



CHARLES W. DAVIDSON
COLLEGE OF ENGINEERING

CMPE-202 Sec 02 - SOFTWARE SYSTEMS ENGR

Professor Gopinath k Vinodh

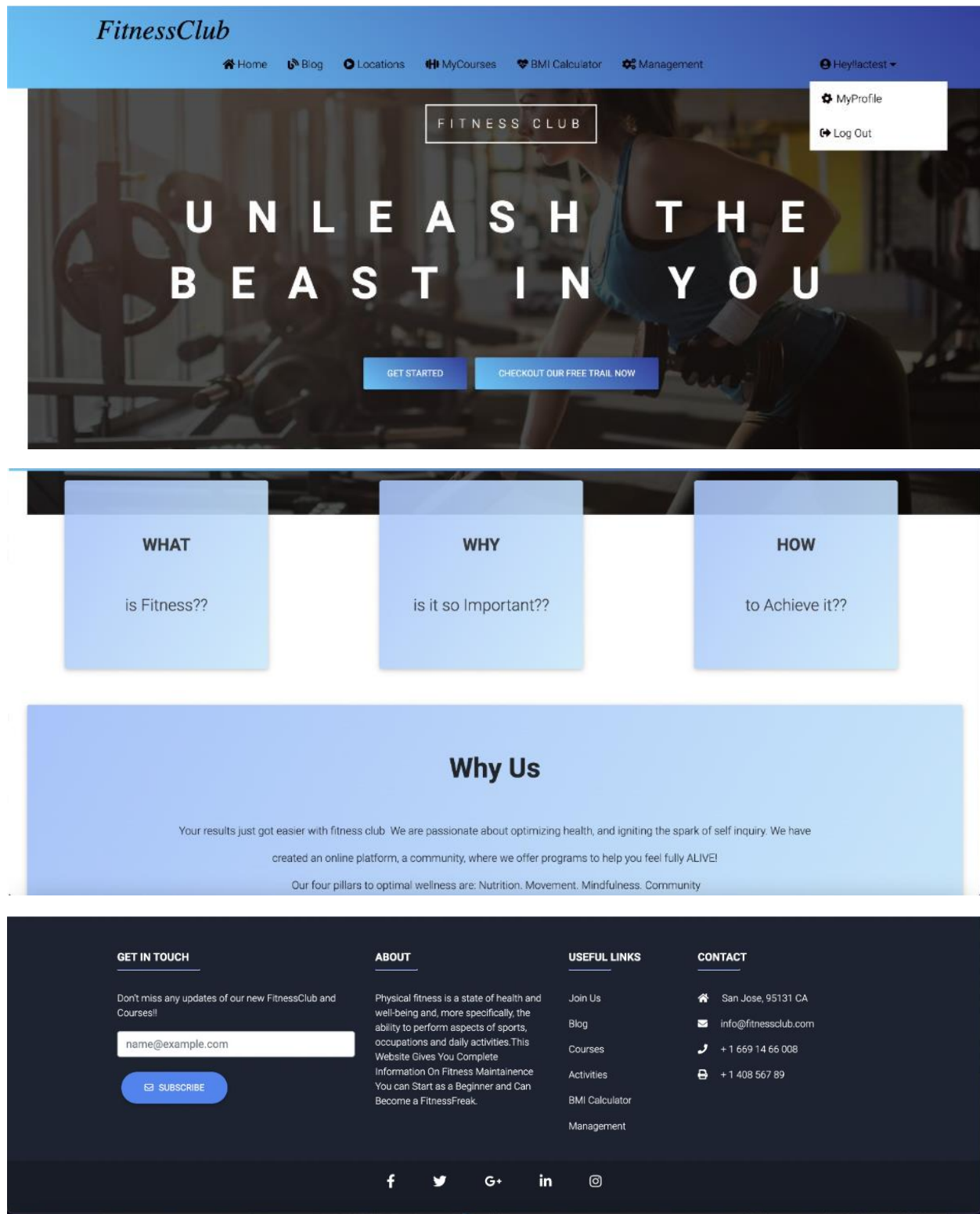
UI Wireframes

For

HealthClub Membership Management system

GROUP 3	
Mounish Juvvadi	016151512
Shlok Pankajkumar Patel	016662542
Surya Teja Palle	016587363
Lohith Kumar Reddy Kondreddy	016151512

Home Page:



Memberships Available

Gold

Platinum

Regular

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Blog:


FitnessClub

[Home](#)[Blog](#)[Locations](#)[MyCourses](#)[BMI Calculator](#)[Management](#)

Hey!actest

Have thoughts on fitness? Want to post your story?

