**User’s Guide:**

**“Cyber Fitness” Application**

**CF**

**CMSC 495 6381**

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***Introduction***

**About this application**

The “Cyber Fitness” Application helps your average person to improve their health, performance, and reach fitness goals. This new application allows users to make time for workouts and taking fitness classes anywhere in the world. With the convenience this application offers, people can have more opportunity to manage their time the way they want to. Classes on this cyber gym application include Zumba, kickboxing, H.I.T., and more. Come join Cyber Fitness to gain back that extra time to reach your goals!

**Developer Team**

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**Developer Contact Info**

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***How to Set Up an Account***

1. Create username and password to continue to Welcome Screen
2. Password must have at least 1 capital letter,1 special character, and at least eight characters to create account
3. User then is shown available classes on the program and select with classes they want to join one by one until all desired classes are chosen.
4. User is shown selected class data and must enter personal information including age, weight, and height to program to save.
5. User selects fitness goal options between: desired weight, classes to complete total, or total number of calories to burn
6. Set as a goal by inputting 1, 2, or 3 when told to choose.
7. Choose fitness class session to join
8. Start working out until fitness goals are reached!

***Fitness Classes on Program***

1. Kickboxing w/Bob
2. Zumba Race
3. H.I.T.
4. Judo Studio
5. Dancing Extreme!
6. Hip Hop Yoga