop down menu
4. Finish by clicking **Add group**

Figure 6: Successfully Added Group

Profile Page

User Info

purnad ddd

Groups Added

Add Group

| Name | Status | Delete |
|-----------------------|---------|--------------------------|
| Thursday Workout Crew | Private | <input type="checkbox"/> |

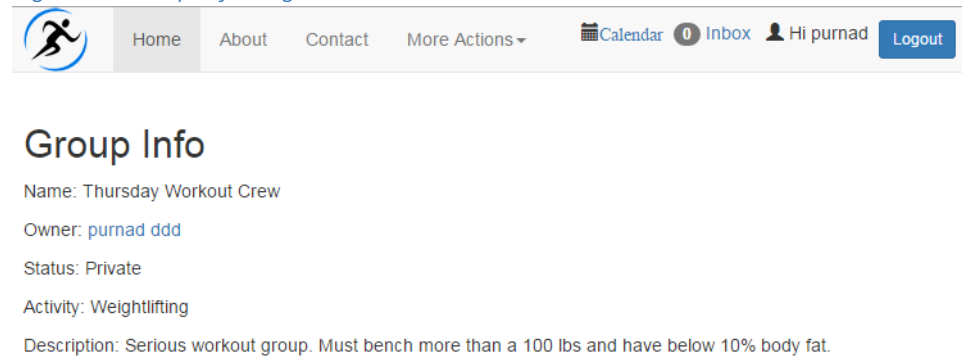
Delete

5. Successfully added groups will show up on your profile page

Adding, Deleting and Searching for Group Member

You can populate both your public and private groups by adding more members.

Figure 7: Group Info Page



The screenshot shows the top navigation bar with a logo, links for Home, About, Contact, and More Actions, and a right sidebar with Calendar, Inbox (0), and a user profile for 'Hi purnad' with a Logout button. The main content area has the title 'Group Info' followed by details: Name: Thursday Workout Crew, Owner: purnad ddd, Status: Private, Activity: Weightlifting, and Description: Serious workout group. Must bench more than a 100 lbs and have below 10% body fat.

Group Info

Name: Thursday Workout Crew

Owner: purnad ddd

Status: Private

Activity: Weightlifting

Description: Serious workout group. Must bench more than a 100 lbs and have below 10% body fat.

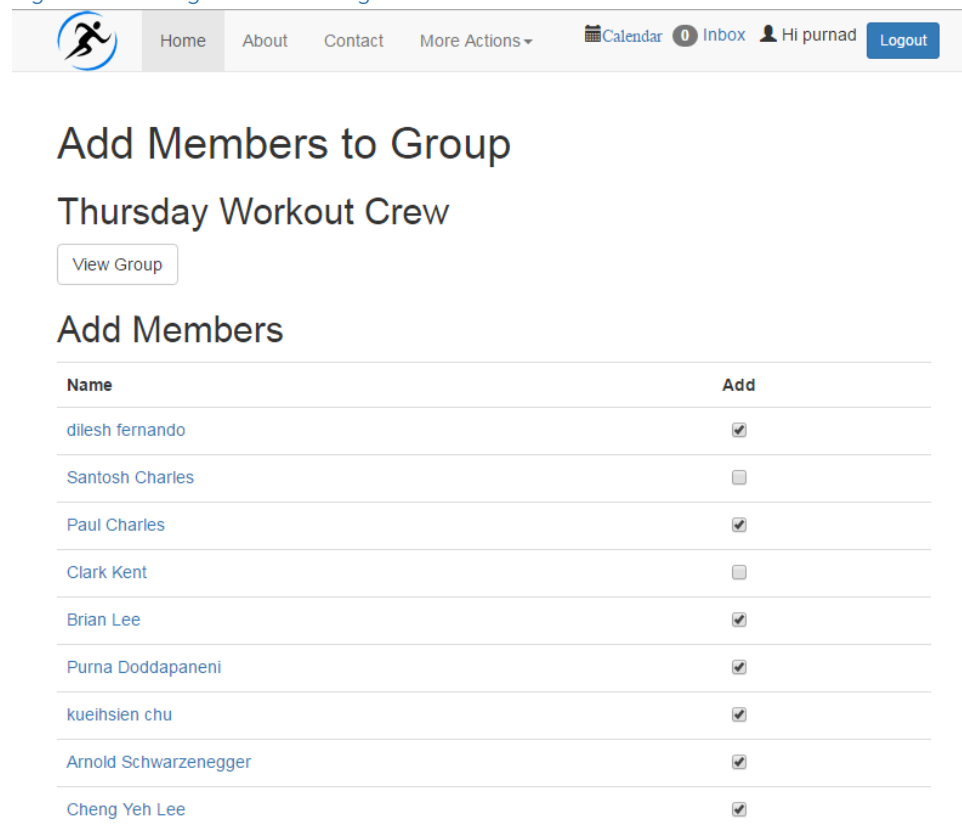
Group Members

Add Members

No members

1. Click on your group name on your Profile Page

Figure 8: Adding Members Page



The screenshot shows the top navigation bar and a title 'Add Members to Group Thursday Workout Crew'. Below the title is a 'View Group' button. The main section is titled 'Add Members' and contains a table with a list of names and checkboxes to add them.

