# Workout Buddy Manual

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Version 3, 29 June 2007

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Contents

[Workout Buddy Manual 1](#_Toc450672578)

[Getting Started 3](#_Toc450672579)

[Signing up for a Workout Buddy Account 3](#_Toc450672580)

[Signing In 4](#_Toc450672581)

[Groups 5](#_Toc450672583)

[Adding a New Group 5](#_Toc450672584)

[Adding, Deleting and Searching for Group Member 6](#_Toc450672585)

[Deleting Groups 8](#_Toc450672586)

[Finding, Joining and Leaving Groups 9](#_Toc450672587)

[Routines 10](#_Toc450672588)

[Create Routine and Add/Edit Exercises 10](#_Toc450672589)

[Using your Routine to Work out and Log Information 13](#_Toc450672590)

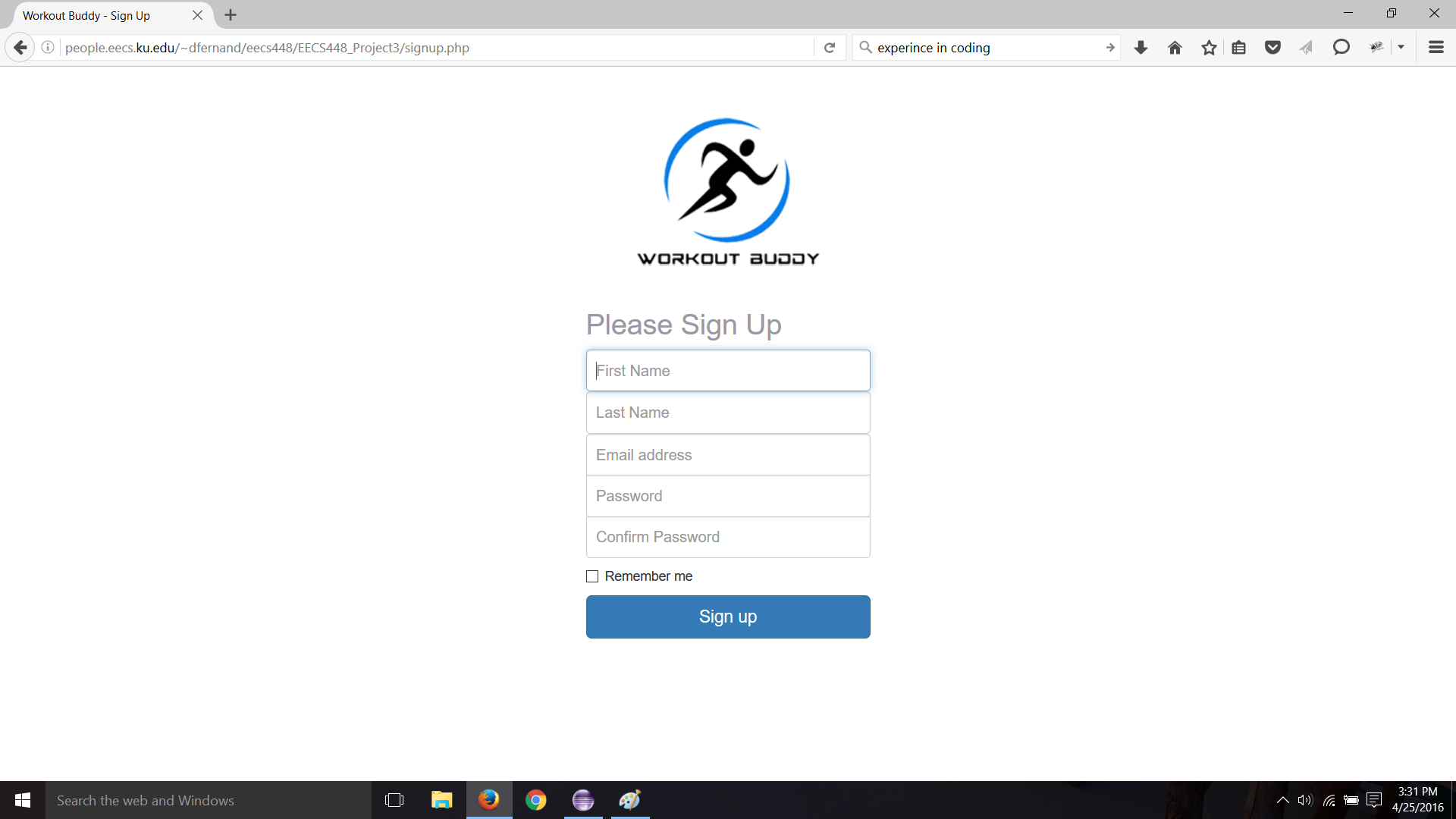
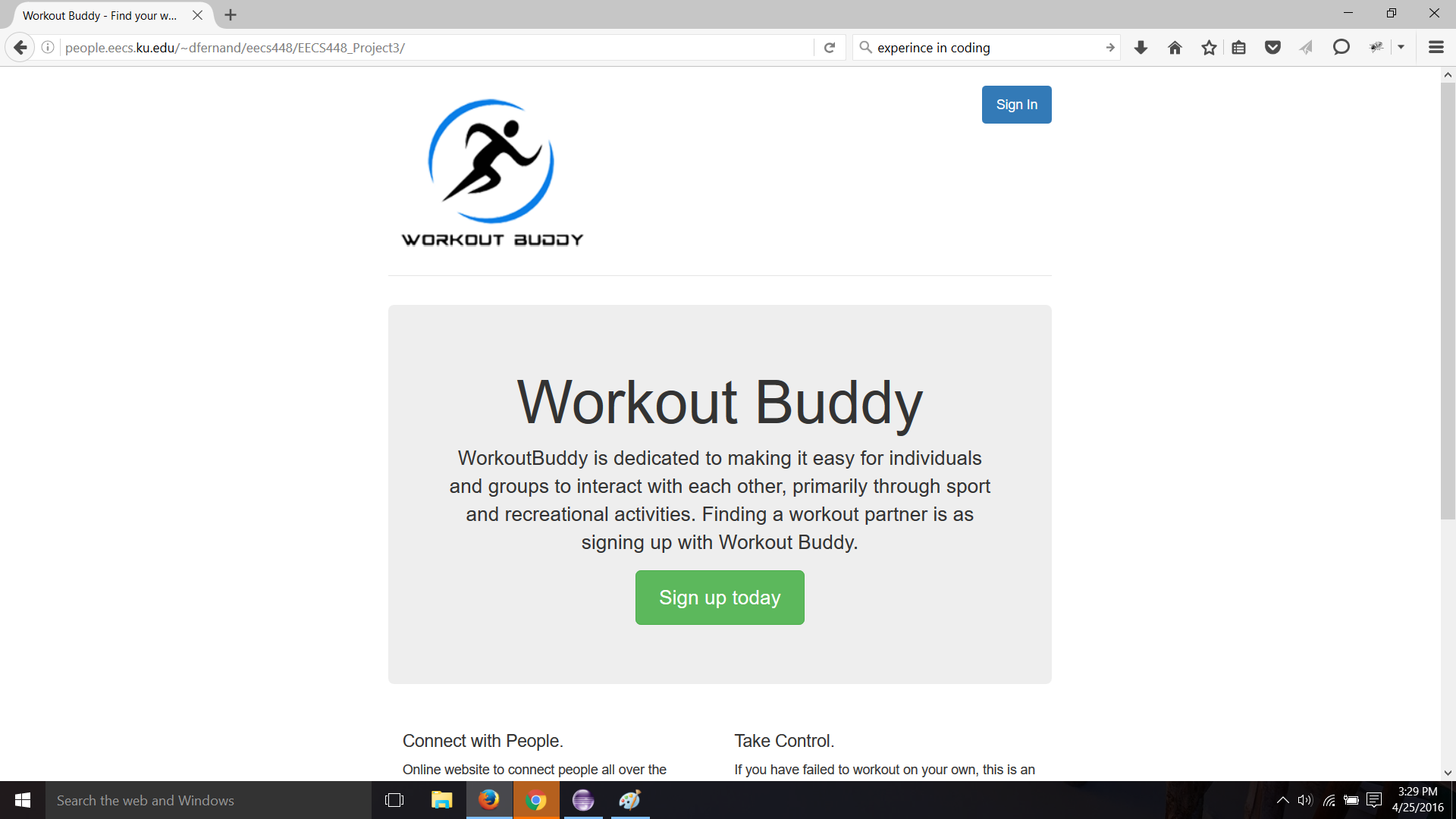
[Calendar 15](#_Toc450672591)

[Challenges 16](#_Toc450672592)

## Getting Started

### Signing up for a Workout Buddy Account

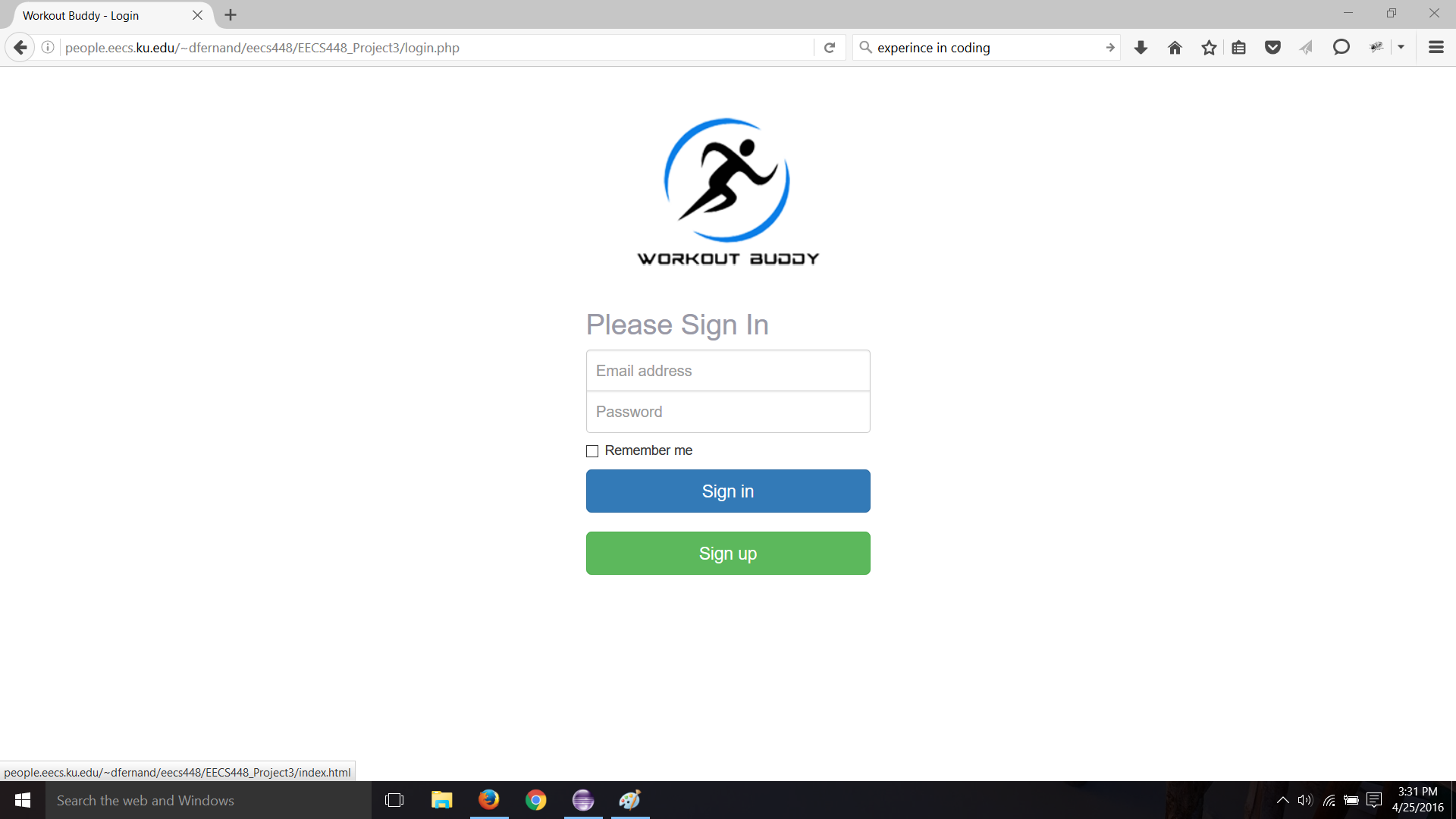
#### Figure 1 and 2: Homepage and Sign Up Page



