

## APEX Fitness User Manual

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## 1. PREFACE

## **1.1 About the manual**

Welcome to APEX Fitness. The revolutionary fitness application which provides users of all skill levels to get fit with ease. This User Manual provides a detailed description of all the available features of the system. Let's begin!

## **1.2 Audience**

APEX Fitness was primarily built for people that don't have access to a full range of equipment. By providing users with a wide variety of exercises based on their available equipment, anyone is able to achieve their fitness goals using APEX Fitness.

## **1.3 Contact**

For any question or concerns, please contact the APEX Fitness Helpdesk by phone at (651) 123-4567 or Email [help@apexfitness.com](mailto:help@apexfitness.com)

# **2. INTRODUCTION**

This application is designed for all levels of users to have the ability to customize and track their own exercise workouts based on the equipment available to them. This is also a perfect application for beginners, who are looking to stay fit but don't have countless hours to search the web for exercises based on limited equipment.

# **3. GETTING STARTED**

## **3.1 First time access**

When you first access the website, you'll be meet with the login screen.

## APEX Fitness

Email:

Password:

[Create New Account](#)

To access the APEX Fitness system and all of its features, new users must register an account. The personal information provided to the system will be stored securely and will also provide more accurate exercise recommendations.

### 3.2 Create New Account

## Create New Account

First Name:

Last Name:

Age:

E-mail:

Password:

Reminder?: ☐ Yes ☐ No

Goal: ☐ Weight Loss ☐ Muscle Gain

Weight:

Height(inches):

To create a new account, first select the “Create New Account” link at the bottom of the login page. From there users will be asked to enter the following information:

#### **Name - First and Last**

Enter your first and last name.

**Age**

Enter your age.

**Email**

Enter your Email. This is also used for logins.

**Password**

Enter your Password. Passwords must be at least eight characters long and are case sensitive. (Note: your information will be private and secure)

**Reminder** (Not yet implemented)

Select whether or not you want to receive Email reminders.

After 48 hours of not completing a workout, the system will send an you a reminder to the email specified above.

**Goal**

Select your desired fitness goal. You can choose one, both, or neither. This is not required.

This system will use this information to recommend certain exercises to you during your workout creation (If no goal is selected, no recommended exercises will be given).

**Weight**

Enter your weight in pounds.

**Height**

Enter your height in inches.