Add Members to Group

Thursday Workout Crew





View Group

Add Members

| Name | Add |
|-----------------------|-------------------------------------|
| dilesh fernando | <input checked="" type="checkbox"/> |
| Santosh Charles | <input type="checkbox"/> |
| Paul Charles | <input checked="" type="checkbox"/> |
| Clark Kent | <input type="checkbox"/> |
| Brian Lee | <input checked="" type="checkbox"/> |
| Purna Doddapaneni | <input checked="" type="checkbox"/> |
| kueih sien chu | <input checked="" type="checkbox"/> |
| Arnold Schwarzenegger | <input checked="" type="checkbox"/> |
| Cheng Yeh Lee | <input checked="" type="checkbox"/> |

2. Select all members that you wish to add
3. Scroll down to the bottom of the page and hit the **Add Members** button

Figure 9: Updated Group Page after Adding members

[Home](#) [About](#) [Contact](#) [More Actions](#)  [Calendar](#)  [Inbox](#)  [Hi purnad](#) [Logout](#)

Group Info

Name: Thursday Workout Crew

Owner: [purnad ddd](#)

Status: Private

Activity: Weightlifting

Description: Serious workout group. Must bench more than a 100 lbs and have below 10% body fat.

Group Members





Add Members

| Name | Remove |
|---------------------------------------|-------------------------------------|
| dilesh fernando | <input type="checkbox"/> |
| Paul Charles | <input type="checkbox"/> |
| Brian Lee | <input type="checkbox"/> |
| Purna Doddapaneni | <input checked="" type="checkbox"/> |
| kueih sien chu | <input checked="" type="checkbox"/> |
| Arnold Schwarzenegger | <input checked="" type="checkbox"/> |
| Cheng Yeh Lee | <input checked="" type="checkbox"/> |

Remove

- The Group Info page is now updated with all the new users.
- Users can be removed by selecting the remove box next to their name and then pressing the **Remove Button**.

Figure 10: Updated Group Page after Removing Members.

[Home](#) [About](#) [Contact](#) [More Actions](#)  [Calendar](#)  [Inbox](#)  [Hi purnad](#) [Logout](#)

Group Info

Name: Thursday Workout Crew

Owner: [purnad ddd](#)

Status: Private

Activity: Weightlifting

Description: Serious workout group. Must bench more than a 100 lbs and have below 10% body fat.

Group Members

Add Members

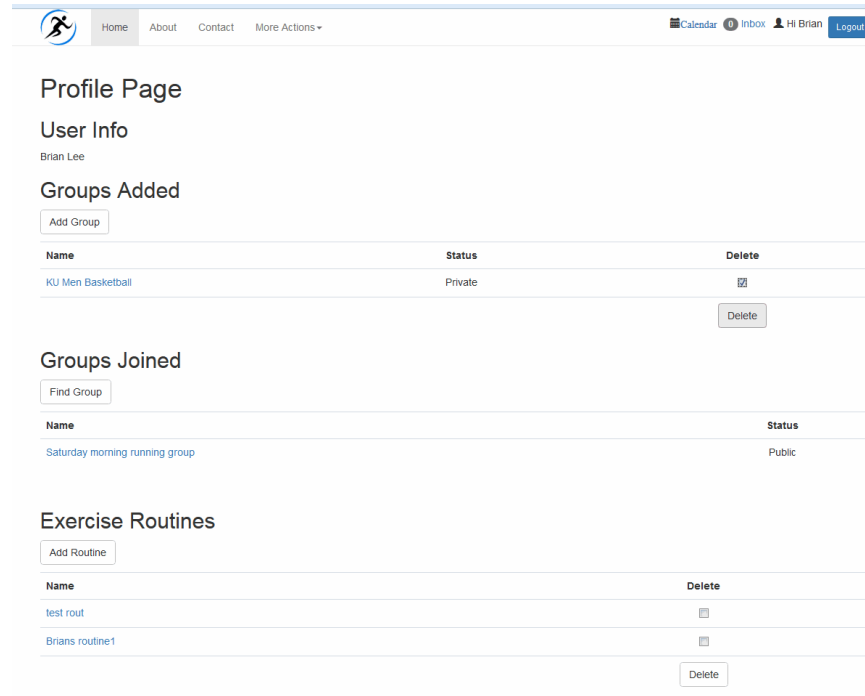
| Name | Remove |
|---------------------------------|--------------------------|
| dilesh fernando | <input type="checkbox"/> |
| Paul Charles | <input type="checkbox"/> |
| Brian Lee | <input type="checkbox"/> |

Remove

Deleting Groups

When a group's activity has been completed or you wish to cancel the event, it is possible to delete the group.

