


User Manual

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1. Login

7:32



Email

Password

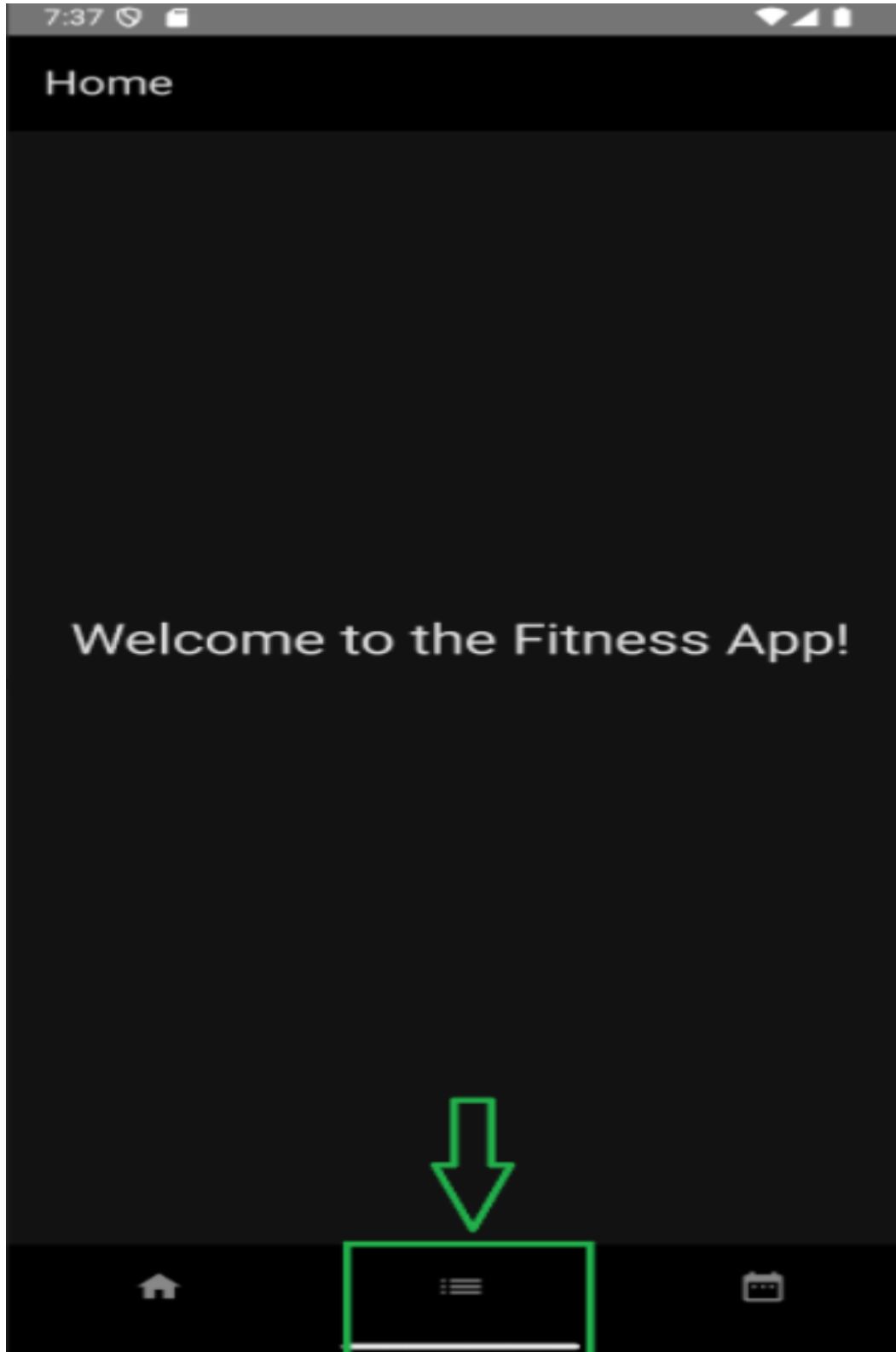
Login

To login enter email and password and press Login.