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



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

### 

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

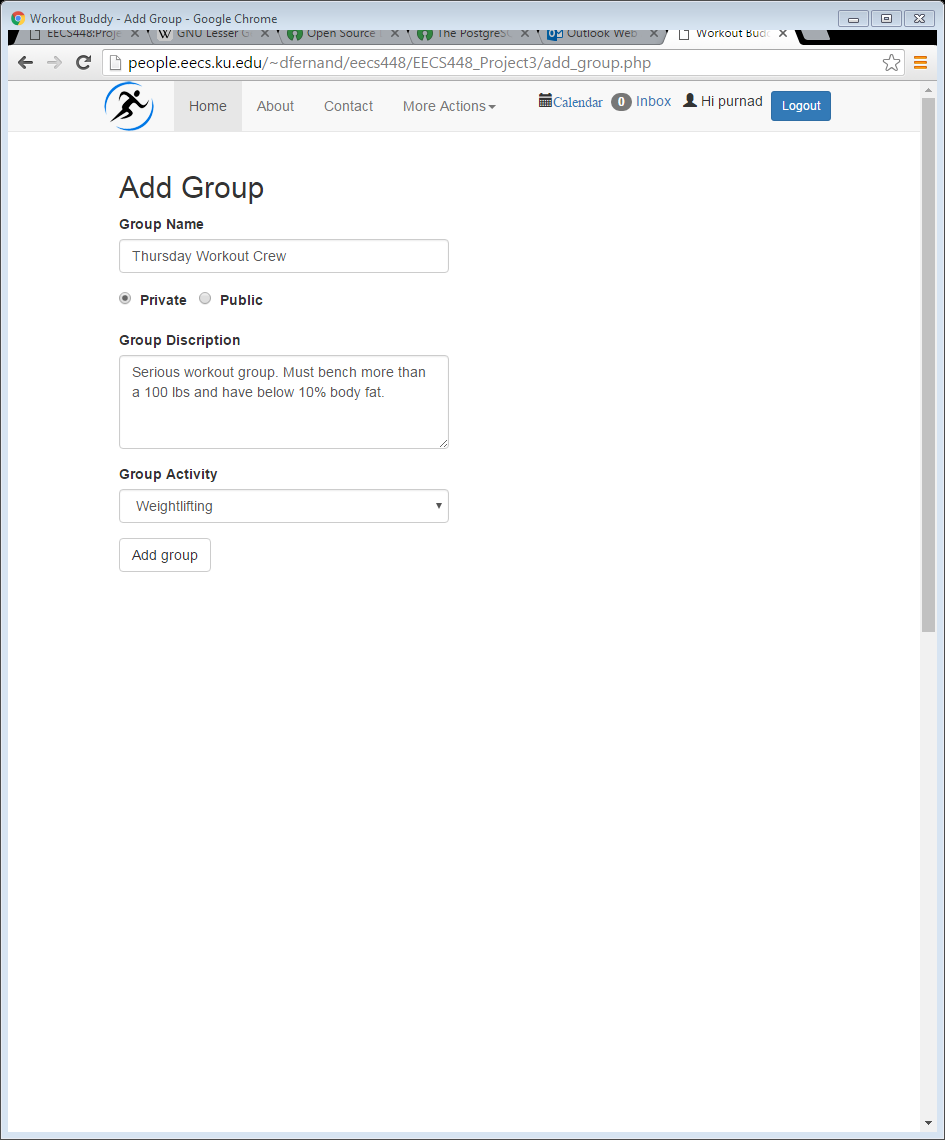
## Groups

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

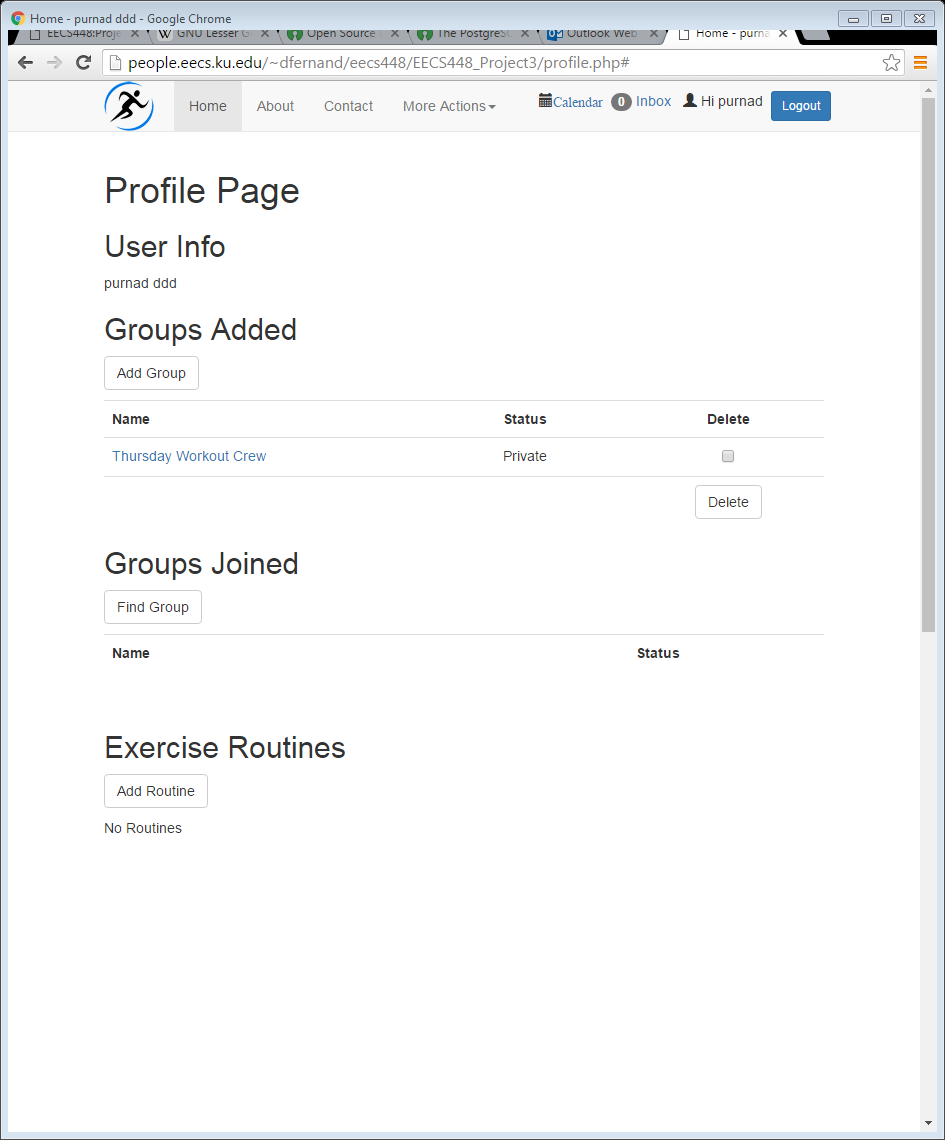
Add a new group when you wish to create an event. The Add Group button can be found on your homepage or under the **More Actions** tab at the top of your webpage.