Figure 11: Profile Page Demonstrating Group Deletion



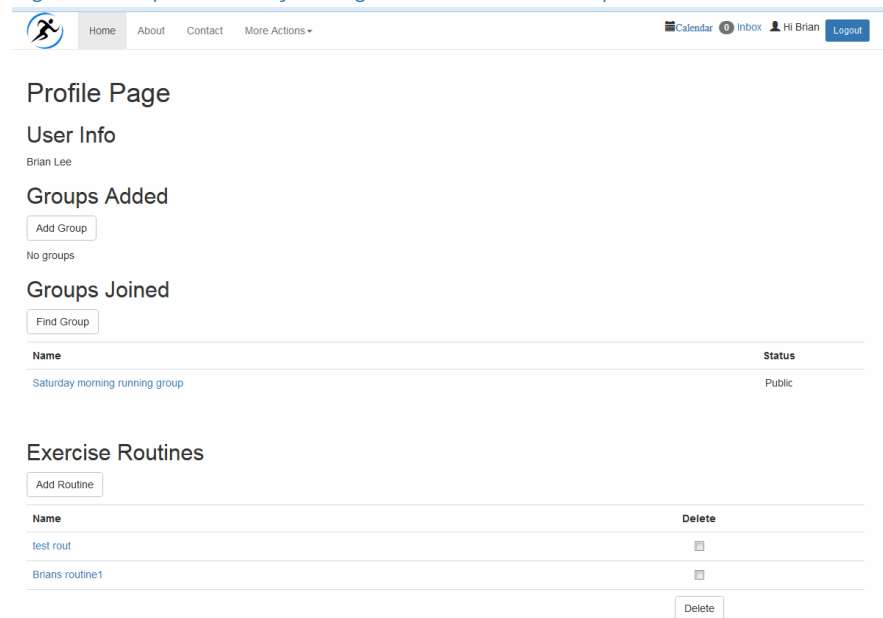
The screenshot shows a user profile page for 'Brian Lee'. The 'Groups Added' section contains a table with the following data:

| Name | Status | Delete |
|-------------------|---------|-------------------------------------|
| KU Men Basketball | Private | <input checked="" type="checkbox"/> |

Below the table is a 'Delete' button.

1. Navigate to your profile page
2. Select the **Delete Box** next to the group you wish to delete
3. Click the **Delete Button** to delete the selected groups.

Figure 12: Updated Profile Page with Deleted Group



The screenshot shows the same user profile page, but the 'Groups Added' section now displays 'No groups' instead of a table. The 'Groups Joined' and 'Exercise Routines' sections remain unchanged.

Finding, Joining and Leaving Groups

Workout Buddy allows you to search for existing public groups that you can join.

Figure 13: Search Results

The screenshot shows the 'Search Results for Running' page. The top navigation bar includes a logo, 'Home', 'About', 'Contact', 'More Actions', 'Calendar', 'Inbox', 'Hi Brian', and 'Logout'. The main content area has a 'Search' section on the left with a 'Search by Activity' dropdown and a 'Search' button. The 'Search Results for Running' section on the right displays a table with two results. The first result, 'Saturday morning running group', has a description and a yellow 'Joined' button. The second result, 'Saturday morning running group', has a description and a green 'Join' button.

| Name | Discription | Action |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Saturday morning running group | Every Saturday morning 7:30 am. Meet up at South Park in downtown Lawrence, KS. Rain or shine, except severe weather condition. Come and join the fun. | Joined |
| Saturday morning running group | Every Saturday morning at 7:30 am rain or shine. Meet at South Park, Downtown Lawrence. | Join |

1. Navigate to the Search page by clicking **More Action**
2. Search for an activity using the drop-down menu. The results will be displayed.
3. Click the **Join** button next to the group description to join the group. This can also be done on the Group's Info page
4. You are already a member of all the groups that have a yellow **Joined**.

Figure 14: Leaving a Group

The screenshot shows the 'Group Info' page for the 'Saturday morning running group'. The top navigation bar is the same as in Figure 13. The main content area has a 'Group Info' section with details: Name: Saturday morning running group, Owner: diles h fernando, Status: Public, Activity: Running, and Description: Every Saturday morning at 7:30 am rain or shine. Meet at South Park, Downtown Lawrence. Below this is a 'Group Members' section with a red 'Leave' button and a list of members, currently showing 'Brian Lee'.

Group Info

Name: Saturday morning running group.
Owner: diles h fernando
Status: Public
Activity: Running
Description: Every Saturday morning at 7:30 am rain or shine. Meet at South Park, Downtown Lawrence.