2. Week Routines

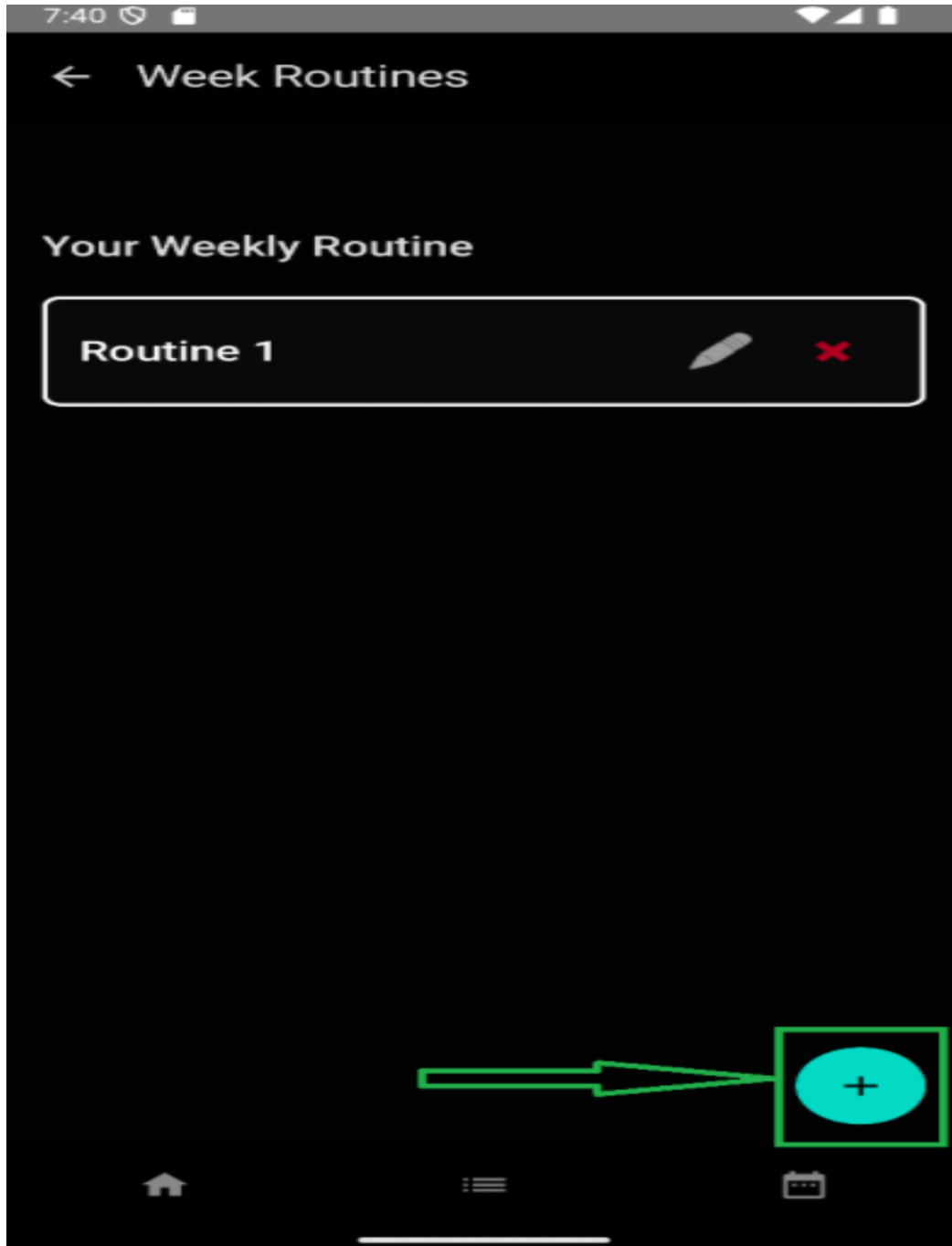
2.1 Week routine screen

- 1- From the home screen click on the List button from the bottom navigation bar.



2.2 Create Week Routine

1- Click on the add button at the bottom right corner of the screen.



2- Enter routine name and routine notes and click on “Save Routine”