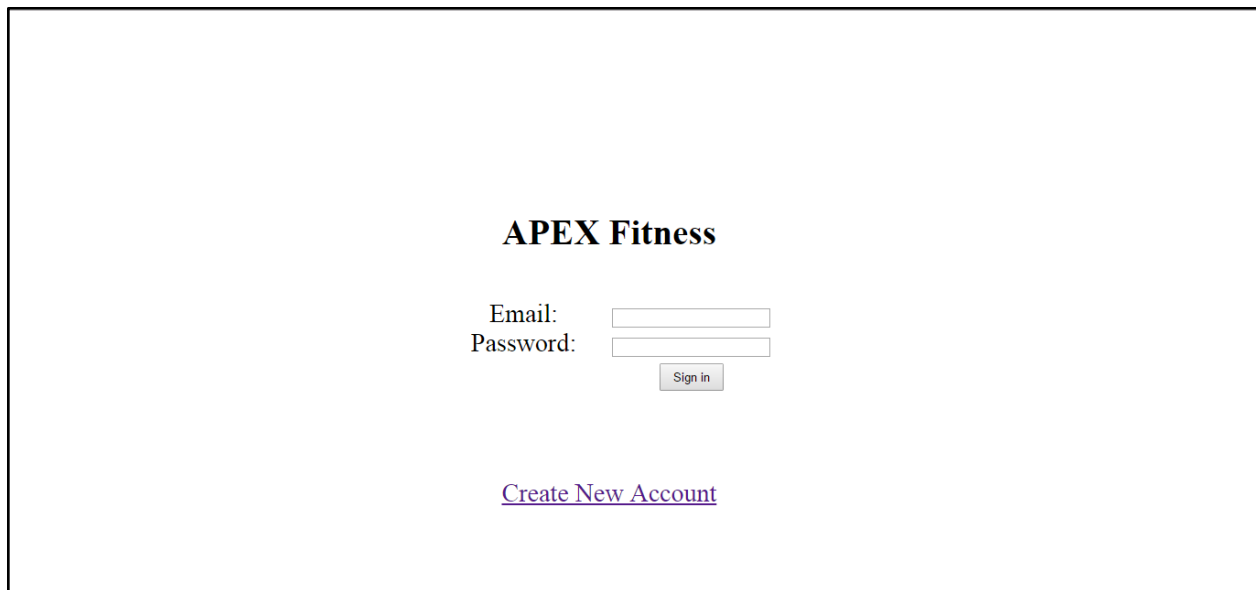
**Sign Up**

Select "Sign Up" to submit the registration information.

**Reset**

Select "Reset" to erase all the fields previously entered.

### 3.3 Login/Logout



The login screen for APEX Fitness. It features the title "APEX Fitness" in bold. Below it are two input fields: "Email:" and "Password:". A "Sign in" button is positioned below the password field. At the bottom, there is a link that says "Create New Account".

**APEX Fitness**

Email:

Password:

[Create New Account](#)

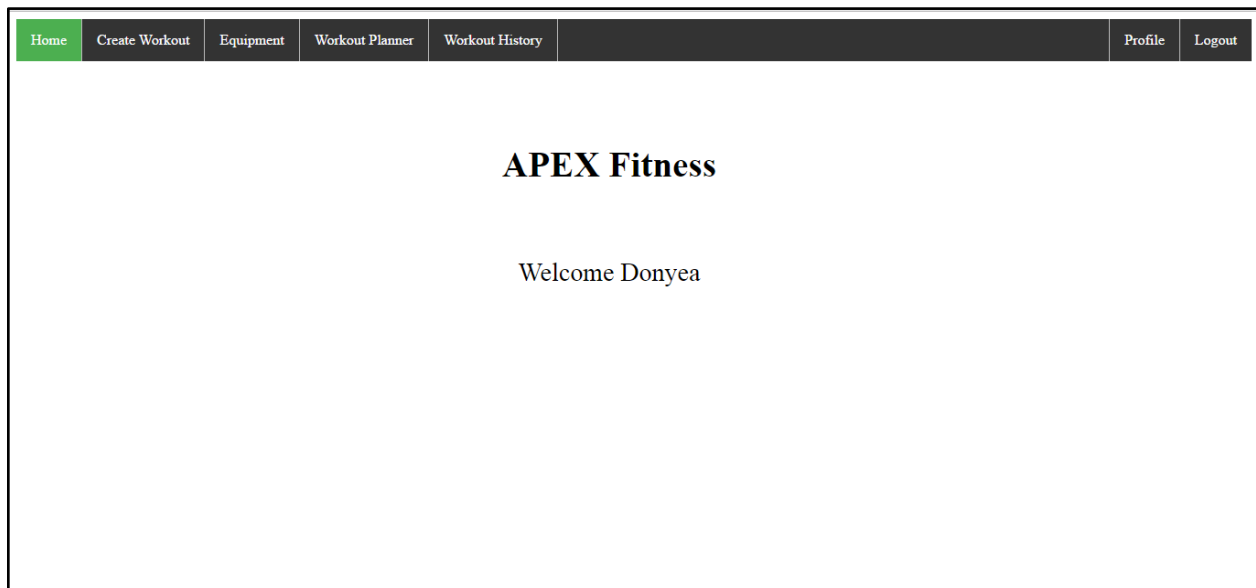
Users that have previously registered with APEX Fitness must login by:

Entering their **Email**.

Entering their **Password**.

Select **Sign In** to advance to the next screen and begin using the application.