Group Members

Leave

| Name |
|-----------|
| Brian Lee |

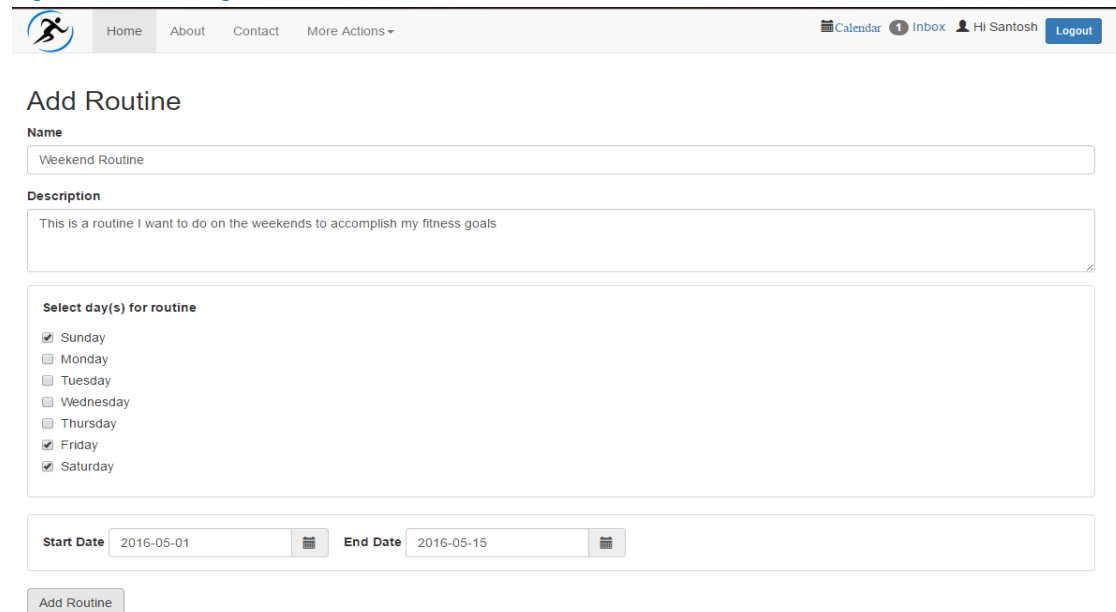
5. A group can be left by navigating to the Group's Info page and pressing **Leave**.

Routines

You can store and create your own custom workout routines. We have 200+ different exercises available for you to choose from and include in your routine. A custom routine can be store the number of reps you plan on doing and the amount of weight

Create Routine and Add/Edit Exercises

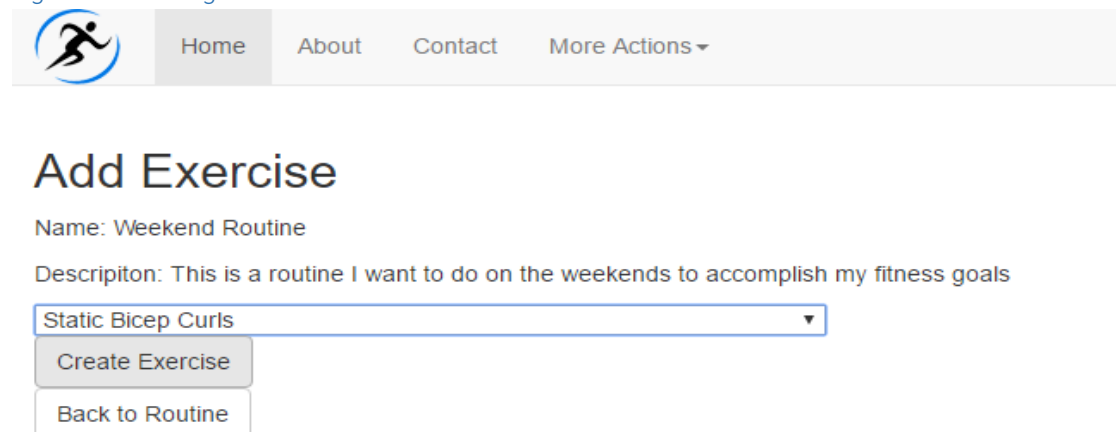
Figure 15: Creating a Routine



The screenshot shows the 'Add Routine' form. At the top is a navigation bar with a logo, links for Home, About, Contact, and More Actions, and user information including a calendar icon, an inbox with 1 item, the name 'Hi Santosh', and a Logout button. The form itself has a title 'Add Routine'. It contains a 'Name' field with the text 'Weekend Routine'. Below that is a 'Description' field with the text 'This is a routine I want to do on the weekends to accomplish my fitness goals'. A section titled 'Select day(s) for routine' contains checkboxes for the days of the week: Sunday (checked), Monday, Tuesday, Wednesday, Thursday, Friday (checked), and Saturday (checked). At the bottom, there are 'Start Date' and 'End Date' fields, both set to '2016-05-01' and '2016-05-15' respectively, with calendar icons. An 'Add Routine' button is at the very bottom.