#### Figure 5: Add Group Page



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

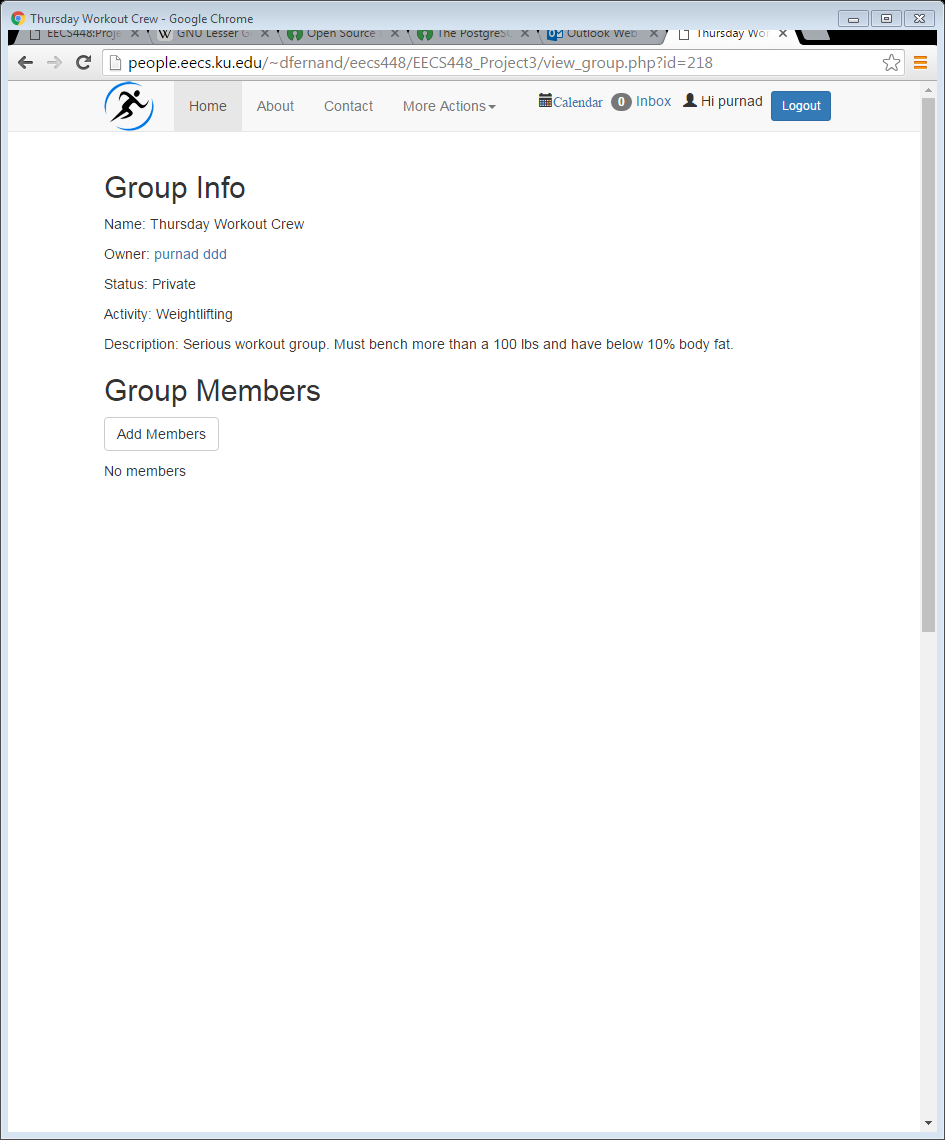


1. Successfully added groups will show up on your profile page

### Adding, Deleting and Searching for Group Member

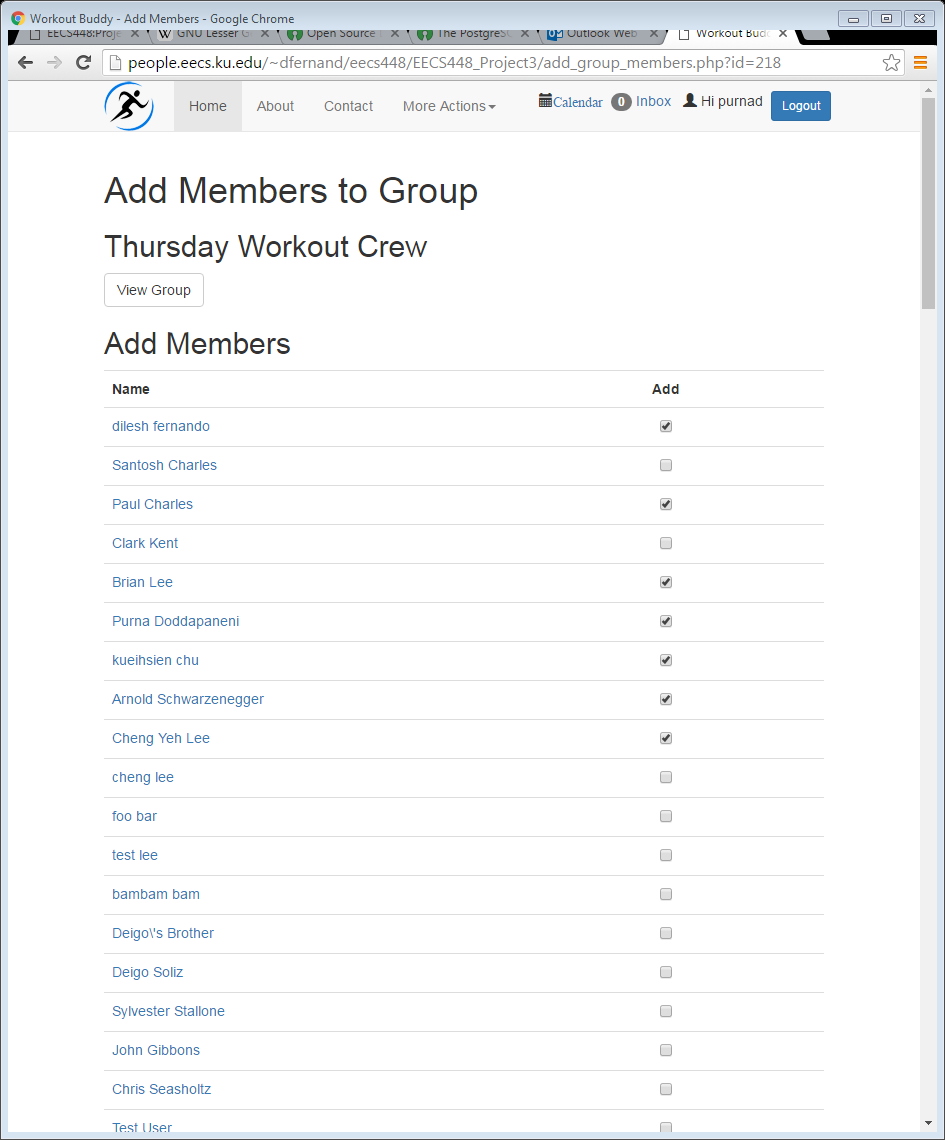
You can populate both your public and private groups by adding more members.

#### Figure 7: Group Info Page



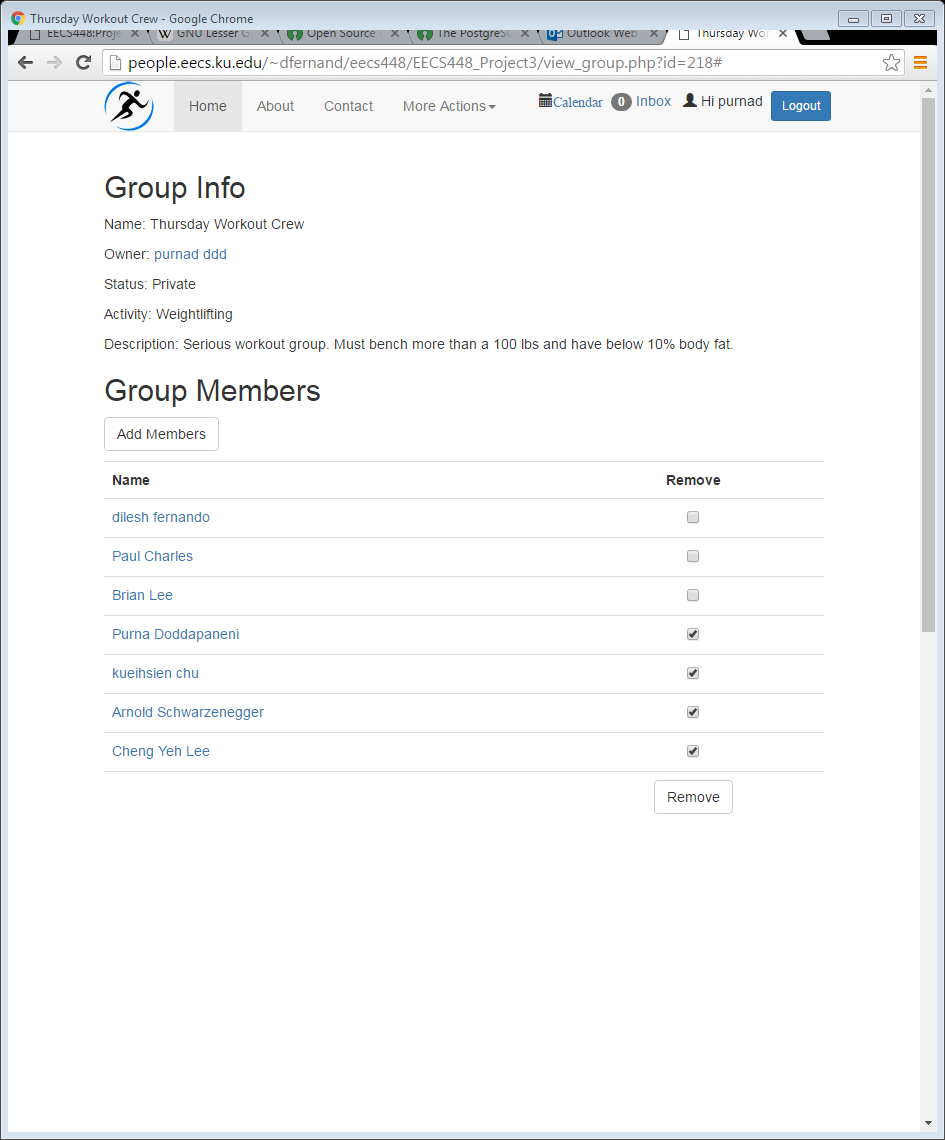
1. Click on your group name on your Profile Page

#### Figure 8: Adding Members Page



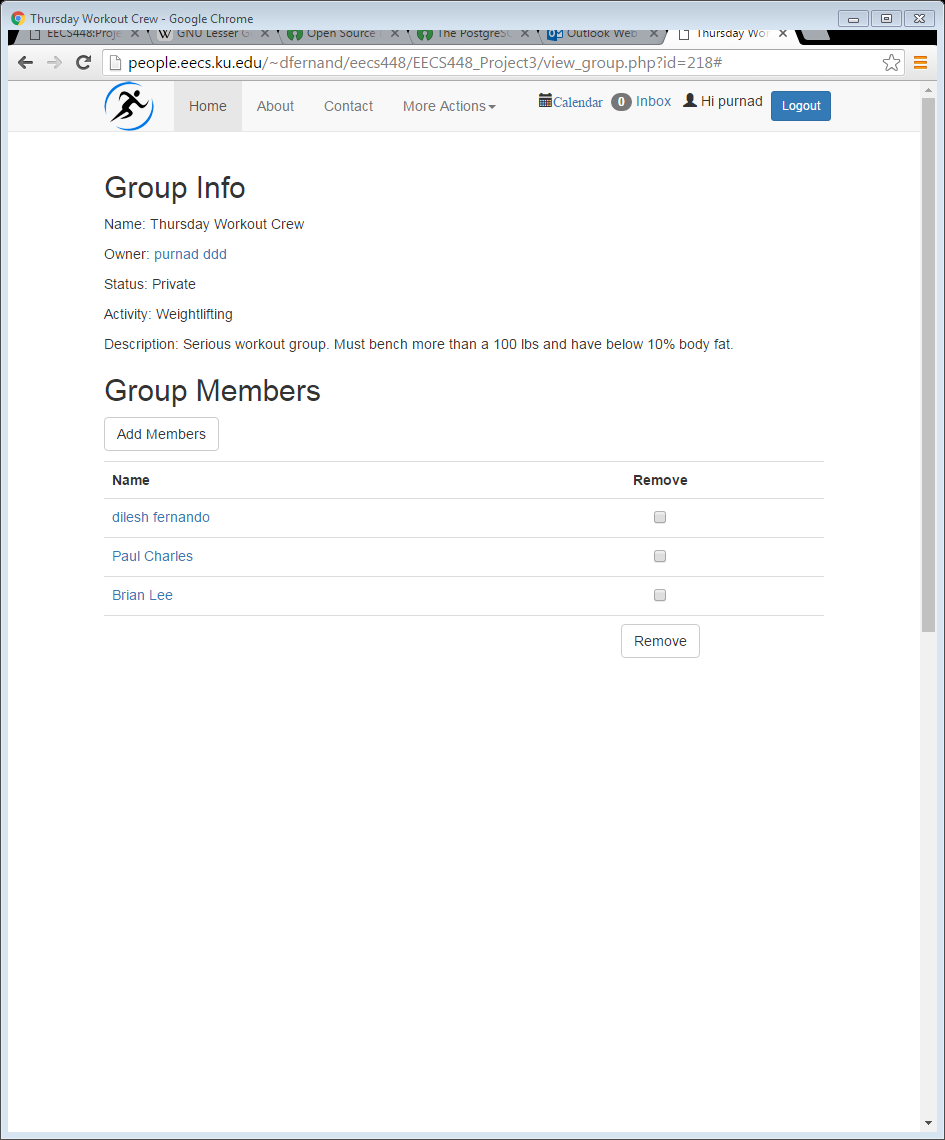
1. Select all members that you wish to add
2. Scroll down to the bottom of the page and hit the **Add Members** button

#### Figure 9: Updated Group Page after Adding members



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

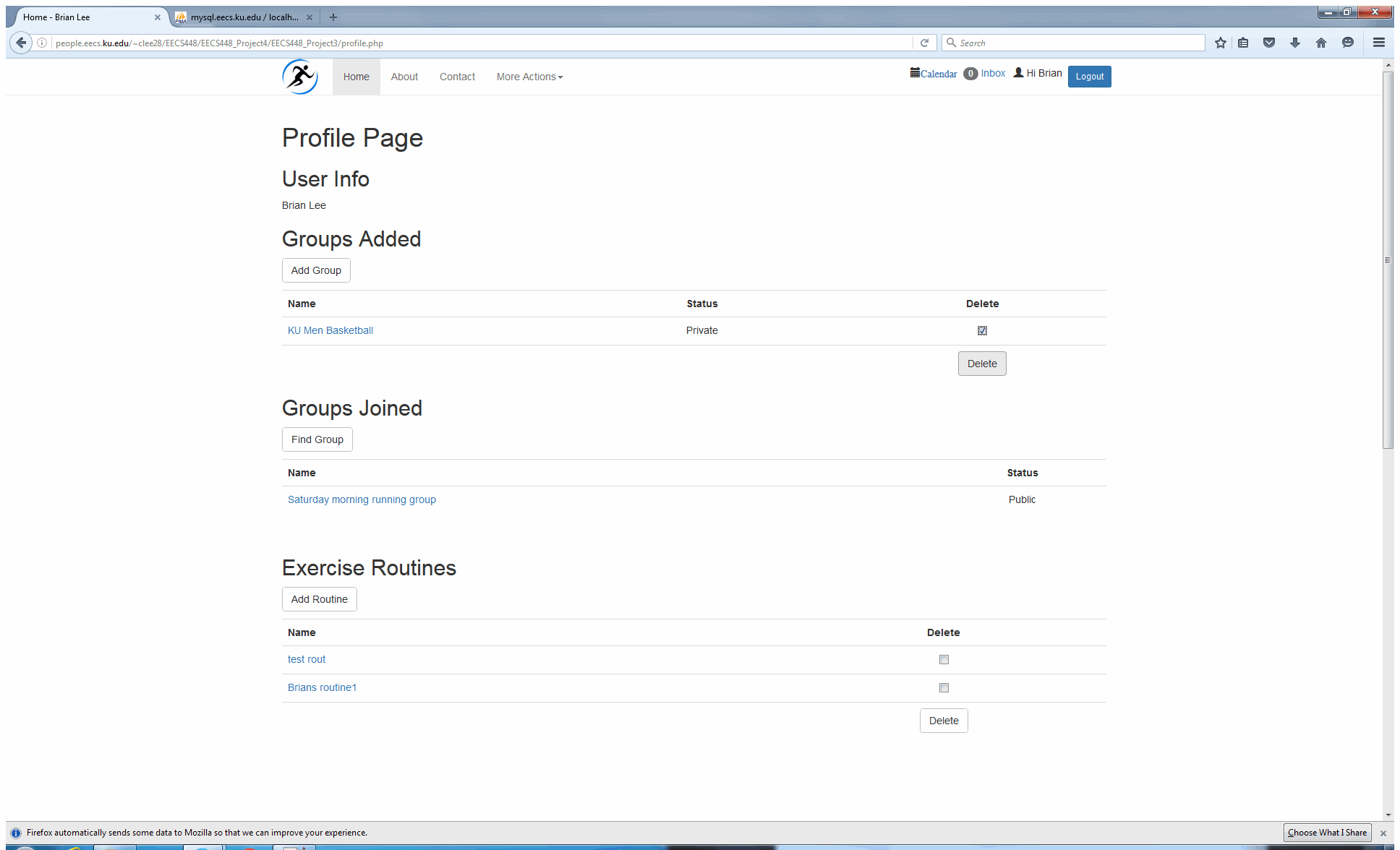
#### Figure 10: Updated Group Page after Removing Members.