Upon successful login, you will be brought to the Home page. If this is your first time logging in, you'll be prompted to add your first pieces of equipment in the equipment page (See section 4.2). You can also logout at anytime by selecting the "Logout" button on the menu bar.



The Home page of the APEX Fitness application. It has a dark navigation bar at the top with buttons for "Home", "Create Workout", "Equipment", "Workout Planner", "Workout History", "Profile", and "Logout". The "Home" button is highlighted in green. Below the navigation bar, the title "APEX Fitness" is centered, followed by a personalized welcome message "Welcome Donyea".

**APEX Fitness**

Welcome Donyea

## 4. FUNCTIONS

## 4.1 Update equipment

The screenshot shows the 'Equipment' page in the APEX Fitness application. At the top is a dark navigation bar with buttons for 'Home', 'Create Workout', 'Equipment' (highlighted in green), 'Workout Planner', 'Workout History', 'Profile', and 'Logout'. Below the navigation bar, the page title 'APEX Fitness' is centered. The main content area is divided into two columns. The left column, titled 'All Equipment', contains a search bar with the placeholder text 'Add exercises...' and an 'Add' button. Below the search bar is a list of equipment items: Barbell, Body Weight, Dipping Bars, Dumbbell, Jump Rope, Pull-Up Bar, and Treadmill. The right column, titled 'Your Equipment', contains a search bar with the placeholder text 'Remove exercises...' and a 'Remove' button. Below the search bar is a list of equipment items: Barbell, Body Weight, Dumbbell, and Pull-Up Bar.

To update your equipment, begin by selecting the “Equipment” button on the menu bar. The Equipment page will display two lists: All Equipment and Your Equipment. To add equipment to Your Equipment list, use the search feature at the top of the All Equipment list. Typing in the search bar will filter your results. Clicking on an equipment item will autofill the search field for you. Once you have your selection, click the “Add” button to add it to Your Equipment.

Removing equipment works the same way. Simply enter the name of the equipment item you want to remove and click the “Remove” button.

Double clicking on an equipment item in the list will show an image of the equipment itself in a new web browser tab.

## 4.2 Create workout

Home Create Workout Equipment Workout Planner Workout History Profile Logout

### APEX Fitness

To create a workout, first select which Body Targets you want to target.

- Shoulders ☐
- Chest ☐
- Back ☐
- Biceps ☐
- Triceps ☐
- Legs ☐
- Abs ☐
- Cardio ☐

Search

To create a new workout, select the “Create Workout” button on the menu bar. A list of eight body targets will be presented (Shoulders, Chest, Back, Biceps, Triceps, Legs, Abs, and Cardio). Select which body targets you want to focus on for this workout, one or more must be selected.

Based on the selected body targets, and the equipment set in your profile, a list of matching exercises will be presented. Recommended exercises will be displayed based on your currently set goal (see Section 3.2).

Home Create Workout Equipment Workout Planner Workout History Profile Logout

### APEX Fitness

Select any number of exercises and give your workout a name.

Filter(s) Selected: Legs

Recommended:

- [Barbell Lunges](#) ☒
- [Dumbbell Lunges](#) ☒
- [Lunges](#) ☒

Exercises:

- [Squats](#) ☐
- [Dumbbell Squats](#) ☒

Workout Name:

Select at least one of the exercises and enter a name into the field titled “Workout Name” To finalize your workout, then select the “Submit” button to create your workout.

### 4.3 Complete workout

Home	Create Workout	Equipment	Workout Planner	Workout History		Profile	Logout
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## APEX Fitness

View your planned workouts.

Cardio

Legs #1

Monday

Shoulders/Chest

Do It!

Do It!

Do It!

Do It!

(2016-12-05)

(2016-12-05)

(2016-12-05)

(2016-12-05)

To complete a workout, select the “Workout Planner” button on the menu bar. A list of all of your created workouts that are not yet complete will be presented. To begin a workout, select the “Do It!” button next to the desired workout.

From here the user is presented with a table to enter their completed sets, reps, and amount of weight used for each exercise in the workout.