1. Navigate to your Profile Page
2. Click on **Add Routine** to create a new routine
3. Fill out the necessary information and click **Create Routine**. Note that the routine will appear on your Calendar on all days that you have specified between your **Start** and **End dates**

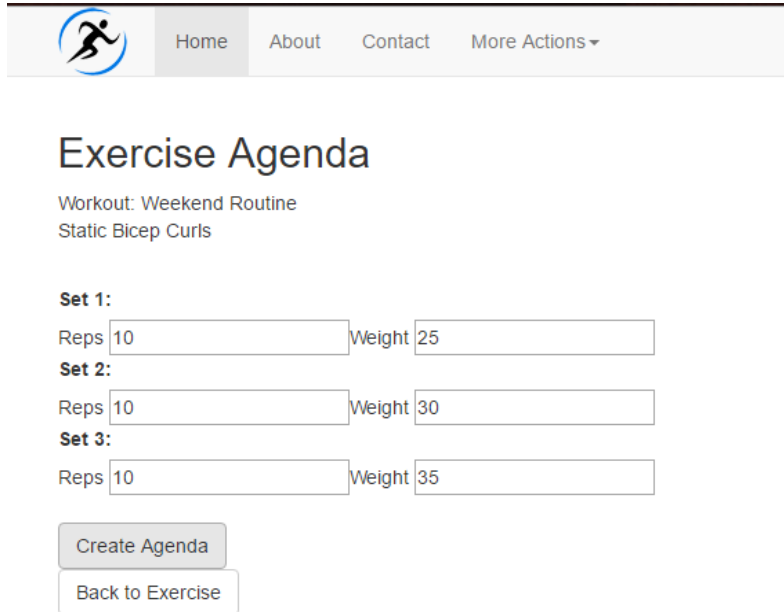
Figure 16: Adding a New Exercise to a Routine



The screenshot shows the 'Add Exercise' form. It has a navigation bar at the top with a logo and links for Home, About, Contact, and More Actions. The form has a title 'Add Exercise'. Below the title, it shows 'Name: Weekend Routine' and 'Description: This is a routine I want to do on the weekends to accomplish my fitness goals'. There is a dropdown menu for selecting an exercise, which currently shows 'Static Bicep Curls'. Below the dropdown are two buttons: 'Create Exercise' and 'Back to Routine'.

- After being redirected to the Add Exercise page, choose an exercise from the drop down menu and add it to your routine.

Figure 17: Specifying the Number of Repetitions and the Amount of Weight



The screenshot shows the 'Exercise Agenda' page. At the top is a navigation bar with a logo, 'Home', 'About', 'Contact', and 'More Actions'. Below the navigation bar, the page title 'Exercise Agenda' is displayed, followed by 'Workout: Weekend Routine' and 'Static Bicep Curls'. There are three sets of input fields for repetitions and weight. Set 1 has 10 reps and 25 weight. Set 2 has 10 reps and 30 weight. Set 3 has 10 reps and 35 weight. At the bottom are two buttons: 'Create Agenda' and 'Back to Exercise'.

Set 1:

Reps Weight

Set 2:

Reps Weight

Set 3:

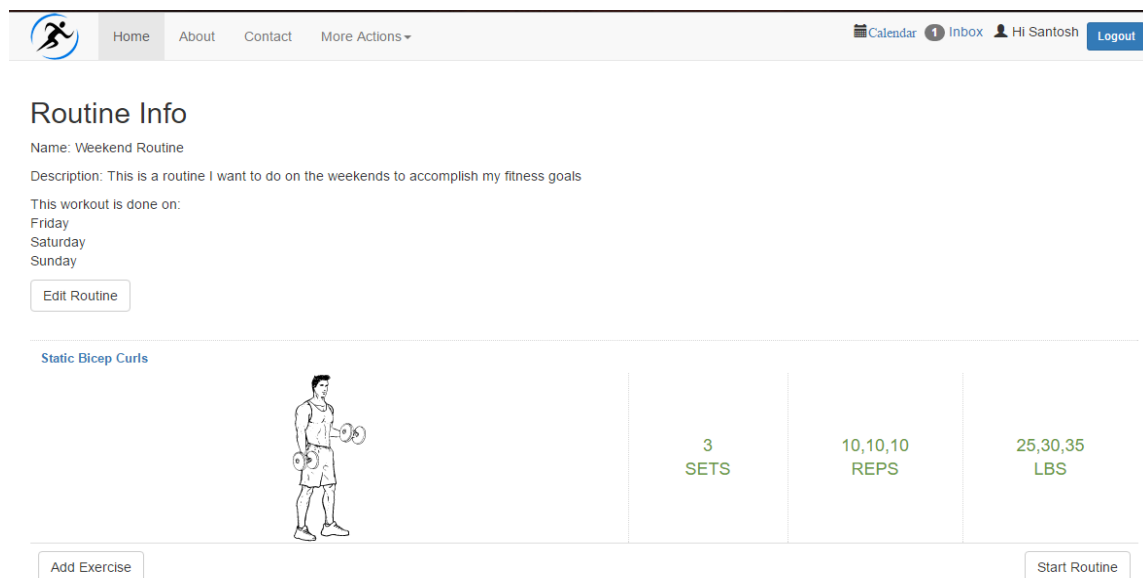
Reps Weight

Create Agenda

Back to Exercise

- Specify the number of repetitions and the amount of weight you wish to use and click **Create Agenda**