### Deleting Groups

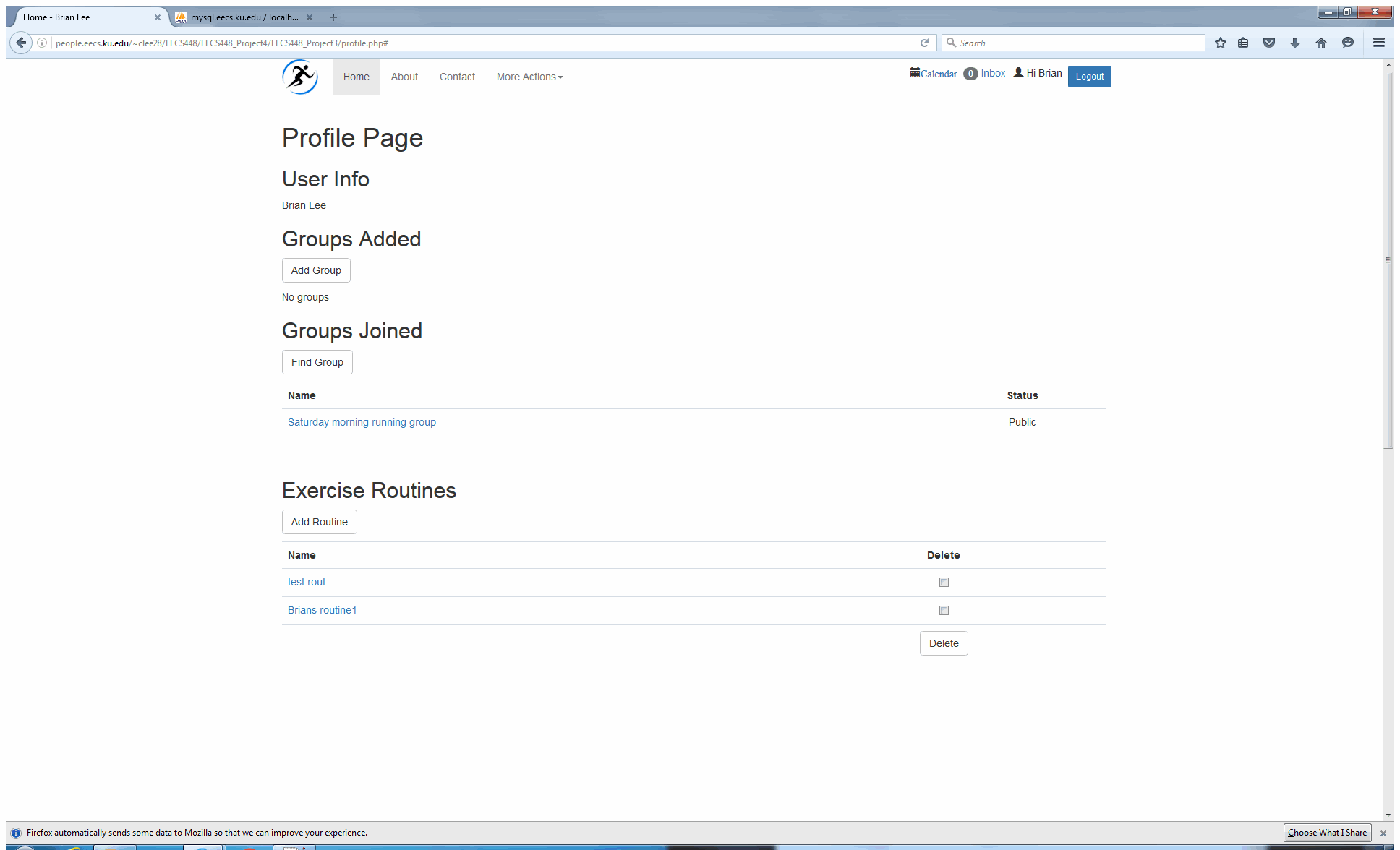
When a group’s activity has been completed or you wish to cancel the event, it is possible to delete the group.

#### Figure 11: Profile Page Demonstrating Group Deletion

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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



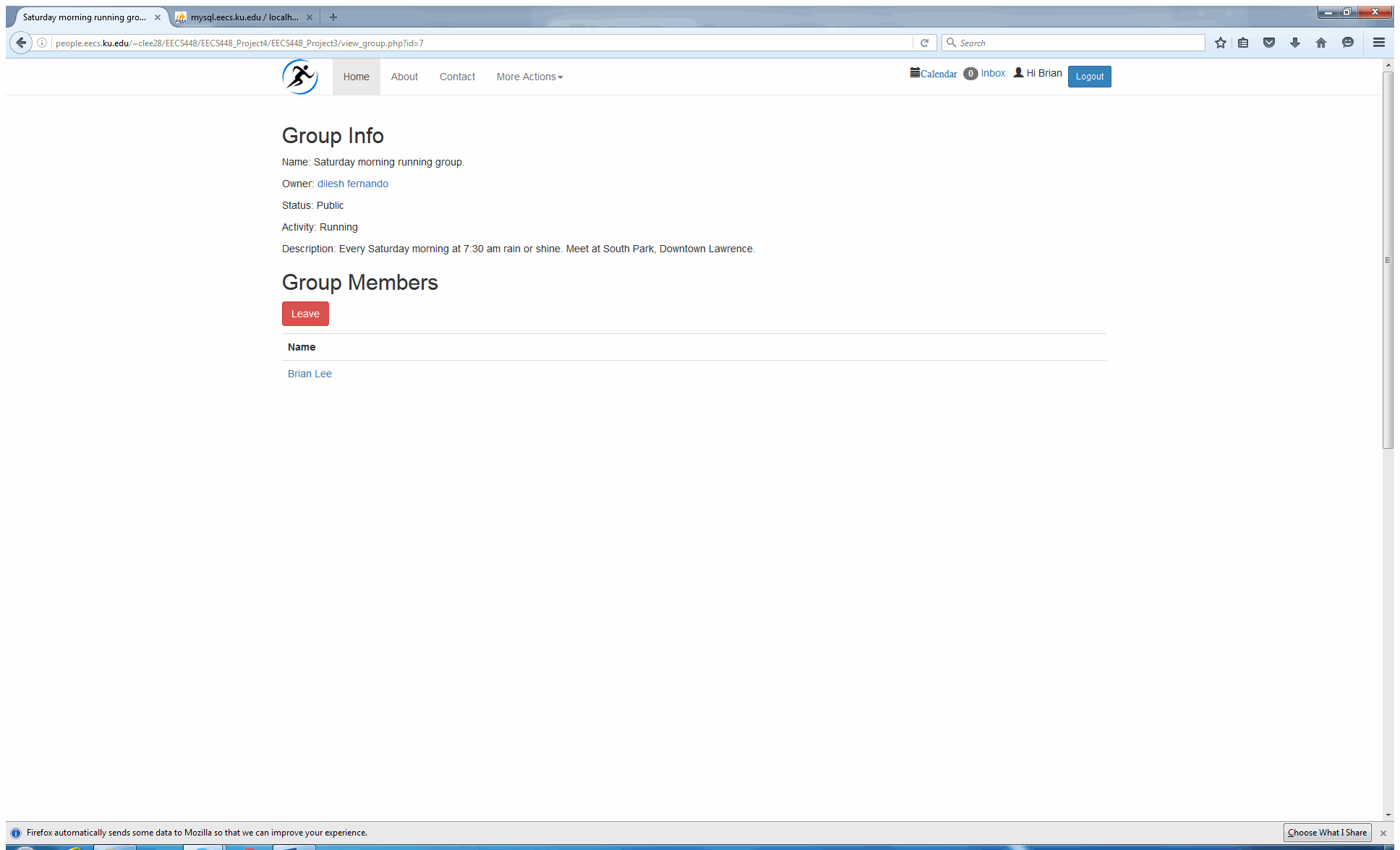
### Finding, Joining and Leaving Groups

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

#### Figure 13: Search ResultsC:\Users\clee28\Desktop\find_group_tutorial_3.gif

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



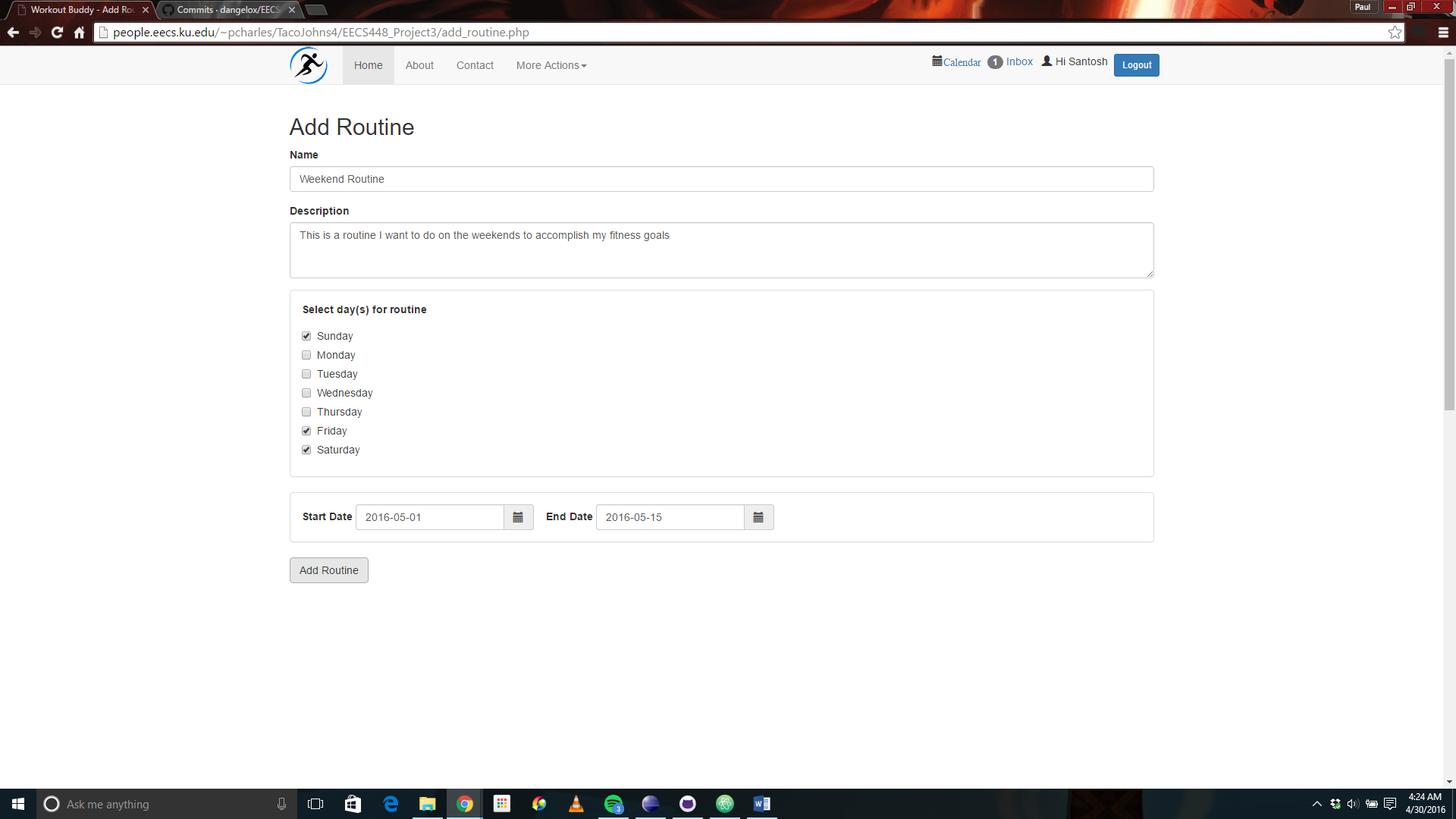
1. A group can be left by navigating to the Group’s Info page and pressing **Leave**.