7:42

← Add Week Routine

Edit Week Routine Details

Routine Name

Routine guide 1

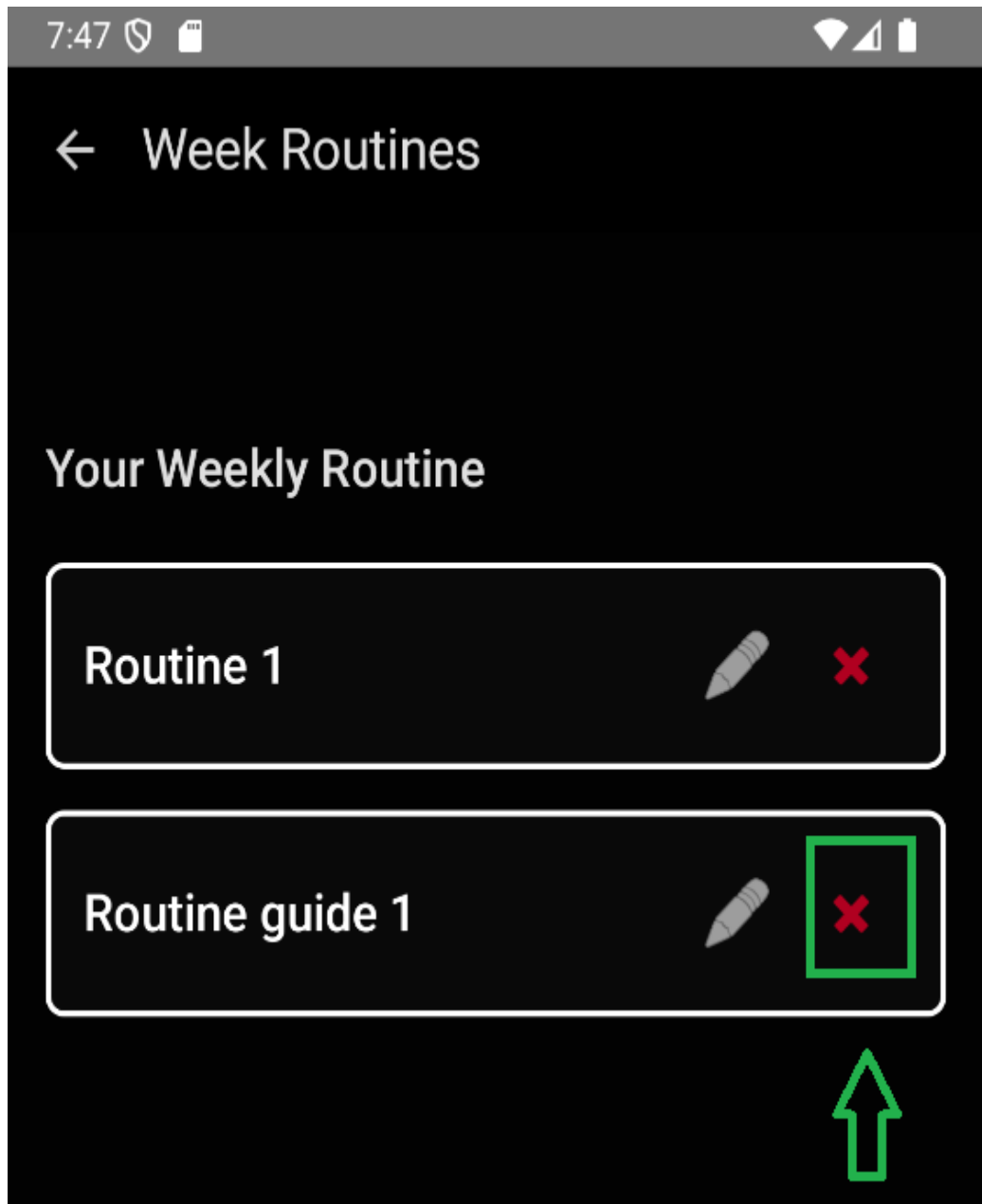
Routine Notes

Routines notes guide 1

Save Routine

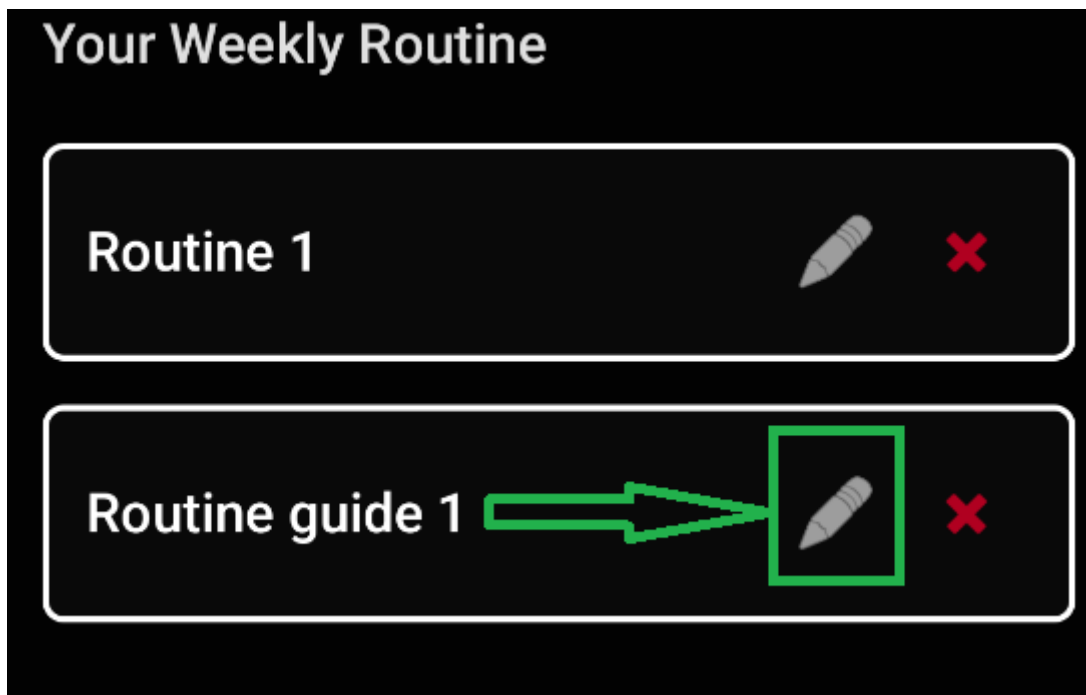
2.3 Delete week routine.

- 1- Click on the red cross button of the routine you want to delete

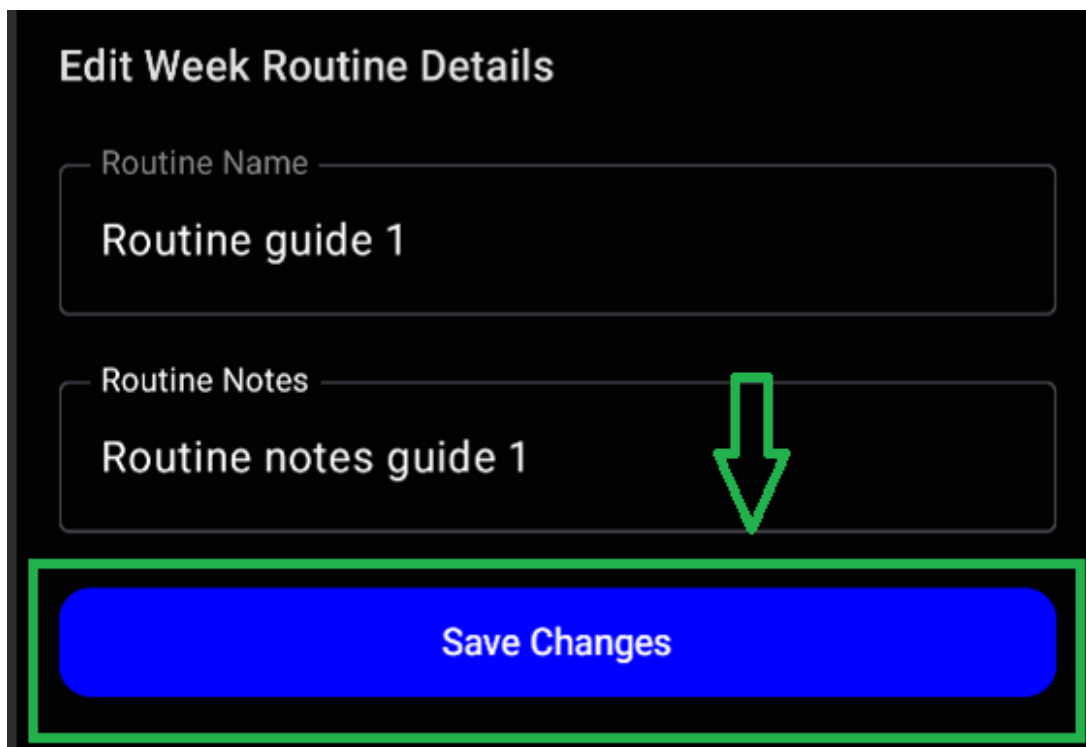


2.4 Edit Week Routine

1- Click on the pencil button of the routine you want to edit.



2- Modify the fields you need to edit and press "Save Routine"