Figure 18: Exercise Added to Routine



The screenshot shows the 'Routine Info' page. At the top is a navigation bar with a logo, 'Home', 'About', 'Contact', and 'More Actions'. On the right side of the navigation bar are links for 'Calendar', 'Inbox', 'Hi Santosh', and a 'Logout' button. Below the navigation bar, the page title 'Routine Info' is displayed, followed by 'Name: Weekend Routine' and 'Description: This is a routine I want to do on the weekends to accomplish my fitness goals'. Below the description is a list of days: 'Friday', 'Saturday', and 'Sunday'. There is an 'Edit Routine' button. Below the 'Edit Routine' button is a table with the following data:

| Exercise | Sets | Reps | Weight |
|--------------------|------|----------|----------|
| Static Bicep Curls | 3 | 10,10,10 | 25,30,35 |

At the bottom of the table are two buttons: 'Add Exercise' and 'Start Routine'.

Routine Info

Name: Weekend Routine

Description: This is a routine I want to do on the weekends to accomplish my fitness goals

This workout is done on:

Friday

Saturday

Sunday

Edit Routine

| Exercise | Sets | Reps | Weight |
|--------------------|------|----------|----------|
| Static Bicep Curls | 3 | 10,10,10 | 25,30,35 |


Add Exercise

Start Routine

- The exercise has now been added to your routine. Press **Add Exercise** to continue adding more exercises to the routine.

- To edit the exercise, click on exercise name and you will be redirected to the exercise page.

Figure 19: Editing an Exercise

[Home](#) [About](#) [Contact](#) [More Actions ▾](#)

Exercise Agenda

Workout: Weekend Routine
Static Bicep Curls


Set 1:
Reps Weight

Set 2:
Reps Weight

Set 3:
Reps Weight


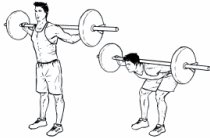

- Edit the values by inputting your new values and click **Update**
- Continue to add more exercises till your desired routine is completed.

Figure 20: Sample Completed Routine

[Home](#) [About](#) [Contact](#) [More Actions ▾](#)Hi Brian!


Routine Info

Name: Weekend workout
Description: I don't rest on weekend.
This workout is done on:
Friday
Saturday
Sunday

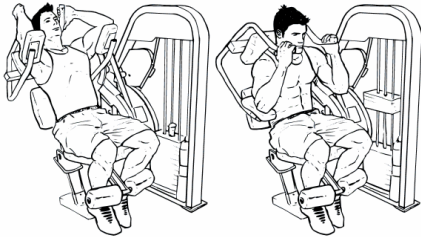
| | | | |
|--------------------------------------------------------------------------------------------------------------------|-----------|------------------|-----------------|
| Ab Crunch Machine  | 3 SETS | 20,20,20 REPS | 80,80,80 LBS |
| Barbell Good Morning  | 3 SETS | 15,15,20 REPS | 50,50,50 LBS |
| Push-ups / Pushups  | 3 SETS | 25,25,25 REPS | --- LBS |

Using your Routine to Work out and Log Information

Figure 21: Starting a Routine and Monitoring Progress

[Home](#) [About](#) [Contact](#) [More Actions](#) Hi Brian! [Logout](#)

Ab Crunch Machine




| SET # | REPS | LBS |
|-------|---------------------------|---------------------------|
| 1 | <input type="text"/> / 20 | <input type="text"/> / 80 |
| 2 | <input type="text"/> / 20 | <input type="text"/> / 80 |
| 3 | <input type="text"/> / 20 | <input type="text"/> / 80 |

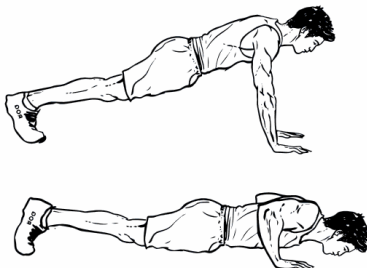
[END WITHOUT SAVE](#) [END](#) [NEXT](#)

1. Navigate to the Routine Page
2. Click on **Start Routine**
3. Perform your exercise and input your actual reps and weight
4. Click **Next** to go to the next exercise.
5. Repeat steps 3 and 4 until your workout is complete.