Home	Create Workout	Equipment	Workout Planner	Workout History	Workouts		Profile	Logout
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## APEX Fitness

Complete the "Legs #1" workout!

Exercise	Reps	Sets	Weight
<a href="#">Barbell Lunges</a>	5	2	30
<a href="#">Dumbbell Lunges</a>	4	3	30
<a href="#">Dumbbell Squats</a>	10	2	15
<a href="#">Lunges</a>	5	2	30

Complete

Enter in your data for each exercise and hit the “Complete” button to submit the information and complete the workout. If you need a reminder on what to do for the exercise, click on the name of the exercise to see a picture of it in action.



## 4.4 View workout history

Home	Create Workout	Equipment	Workout Planner	Workout History	Profile	Logout
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### APEX Fitness

View your completed workouts.

Biceps and Abs	<input type="button" value="View"/>	(2016-12-05)
Legs #1	<input type="button" value="View"/>	(2016-12-05)
Weekend	<input type="button" value="View"/>	(2016-12-05)

To view your workout history, select the “Workout History” button on the menu bar. A list of completed workouts will be presented. To view a completed workout, select the “View” button next to the desired workout.

From here you can see the amount of reps, sets, and weight you completed for each exercise in the workout.

Home	Create Workout	Equipment	Workout Planner	Workout History	Redo Workouts	Profile	Logout
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### APEX Fitness

View the results of your "Legs #1" workout  
To redo this workout, create a new name and select "Redo".

Exercise	Reps	Sets	Weight
<a href="#">Barbell Lunges</a>	5	2	30
<a href="#">Dumbbell Lunges</a>	4	3	30
<a href="#">Dumbbell Squats</a>	10	2	15
<a href="#">Lunges</a>	5	2	30

Workout Name:

## 4.5 Redo workout

Starting from the previous screen (viewing a completed workout), you can enter a new name to Redo the same workout. This will save the exercise information for you and add the new workout to your Workout Planner.

Home	Create Workout	Equipment	Workout Planner	Workout History		Profile	Logout
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## APEX Fitness

View your planned workouts.

Cardio	<input type="button" value="Do It!"/>	(2016-12-05)
Legs #2	<input type="button" value="Do It!"/>	(2016-12-05)
Monday	<input type="button" value="Do It!"/>	(2016-12-05)
Shoulders/Chest	<input type="button" value="Do It!"/>	(2016-12-05)

From there you can select “Do It!” on your newly created workout and see that the data from your previous workout has already been entered. Match your previous workout, or adjust the information to complete this workout.

Home	Create Workout	Equipment	Workout Planner	Workout History	Workouts		Profile	Logout
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## APEX Fitness

Complete the "Legs #2" workout!

Exercise	Reps	Sets	Weight
<a href="#">Barbell Lunges</a>	<input type="text" value="5"/>	<input type="text" value="2"/>	<input type="text" value="30"/>
<a href="#">Dumbbell Lunges</a>	<input type="text" value="4"/>	<input type="text" value="3"/>	<input type="text" value="30"/>
<a href="#">Dumbbell Squats</a>	<input type="text" value="10"/>	<input type="text" value="2"/>	<input type="text" value="15"/>
<a href="#">Lunges</a>	<input type="text" value="5"/>	<input type="text" value="2"/>	<input type="text" value="30"/>

## 5. PROFILE

To view view your profile, select the “Profile” button on the menu bar. Here you will be able to see your personal information, along with your number of Completed and Created Workouts. For some daily motivation, click the “MOTIVATION” link.

Home	Create Workout	Equipment	Workout Planner	Workout History	Profile	Logout
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## Profile

Name: Donyea Cooley-White  
Age: 25  
Email: dcooleywhite@yahoo.com  
Reminder: Off  
Goal: Muscle Gain  
Weight (in pounds): 200  
Height (in inches): 72  
Completed Workouts: 0  
Created Workouts: 0  
[MOTIVATION](#)