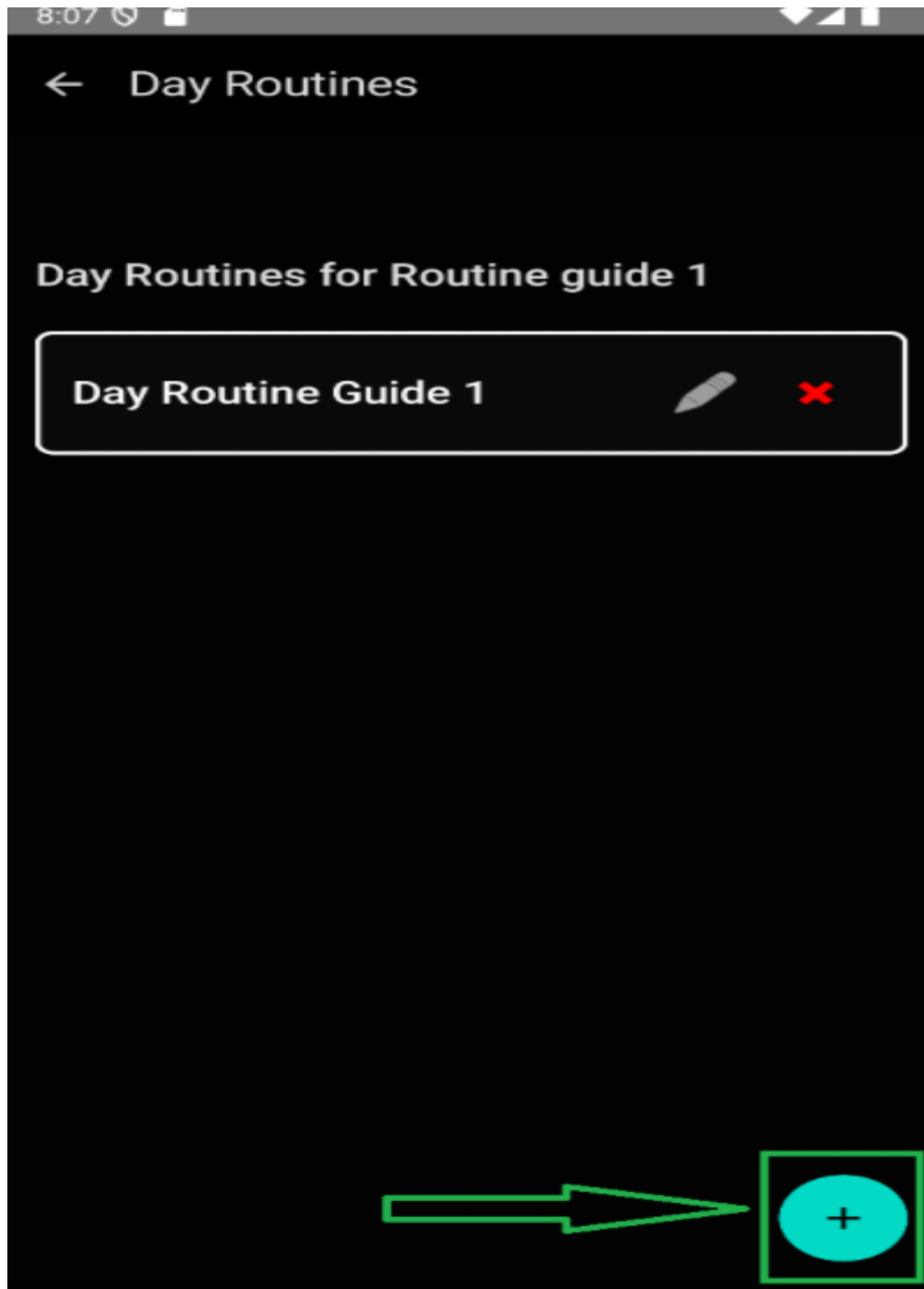
3. Day Routines

3.1 Day Routine Screen

- 1- Go to the week routine screen.
- 2- Select the week routine you want to see the day routines

3.2 Create Day Routine

- 1- Click on the add button at the bottom right corner of the screen.



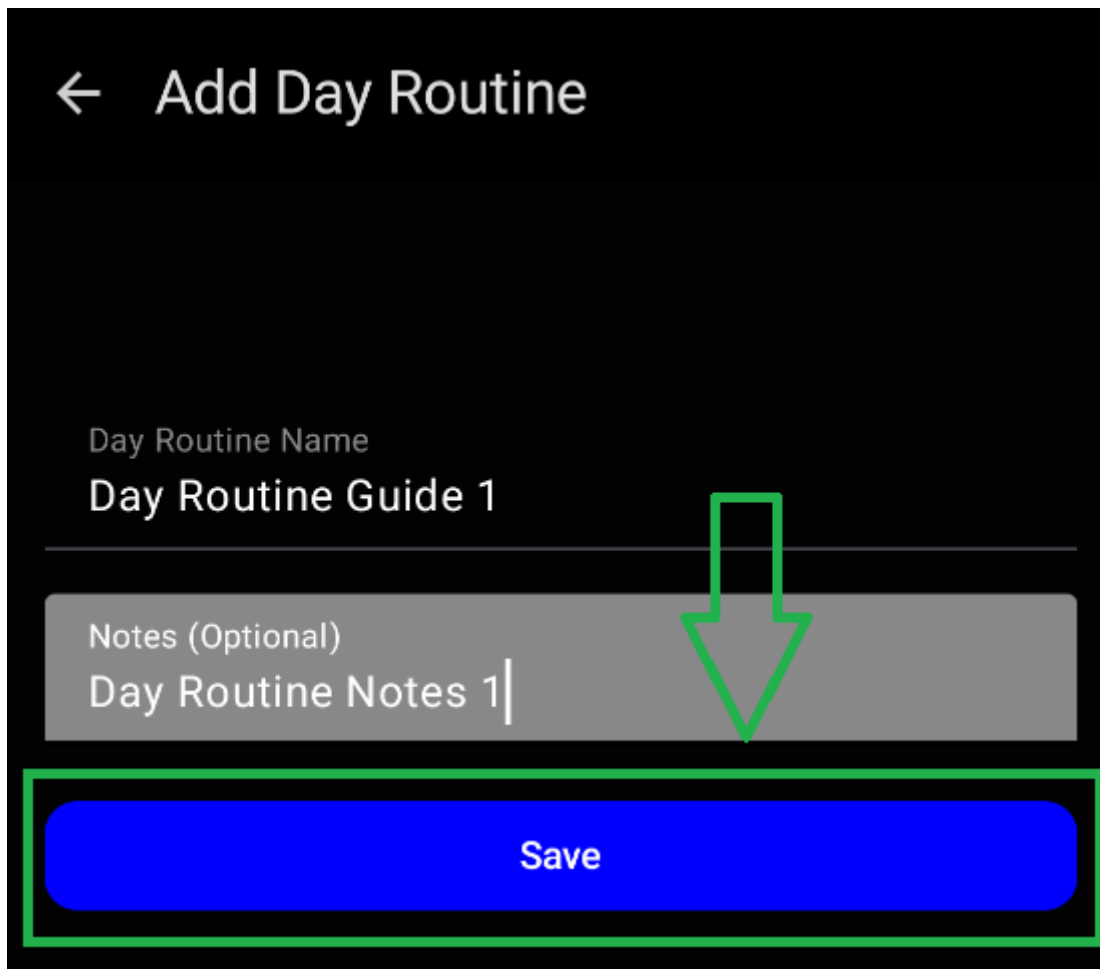
- 2- Enter day routine name and notes and click on “Save”