## 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

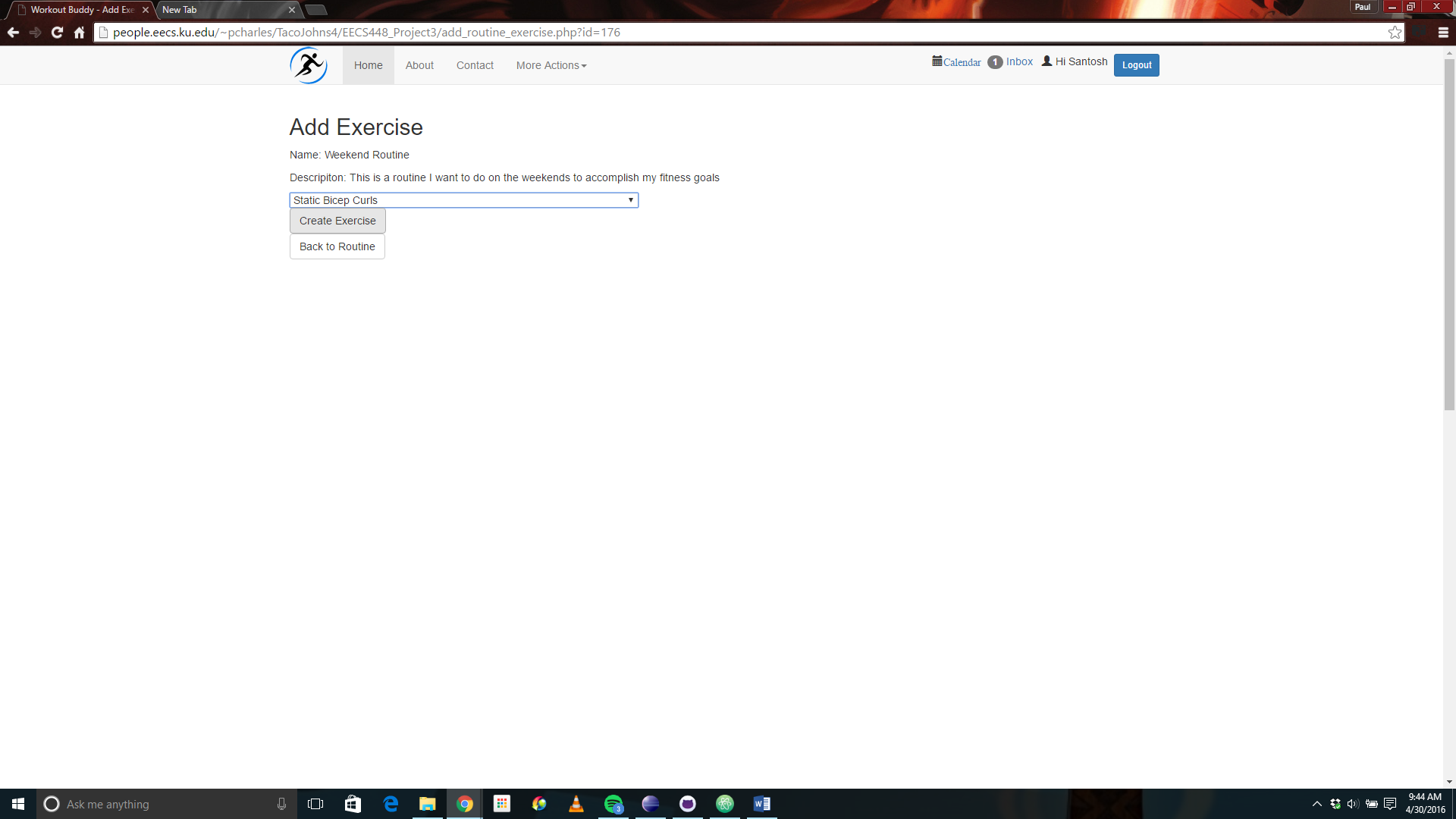
### Create Routine and Add/Edit Exercises

#### Figure 15: Creating a Routine



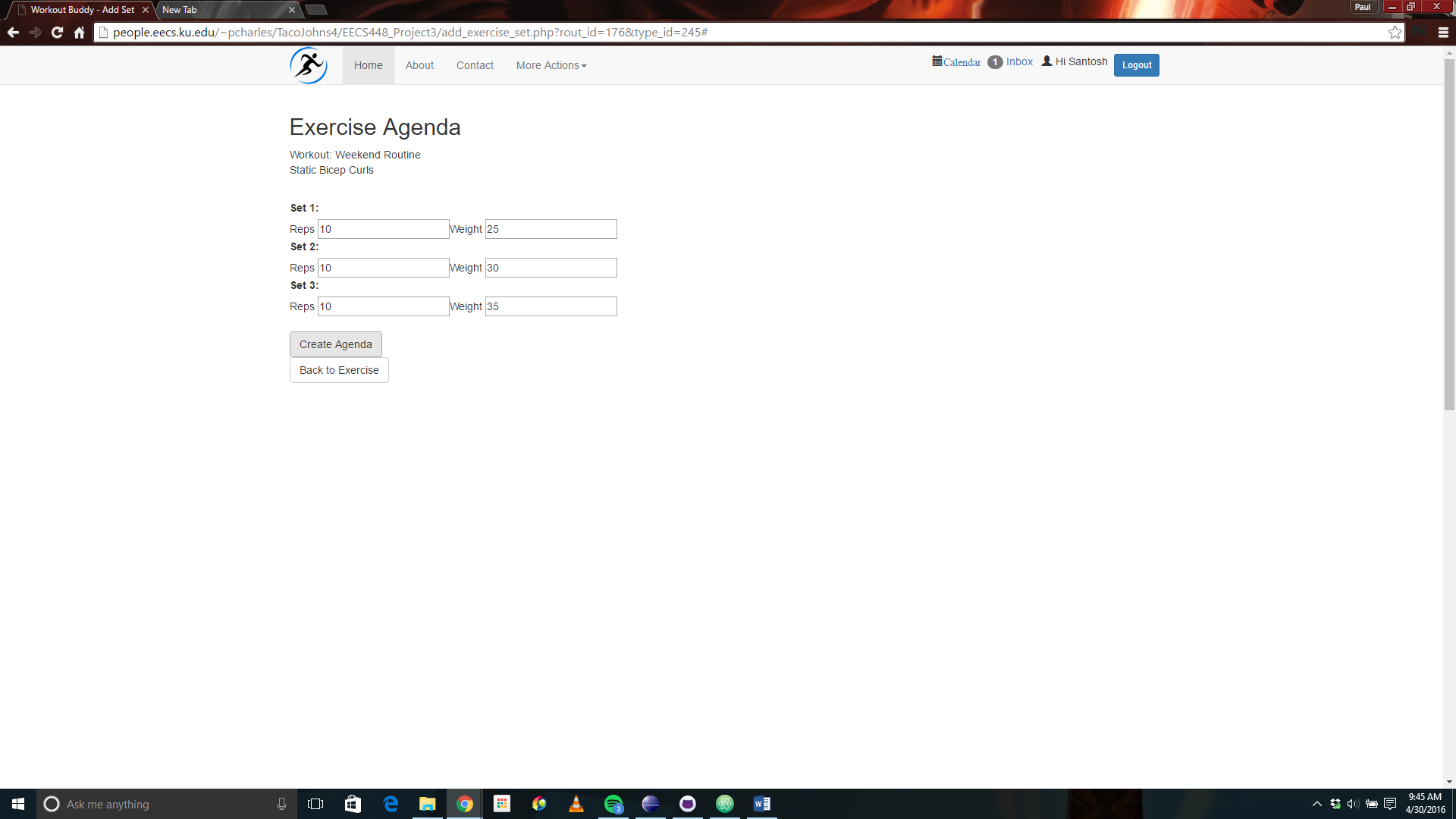
1. Navigate to your Profile Page
2. Click on **Add Routine** to create a new routine
3. Fill out the necessary information and click **Create Routine**. Note that the routine will appear on your Calendar on all days that you have specified between your **Start** and **End dates**

#### Figure 16: Adding a New Exercise to a Routine



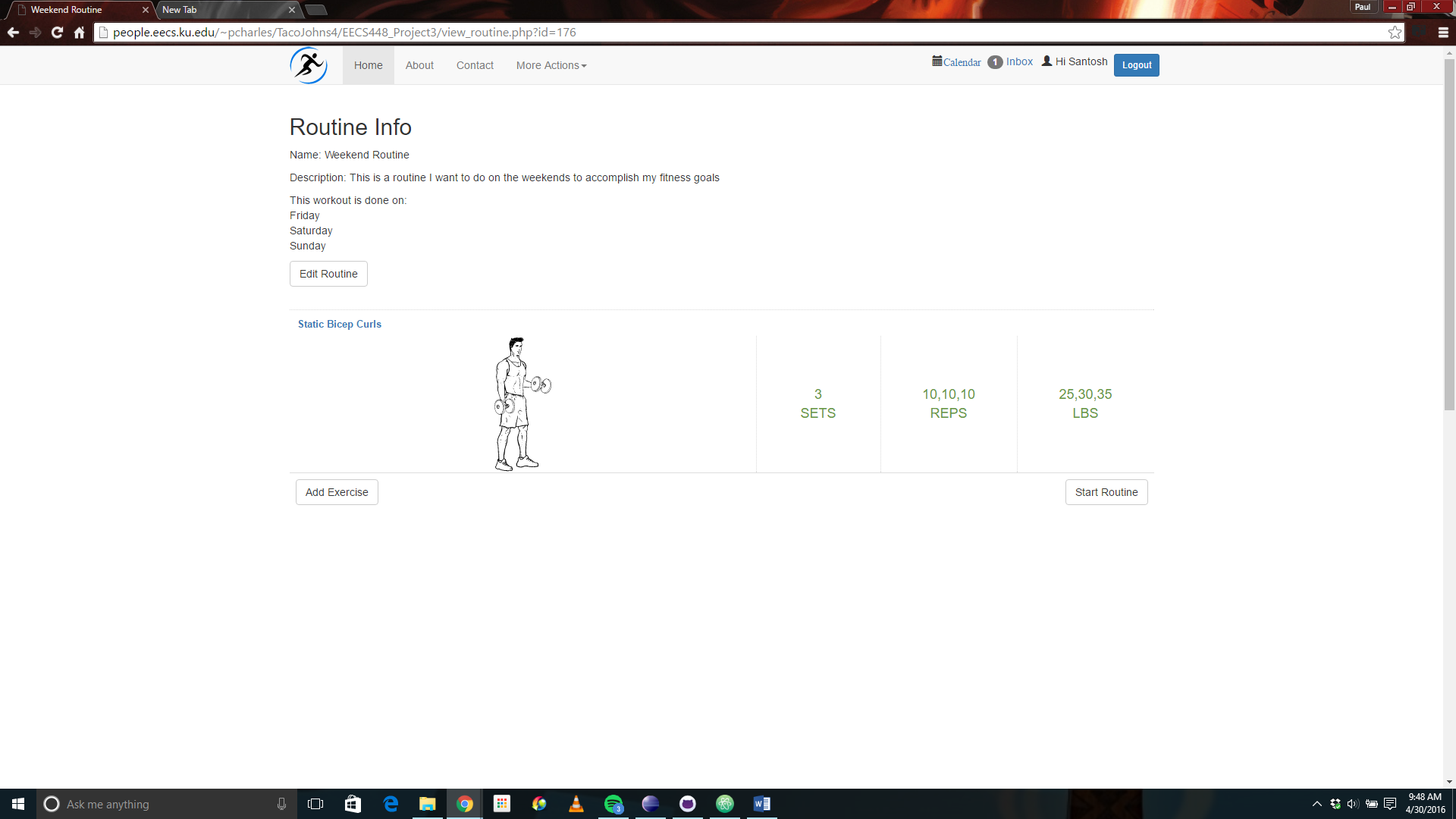
1. After being redirected to the Add Exercise page, choose an exercise from the drop down menu and add it to your routine.