Figure 22: Ending a Routine

[Home](#) [About](#) [Contact](#) [More Actions](#) Calendar Inbox Hi Brian! [Logout](#)

Push-ups / Pushups




| SET # | REPS | LBS |
|-------|---------------------------|--------------------------|
| 1 | <input type="text"/> / 25 | <input type="text"/> / 0 |
| 2 | <input type="text"/> / 25 | <input type="text"/> / 0 |
| 3 | <input type="text"/> / 25 | <input type="text"/> / 0 |

[END WITHOUT SAVE](#) [YOU'VE DONE IT!](#)

6. You can choose to end without saving any data or save your completed workout data into the log.

Figure 23: Viewing Exercise Log


[Home](#)
[About](#)
[Contact](#)
[More Actions ▾](#)

[Calendar](#)
[Inbox](#)
[Hi Santosh](#)
[Logout](#)

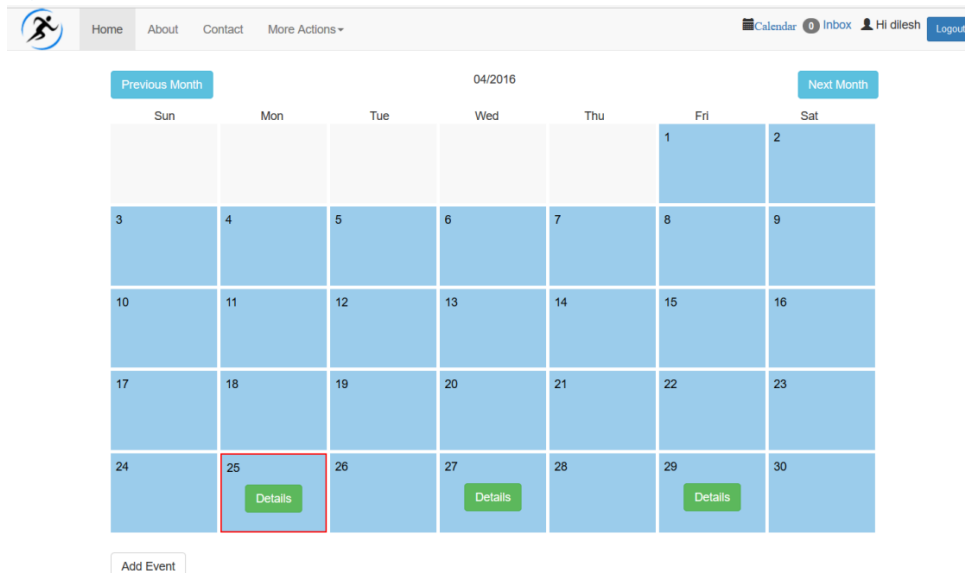
Log History

| Exercise | Routine | Date | Time |
|------------------------------------------------------------|----------------|------------|----------|
| Stability / Swiss / Exercise Ball Crunches | Sunday workout | 04-27-2016 | 02:18:22 |
| Ab Crunch Machine | hi people | 04-27-2016 | 01:52:03 |
| Barbell Hack Squats | hi people | 04-27-2016 | 01:51:47 |
| Barbell Lunges | hi people | 04-27-2016 | 01:51:42 |
| Barbell Front Raises | hi | 04-26-2016 | 23:22:27 |
| Barbell Bench Press / Chest Press | Cool Routine | 04-27-2016 | 02:18:59 |
| Back Extensions / Hyperextensions | Cool Routine | 04-27-2016 | 02:19:00 |
| Ab Crunch Machine | Cool Routine | 04-27-2016 | 02:19:01 |
| Ab Crunch Machine | Cool Routine | 04-27-2016 | 02:19:04 |
| Ab Crunch Machine | Cool Routine | 04-27-2016 | 02:19:07 |
| Ab Crunch Machine | Cool Routine | 04-27-2016 | 02:19:11 |
| Barbell High Pulls | Cool Routine | 04-27-2016 | 02:19:16 |
| Barbell Bench Press / Chest Press | Cool Routine | 04-27-2016 | 02:19:19 |
| Barbell Hip Thrusts | Cool Routine | 04-27-2016 | 02:19:22 |
| Incline Bench Dumbbell Fly | Cool Routine | 04-27-2016 | 02:19:25 |
| Incline Bench Dumbbell Fly | Cool Routine | 04-27-2016 | 02:19:29 |
| Incline Bench Dumbbell Fly | Cool Routine | 04-27-2016 | 02:19:32 |
| Bosu Ball Squats | Cool Routine | 04-27-2016 | 02:19:39 |
| Barbell Lunges | hi people | 04-27-2016 | 13:59:00 |
| Barbell Hack Squats | hi people | 04-27-2016 | 13:59:02 |
| Weighted Glute Bridges | hi | 04-27-2016 | 21:08:53 |

- Click on the **View Log** button located under **More Actions**
- The log will display all the workouts previously done. Click on an entry to see more details.