← Add Day Routine

Day Routine Name
Day Routine Guide 1

Notes (Optional)
Day Routine Notes 1

Save

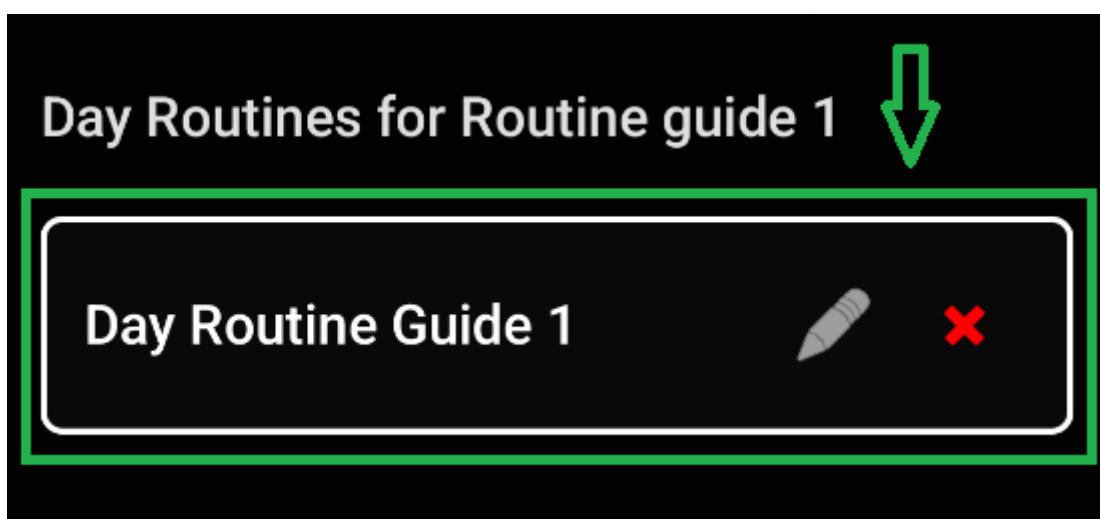


3.3 Delete Day Routine

- 1- Click on the red cross button of the routine you want to delete

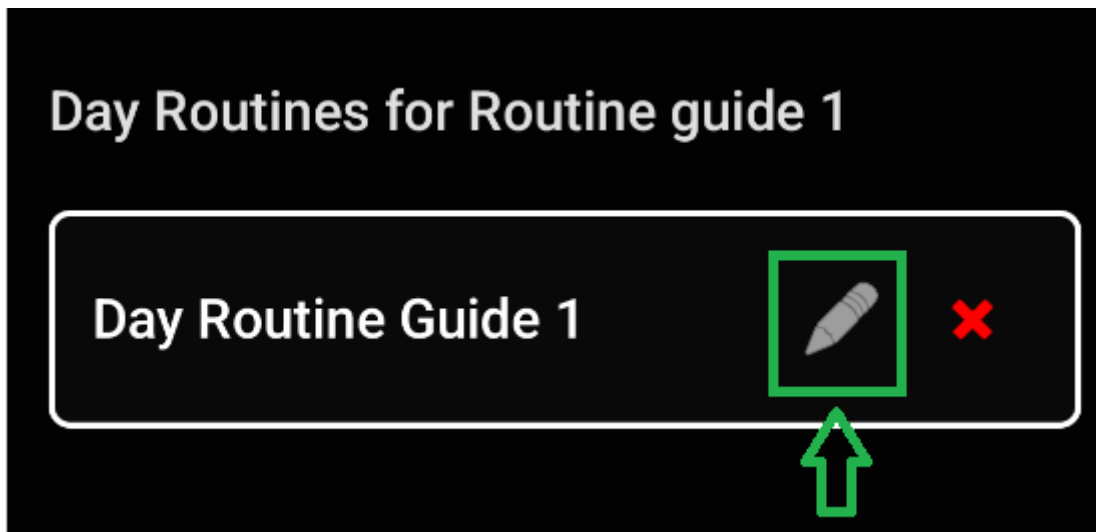
Day Routines for Routine guide 1

Day Routine Guide 1

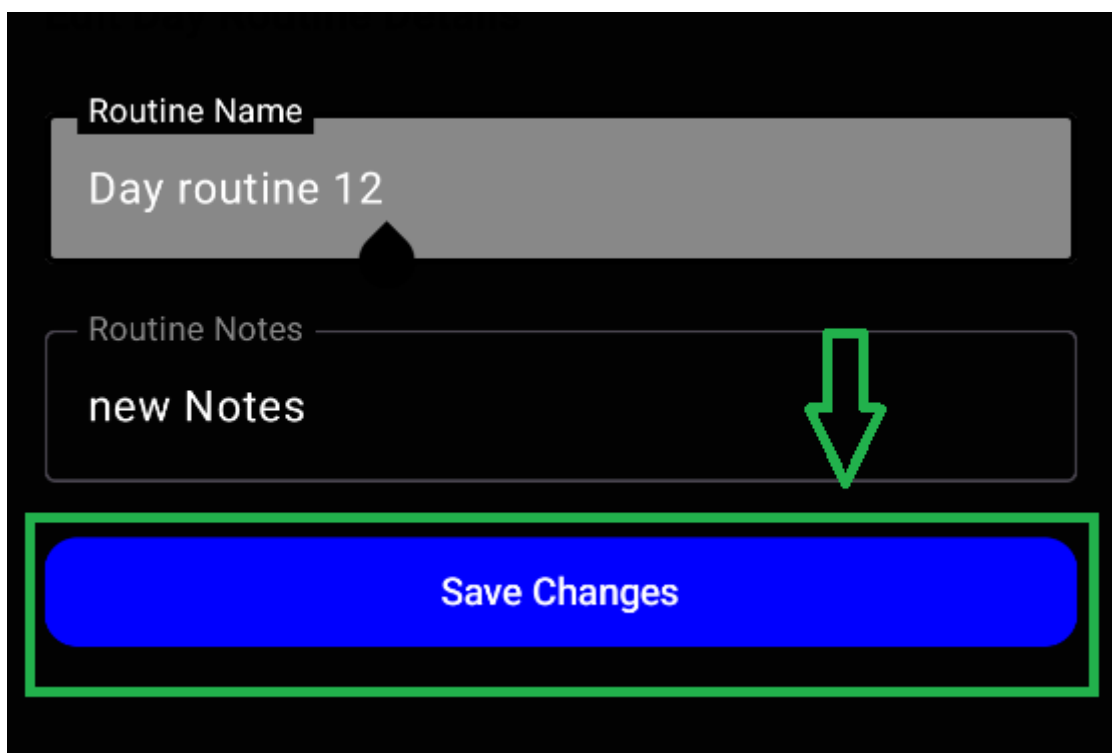


3.4 Edit Day Routine

- 1- Click on the pencil button of the routine you want to edit.