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



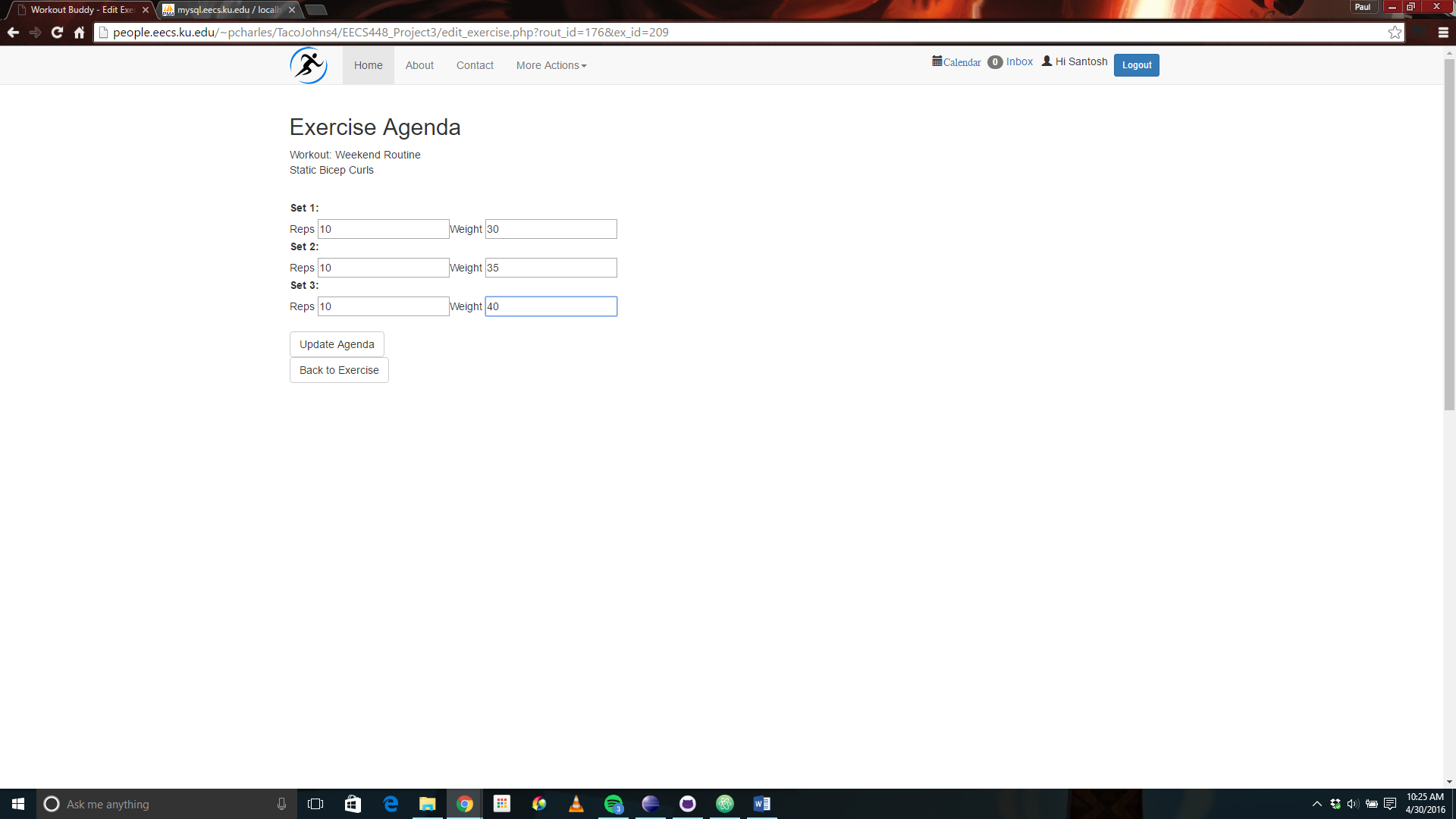
1. Specify the number of repetitions and the amount of weight you wish to use and click **Create Agenda**

#### Figure 18: Exercise Added to Routine



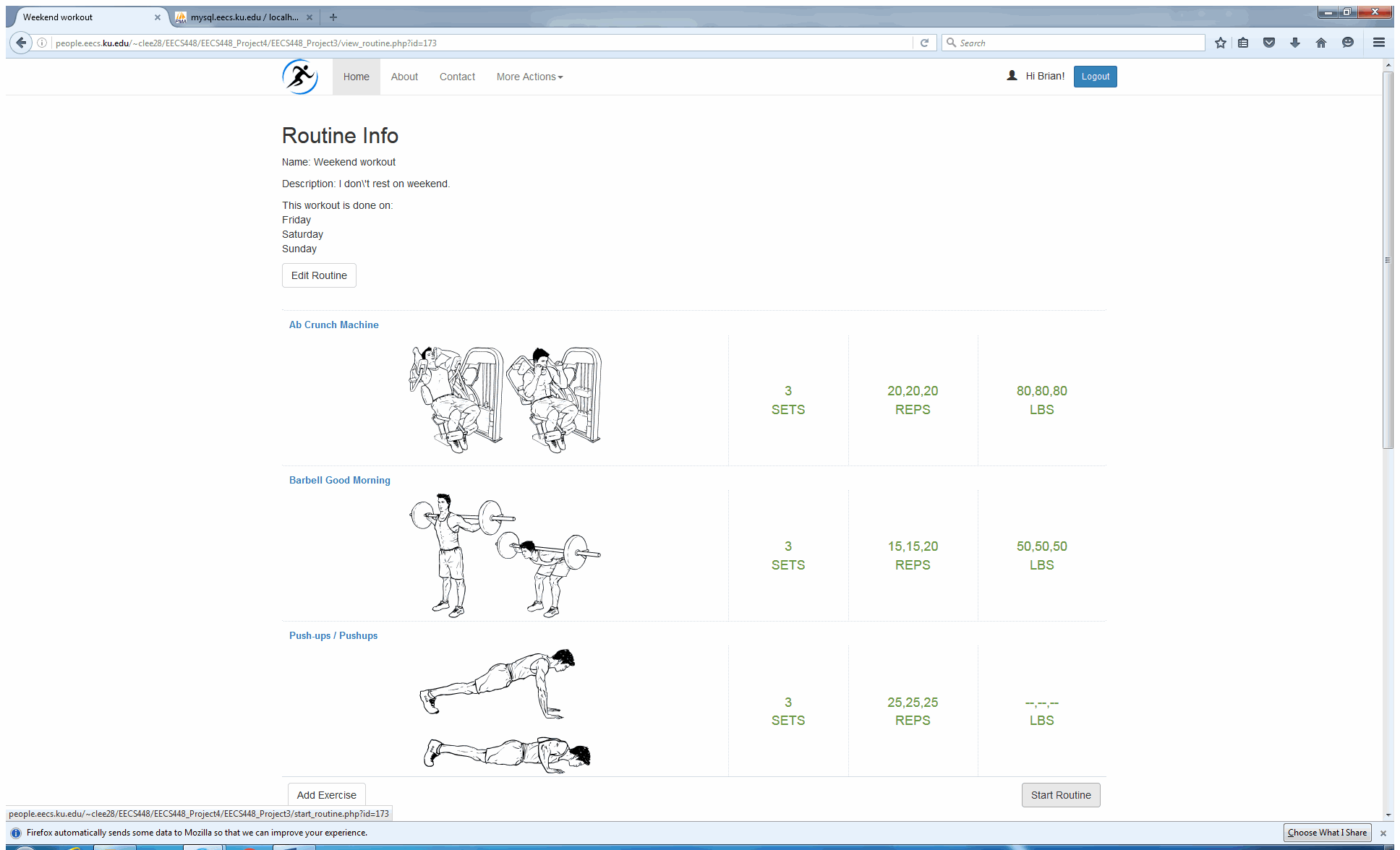
1. The exercise has now been added to your routine. Press **Add Exercise** to continue adding more exercises to the routine.
2. To edit the exercise, click on exercise name and you will be redirected to the exercise page.

#### Figure 19: Editing an Exercise



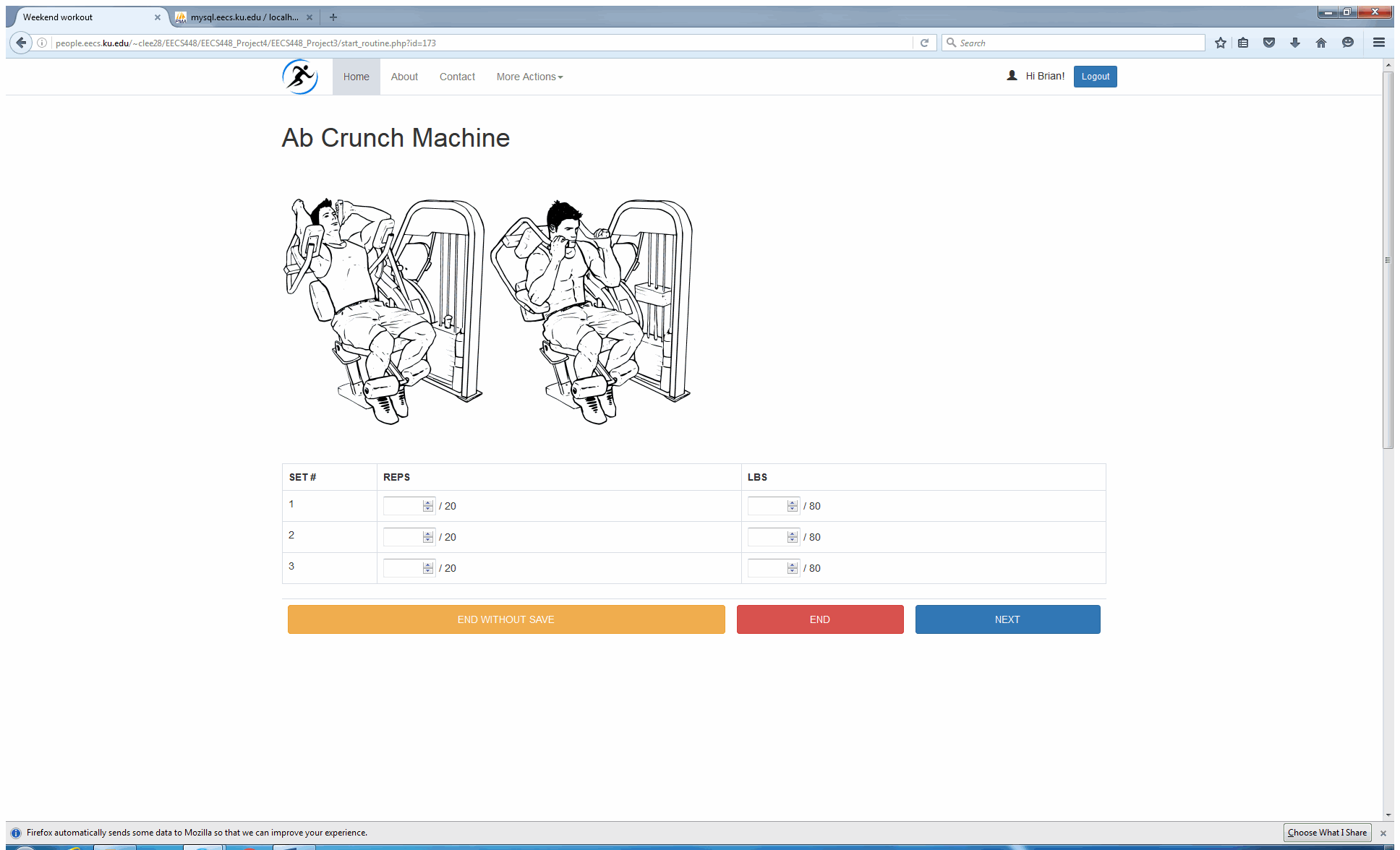
1. Edit the values by inputting your new values and click **Update**
2. Continue to add more exercises till your desired routine is completed.