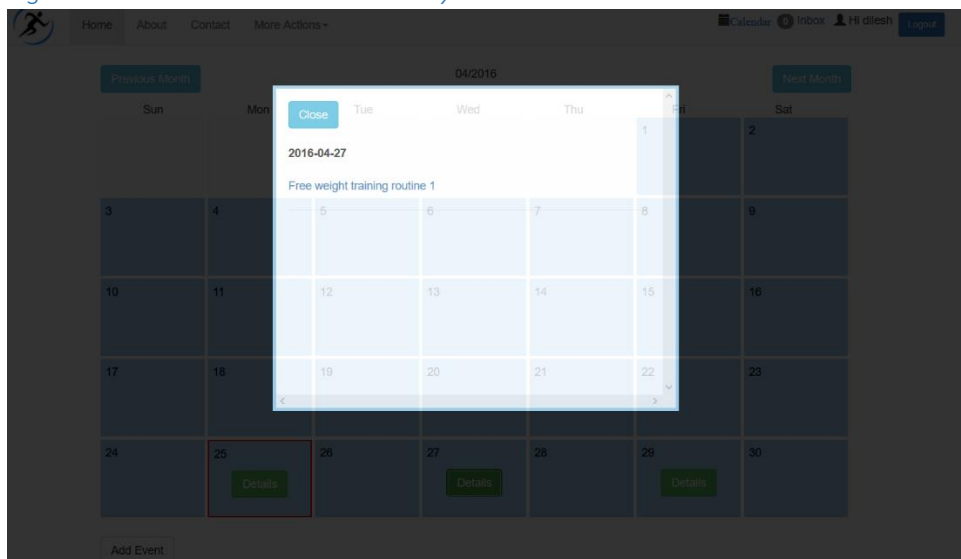
Calendar

Figure 24: View Calendar



1. Click on the **Calendar** button on the top menu to display the current month. Note that the red box around a date indicates the current date.

Figure 25: View Events on a Given Day



2. Click on a date to view all events scheduled for that day

Challenges

Challenges allow you to compare your physical stats with that of other people. The Workout Buddy product features a leaderboard that allows for users to compare and compete with other people's score for bench-press, pull ups and running distance.

Figure 26: Update Challenges

The screenshot shows the 'Update Challenges' form. At the top, there is a navigation bar with a logo, links for Home, About, Contact, and More Actions, and user information including a calendar icon, Inbox, Hi Arnold, and a Logout button. The main heading is 'Add accomplished challenge' followed by 'Update your accomplished challenge!'. Below this, there is a 'Your Name' field containing 'Arnold Schwarzenegger'. There are three input fields for 'Bench Press (lbs):', 'Numbers of pull ups:', and 'Treadmill mileage:'. At the bottom, there is an 'Update challenge' button.

1. Click on **More Actions** and click on **Add Challenges**
2. Enter the necessary data and click on **Update challenge**

Figure 27: View Leaderboards

The screenshot shows the 'Challenge Leaderboard' page. It has the same navigation bar as Figure 26. The main heading is 'Challenge Leaderboard'. Below this, there are three tables showing the top 3 performers for each challenge category.


| BENCH PRESS | TOP 3 |
|-----------------------|---------|
| Arnold Schwarzenegger | 832 lbs |
| Santosh Charles | 300 lbs |
| Sylvester Stallone | 286 lbs |

| PULL UPS | TOP 3 |
|-----------------------|-----------------------|
| Santosh Charles | 300 pull ups in a row |
| Arnold Schwarzenegger | 123 pull ups in a row |
| Deigo Soliz | 55 pull ups in a row |

| Treadmill | TOP 3 |
|-----------------------|-----------|
| Arnold Schwarzenegger | 152 miles |
| Santosh Charles | 10 miles |
| Deigo Soliz | 3 miles |

3. Click on **More Actions** and click on **View Challenges** to see the Challenge Leaderboards

Figure 28: View improvement Over Time





Home


About

Contact

More Actions ▾

Calendar

Inbox

Hi Arnold

Logout

Log History

| Exercise | Routine | Date | Time |
|---------------------------------------------------|---------------------|------------|----------|
| Barbell Bench Press / Chest Press | The monster workout | 04-29-2016 | 13:42:05 |

Rate Analysis

| You have done the following: | Your Max: | Your worst: | Your strength is growing at: | Between: |
|-----------------------------------|-----------|-------------|------------------------------|------------------------------------|
| Ab Crunch Machine | 129 lb | 123 lb | 6 lbs/day | From: 04-21-2016 To: 04-21-2016 |
| Dynamic Clap Push-ups / Pushups | 62 lb | 53 lb | 2.25 lbs/day | From: 04-21-2016 To: 04-25-2016 |
| Barbell Bench Press / Chest Press | 770 lb | 733 lb | 4.625 lbs/day | From: 04-21-2016 To: 04-29-2016 |

- Click on **More Actions** and click on **View Log** to see your improvement over time.