- 2- Modify the fields you need to edit and press “Save Routine”



4. Exercises

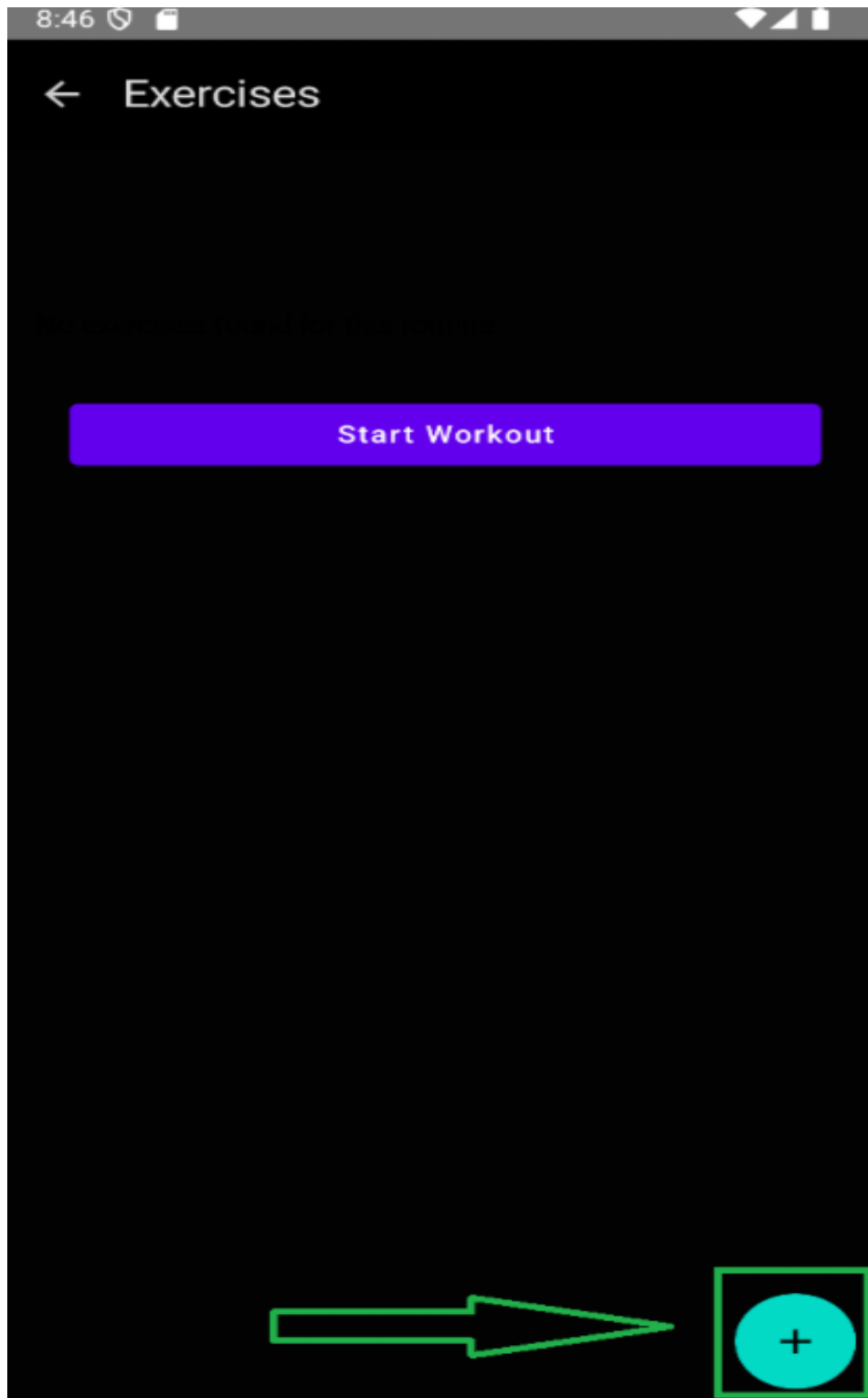
4.1 Exercise Screen

- 1- Go to the week routine screen.

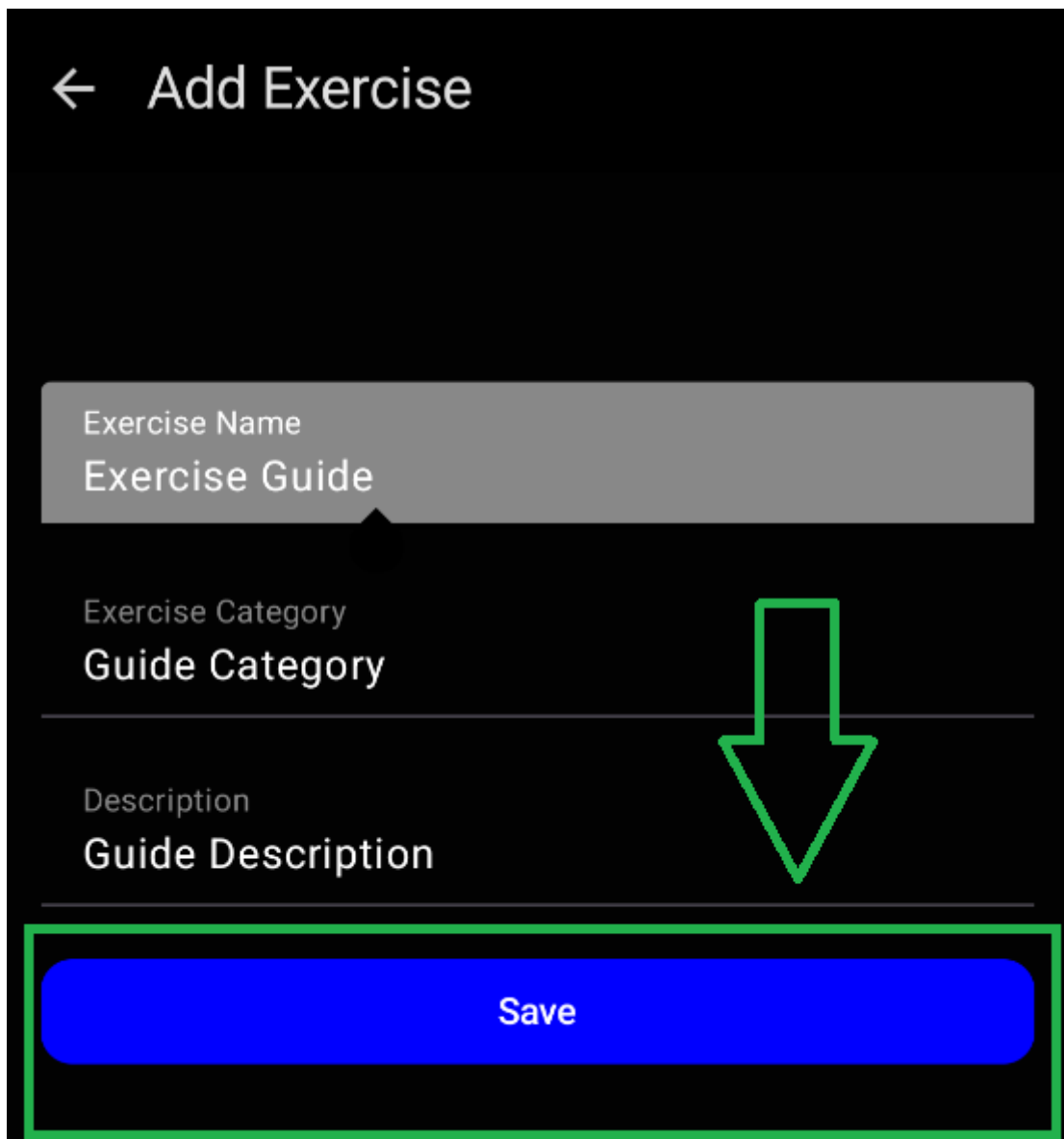
- 2- Select the week routine you want to see the day routines
- 3- Select the day routine you want to see the exercises