#### Figure 20: Sample Completed Routine

****

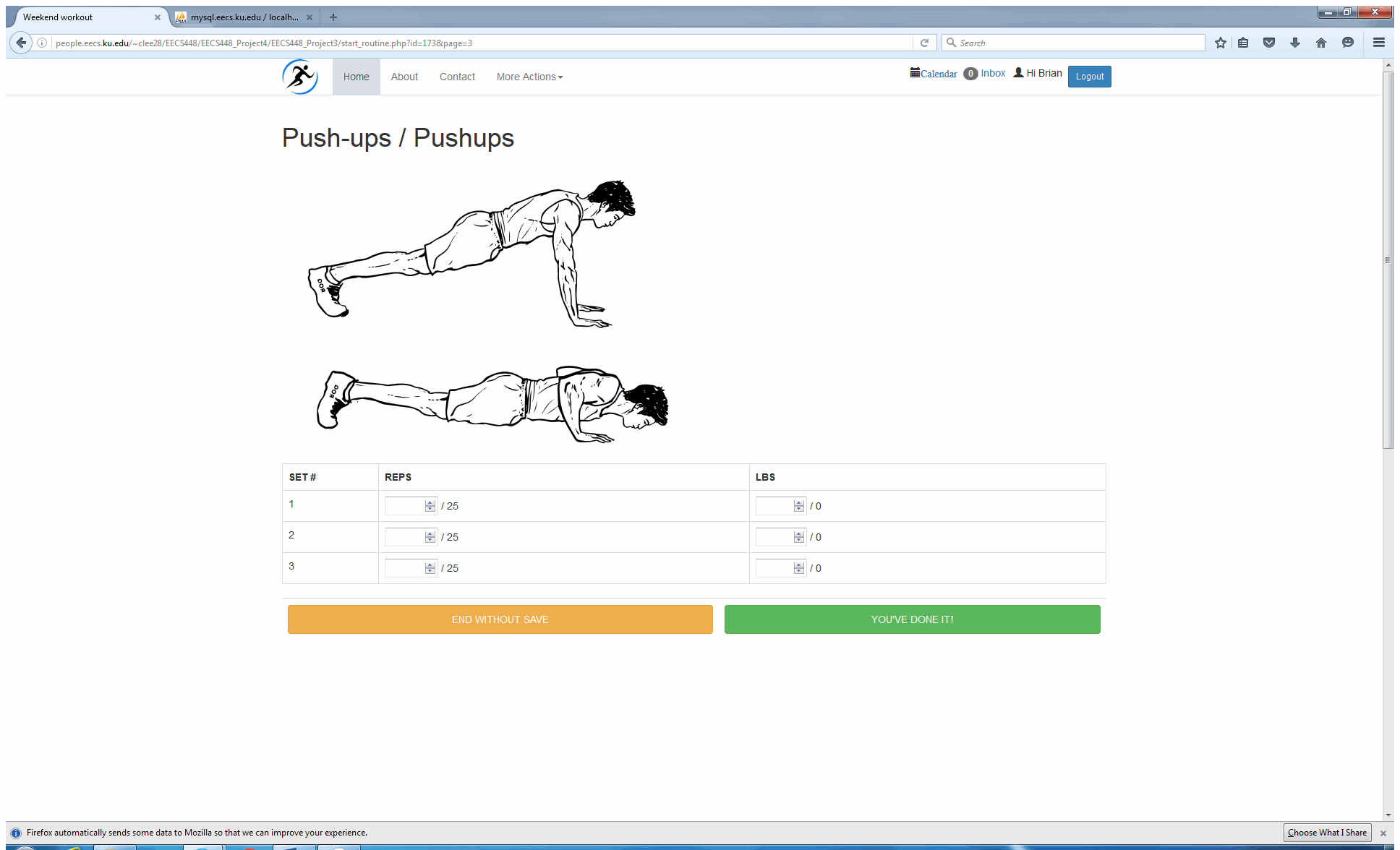
### Using your Routine to Work out and Log Information

#### Figure 21: Starting a Routine and Monitoring Progress



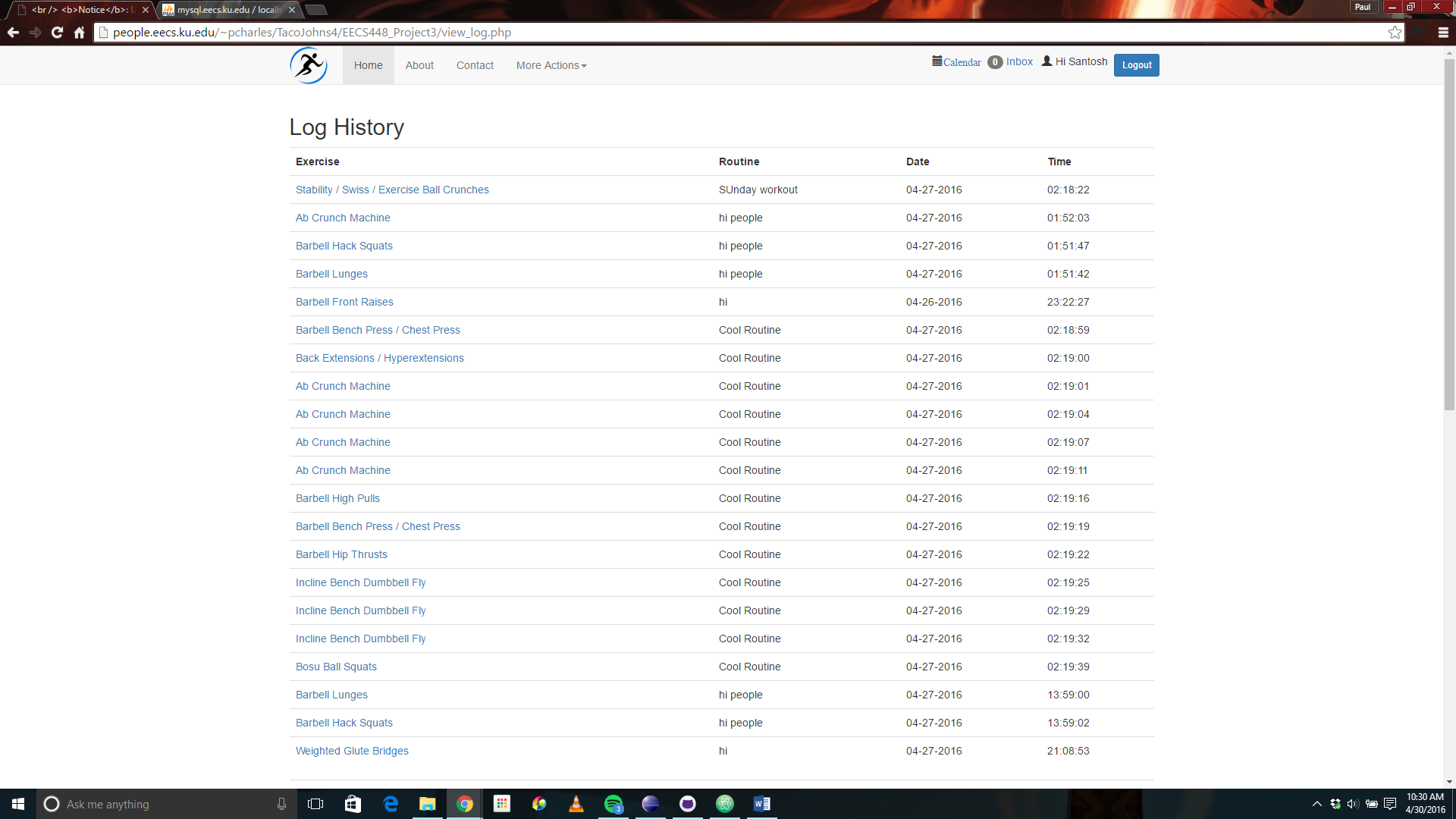
1. Navigate to the Routine Page
2. Click on **Start Routine**
3. Perform your exercise and input your actual reps and weight
4. Click **Next** to go to the next exercise.
5. Repeat steps 3 and 4 until your workout is complete.