4.2 Create Exercise

- 1- Click on the add button at the bottom right corner of the screen.



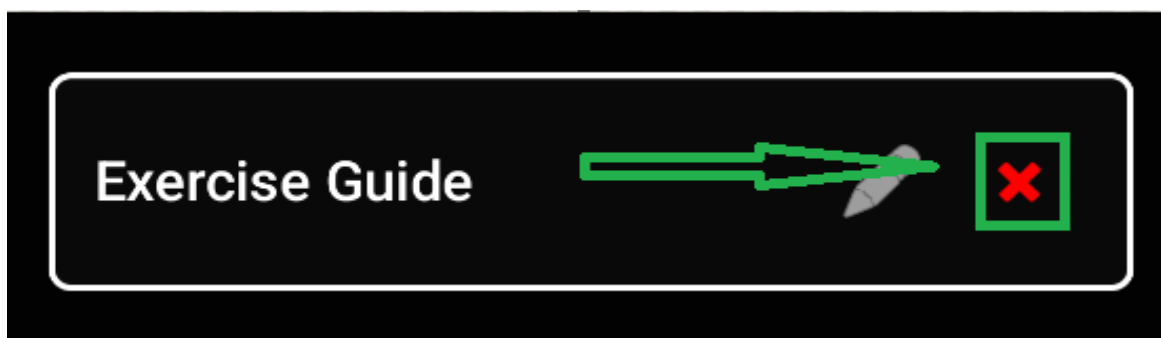
2- Enter exercise name, category and description and press “Save”



The screenshot shows a mobile application interface for adding a new exercise. At the top, there is a back arrow and the title "Add Exercise". Below this, there are three input fields: "Exercise Name" with the text "Exercise Guide", "Exercise Category" with the text "Guide Category", and "Description" with the text "Guide Description". A large green arrow points downwards from the category field to the description field. At the bottom of the form, there is a blue "Save" button, which is highlighted by a green rectangular border.