#### Figure 22: Ending a Routine



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

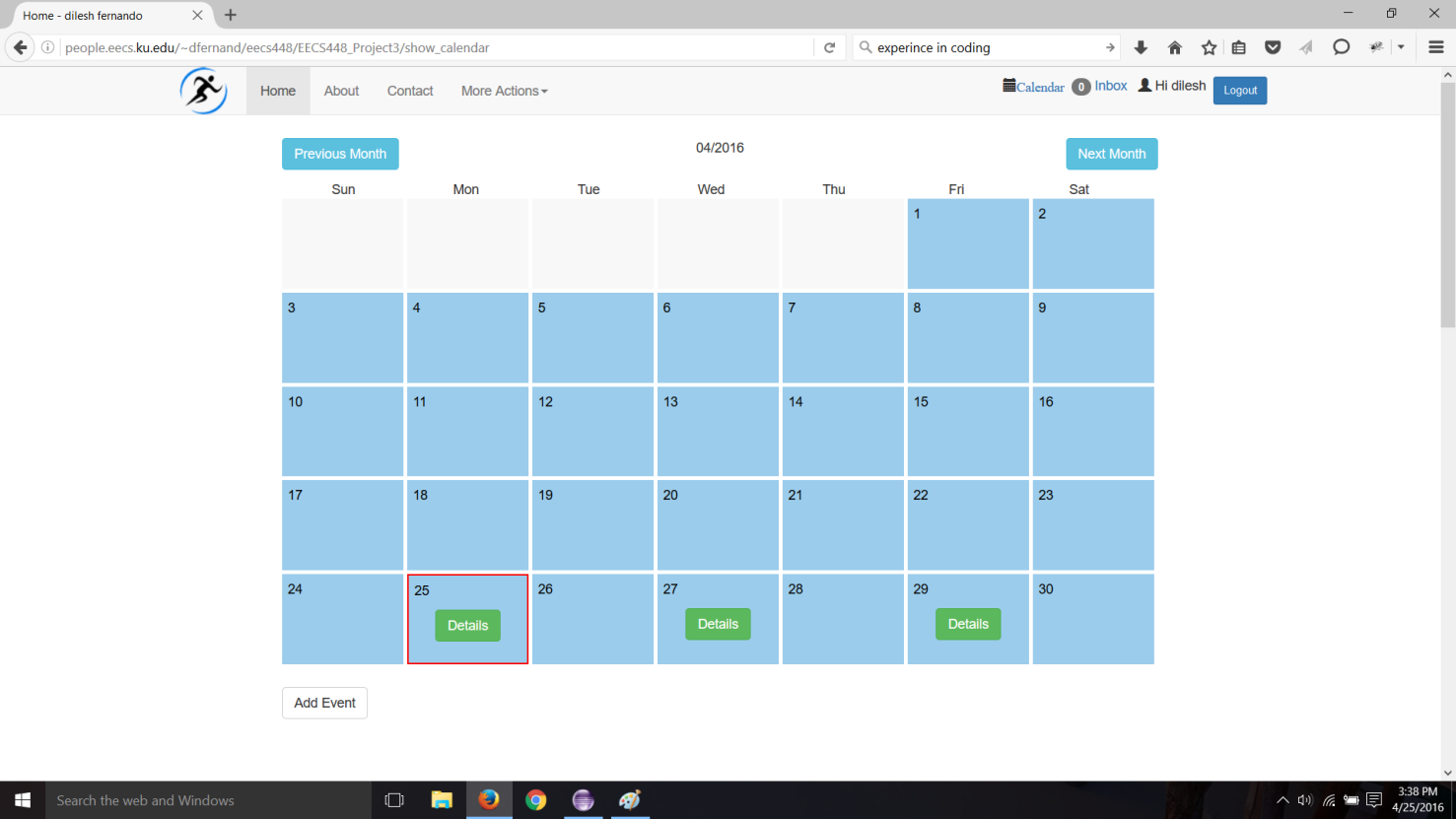
#### Figure 23: Viewing Exercise Log



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

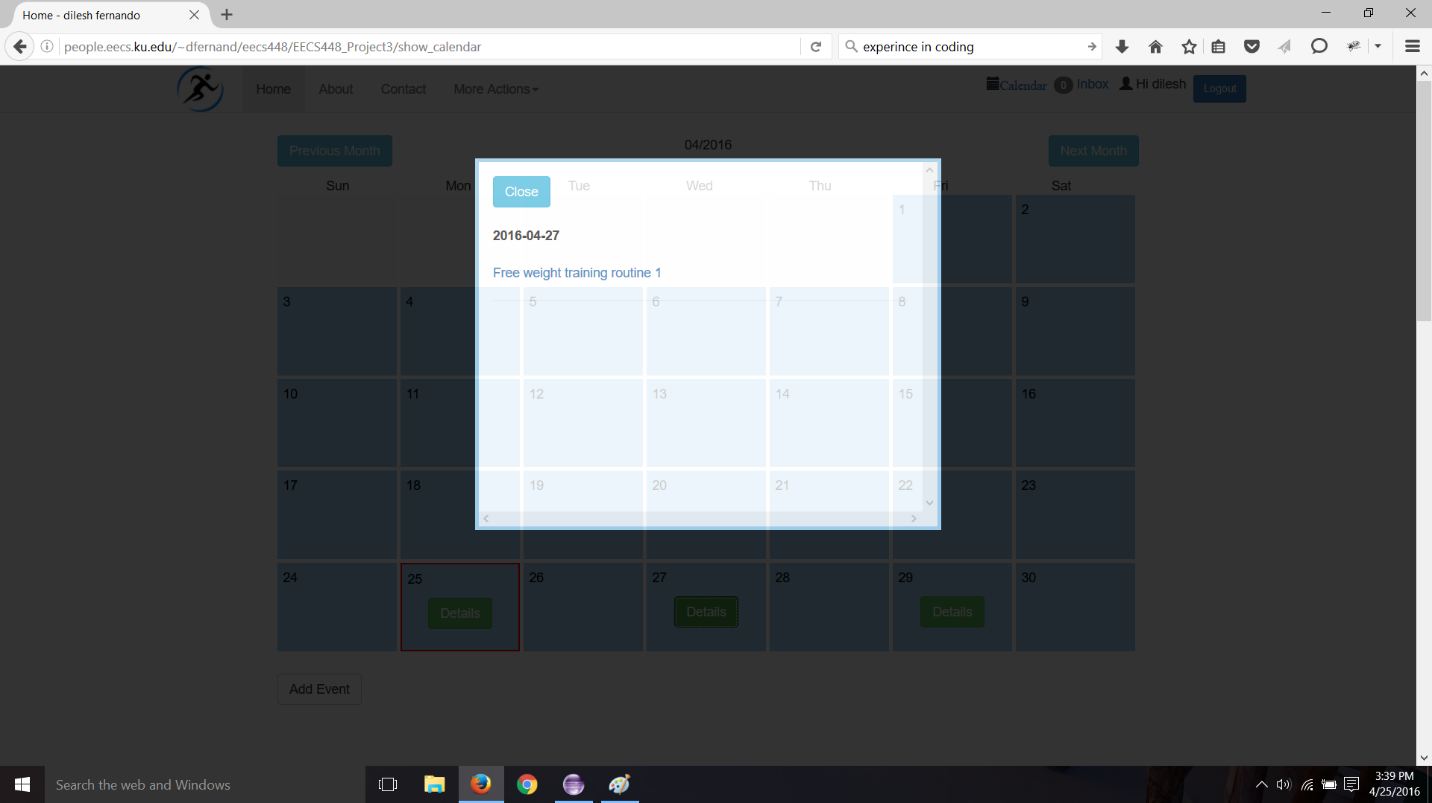
## Calendar

#### 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

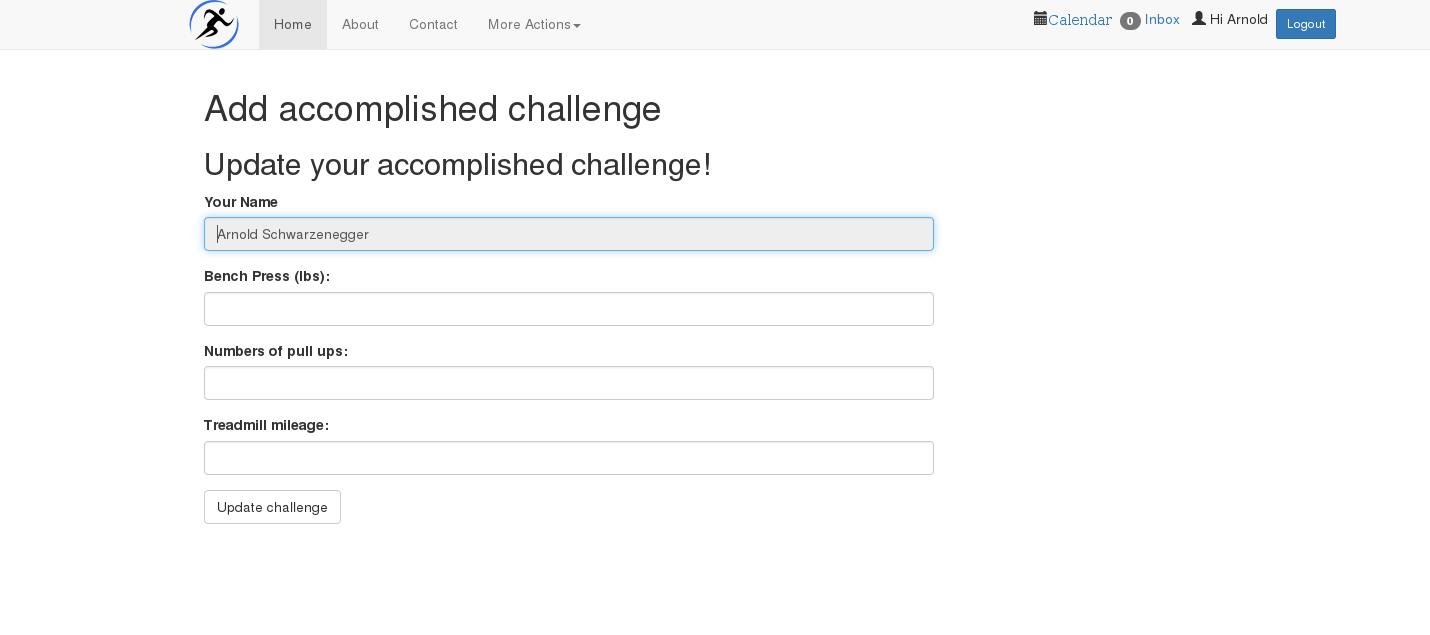


1. Click on a date to view all events scheduled for that day

## Challenges

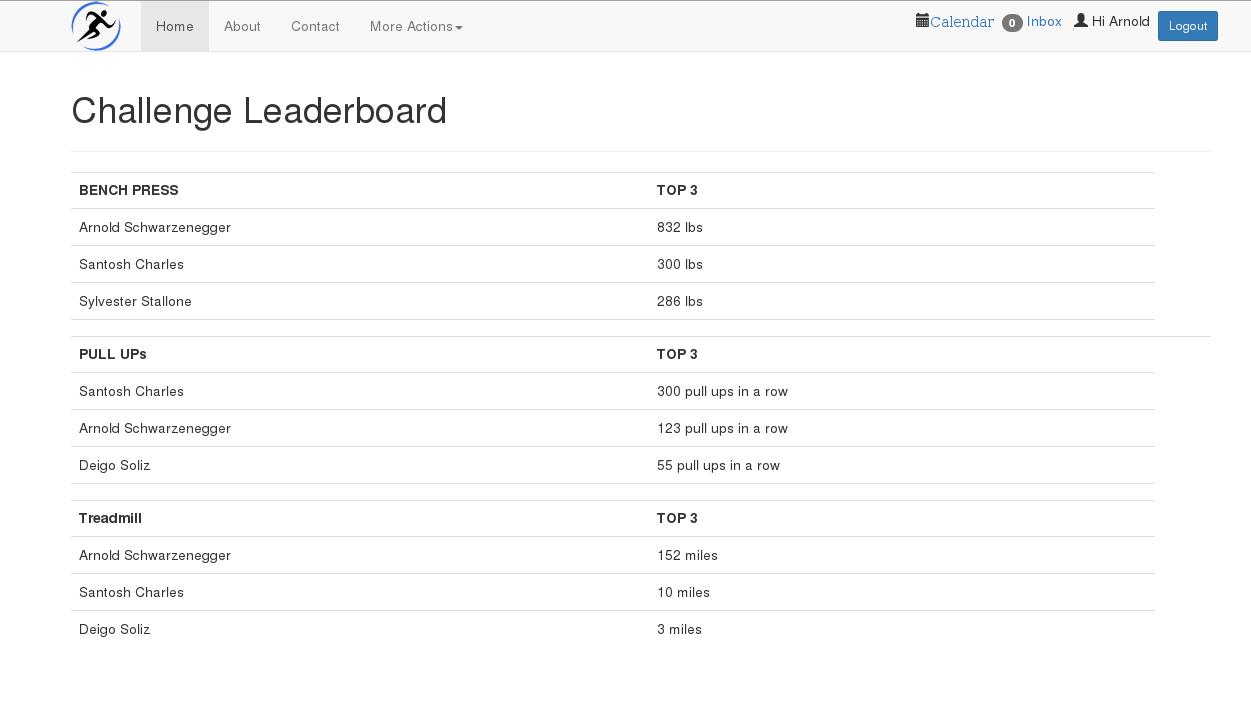
Challenges allow you to compare your physical stats with that of other people. The Workout Buddy product features a leaderboard that allows for users to compare and compete with other people’s score for bench-press, pull ups and running distance.

#### Figure 26: Update Challenges



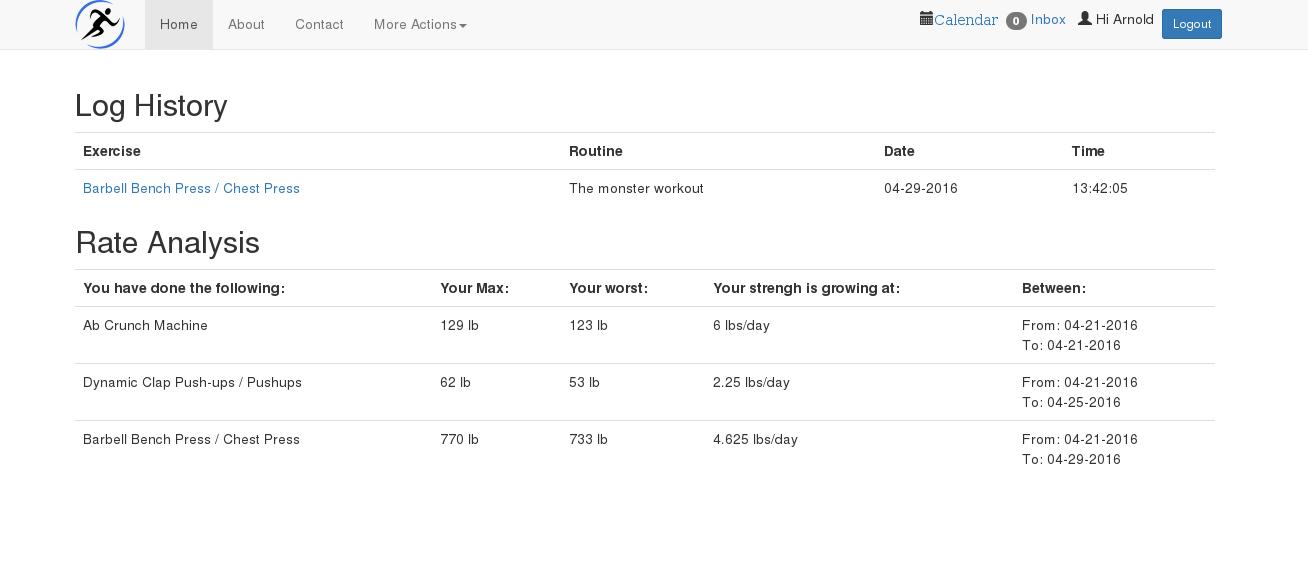
1. Click on **More Actions** and click on **Add Challenges**
2. Enter the necessary data and click on **Update challenge**

#### Figure 27: View Leaderboards



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

#### Figure 28: View improvement Over Time



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