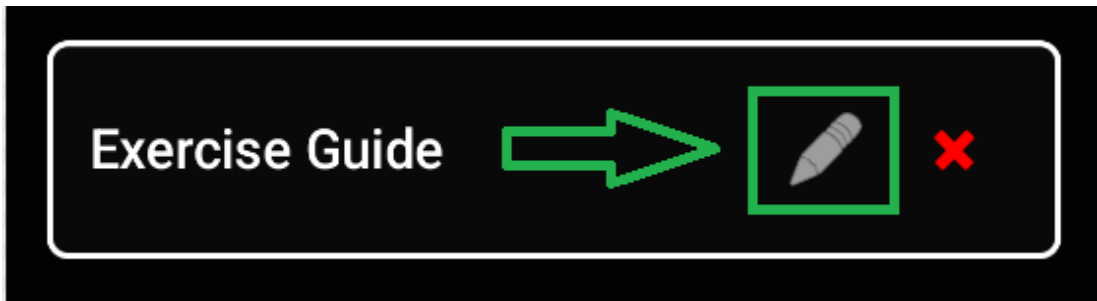
4.3 Delete Exercise

1- Click on the red cross button of the routine you want to delete

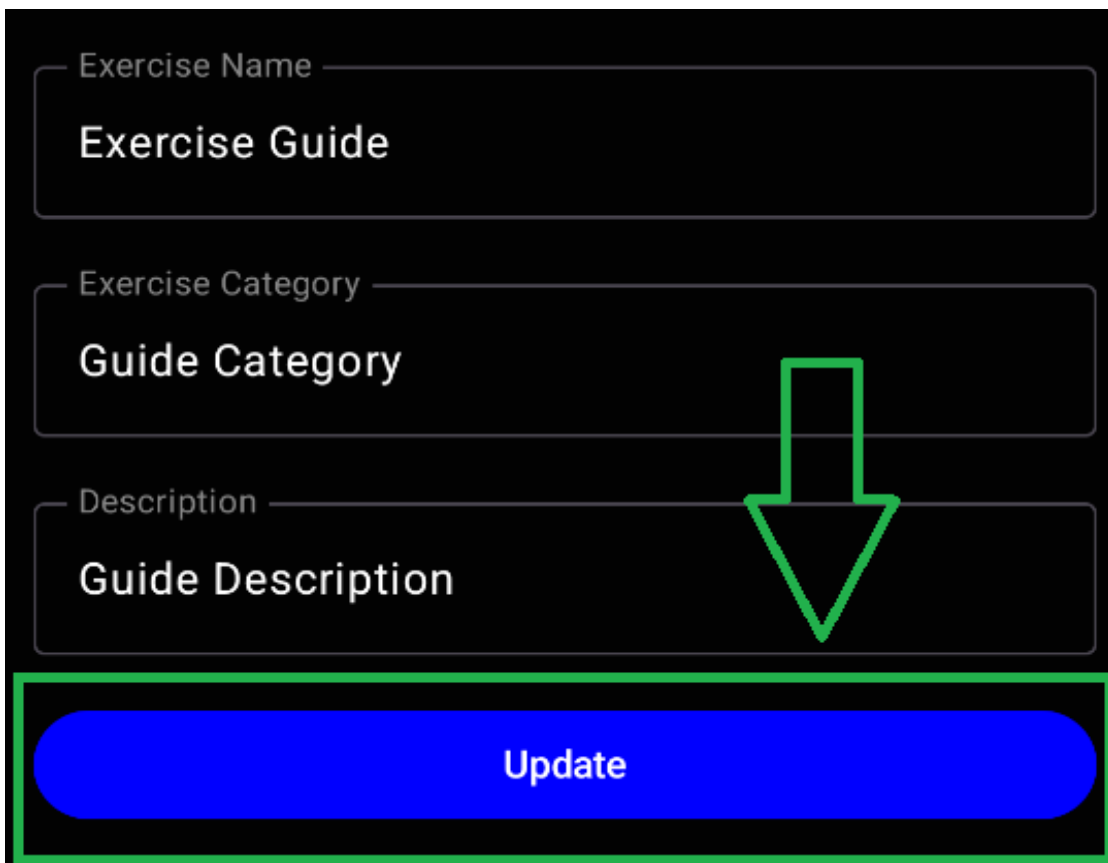


4.4 Edit Exercise

- 1- Click on the pencil button of the exercise you want to edit.



- 2- Modify the fields you need to edit and press "Update"

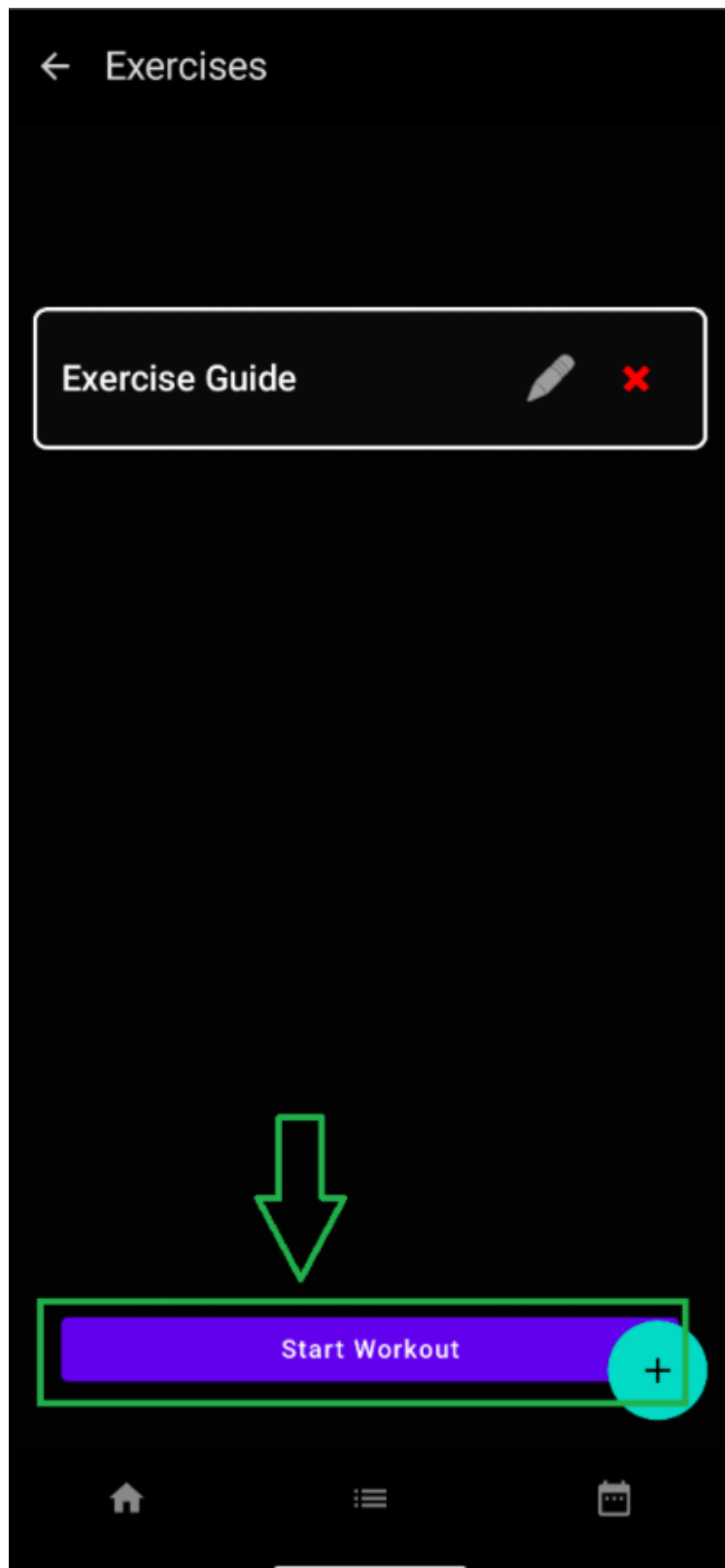
A dark-themed form with three input fields. The first field is labeled "Exercise Name" and contains the text "Exercise Guide". The second field is labeled "Exercise Category" and contains the text "Guide Category". The third field is labeled "Description" and contains the text "Guide Description". A large green arrow points down from the "Description" field towards the "Update" button. The "Update" button is a blue rounded rectangle with white text, located at the bottom of the form and highlighted with a green border.

5. Workouts

5.1 Workout Screen

- 1- Go to the week routine screen.
- 2- Select the week routine you want to see the day routines

- 3- Select the day routine
- 4- Select “Start Workout”



5.2 Add Workout Record

- 1- Insert repetitions and weight and press save record.


Exercise: Exercise Guide

Repetitions

10

Weight (kg)

10



Save Record

Saved Records:

No records saved for this exercise.

Previous Exercise

Next Exercise

5.3 Browse Records

- 1- On the workout screen you can browse different exercises, pressing next or previous exercise, at the bottom of the screen you can see the history of workout records.

Exercise: Exercise Guide

Repetitions

Weight (kg)

Save Record

Saved Records:

Reps: 10

Weight: 10.0 kg

Date: 2024-12-11T09:17:50.291+00:00



Previous Exercise



Next Exercise