POST YOUR STORY



Exercise Gimmicks and Gadgets | The training

Card image cap

esvdc` | esdvc

hu abhhiu

Card image cap

x | x

-by admin

uploaded on May 11, 2023 at 12:20 AM

Hello actest, let us know your thoughts....

Want to upload a pic?...

No file chosen

*image size should be less than 10MB

Content

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Locations:

FitnessClub

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San Jose downtown

Santa Clara

GET IN TOUCH

Don't miss any updates of our new FitnessClub and Courses!!

ABOUT

Physical fitness is a state of health and well-being and, more specifically, the

USEFUL LINKS

Join Us


CONTACT

San Jose, 95131 CA

View Courses:

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- Home
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2-Week Workout Plan to Lose Inches

You want to drop a few pounds and tighten up trouble areas, but you're not sure where to begin, then it is for you!!

[VIEW DETAILS](#)



Basic Cardio Workout for Absolute Beginners

If you're not sure where to start, this program will let you pick any machine or activity that you're comfortable with.

[VIEW DETAILS](#)

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View Course Details:

Basic Cardio Workout for Absolute Beginners

Workout Summary


Main Goal	Changes in Body fat, strength, weight and edurance
Workout Type	Full Body
Course Type	online
Training Level	Beginner
Program Duration	6 weeks
Days Per Week	5
Time Per Workout	25-50 minutes
Target Gender	Male

[CANCEL](#)[ENROLL NOW](#)

My Courses:

FitnessClub

- Home
- Blog
- Locations
- MyCourses
- BMI Calculator
- Management
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2-Week Workout Plan to Lose Inches

You want to drop a few pounds and tighten up trouble areas, but you're not sure where to begin, then it is for you!!

[VIEW DEATHLS](#)

View Details in my Course:

2-Week Workout Plan to Lose Inches

Two-Week Workout Plan

Week One

Day 1
Complete five rounds.

Push-ups (10 reps)
Bodyweight squats (20 reps)
Forward lunges (5 reps each leg)
Plank hold (30 seconds)
Rest for 30 seconds and start again.

Day 2
Warm Up: 8 to 10 minutes of an easy jog and dynamic movements: high-knees, butt-kicks, bounding and reverse run. Run at least 30 minutes. Use a walk/jog method if needed. Jog until you need a break, then walk and repeat for 30 minutes. Try to increase your mileage over time. Don't push too far, too fast.
Cool Down: Do an easy jog for 10 minutes and then stretch.

Day 3
Complete five rounds.
Bodyweight squats (20 reps)
Leg raises (20 reps)
Lateral lunges (10 reps each leg)
Plank hold (30 seconds)

Box jumps (5 reps)Burpees (10 reps)
Sit-ups (15 reps)
Bodyweight squats (20 reps)
Rest for 30 seconds and start again.

Day 4

Complete six rounds.
Squats (20 reps)
Jump squats (10 reps)
Forward lunges (10 reps each leg)
Jump lunges (5 reps each leg)
Rest 2 minutes and then complete two rounds of the next circuit.

Push-ups (60 seconds)
Sit-ups (60 seconds)

START TRAINING

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name@example.com

ABOUT

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.This

USEFUL LINKS

Join Us

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CONTACT

San Jose, 95131 CA


info@fitnessclub.com

+3 559 34 66 008

Start Training: Activity Page:

FitnessClub

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Threadmill

Start


End

Reset

0 hours, 0 minutes, 0 seconds

Total Threadmill Time

0 hours, 0 minutes, 0 seconds



Cycling

Start


End

Reset

0 hours, 0 minutes, 0 seconds

Total cycling Time

0 hours, 0 minutes, 0 seconds



Weight Training

Start

End

Reset

0 hours, 0 minutes, 0 seconds

Total Weight Training Time

0 hours, 0 minutes, 0 seconds

Record

Total Threadmill Time	Total Cycling Time	Total Weight Training Time
0 hours, 0 minutes, 0 seconds	0 hours, 0 minutes, 0 seconds	0 hours, 0 minutes, 0 seconds

Display Time

BMI Calculator:

The screenshot shows the BMI Calculator page on the FitnessClub website. The header is blue with the 'FitnessClub' logo and navigation links: Home, Blog, Locations, MyCourses, BMI Calculator, and Management. A user profile 'Hey!lactest' is in the top right. The main content area has a light blue background with a 'BMI Calculator' logo. Below it, the text reads: 'Calculate Your Body Mass Index (BMI)' and 'This BMI calculator measures your body fat by using your weight and height. Your BMI can indicate if you are underweight, normal, overweight or obese, and it can also suggest your risk of chronic diseases.' The form includes input fields for GENDER, AGE, HEIGHT (with a unit dropdown set to 'cm'), and WEIGHT (with a unit dropdown set to 'kg'). A blue button labeled 'GET YOUR BMI' is at the bottom.

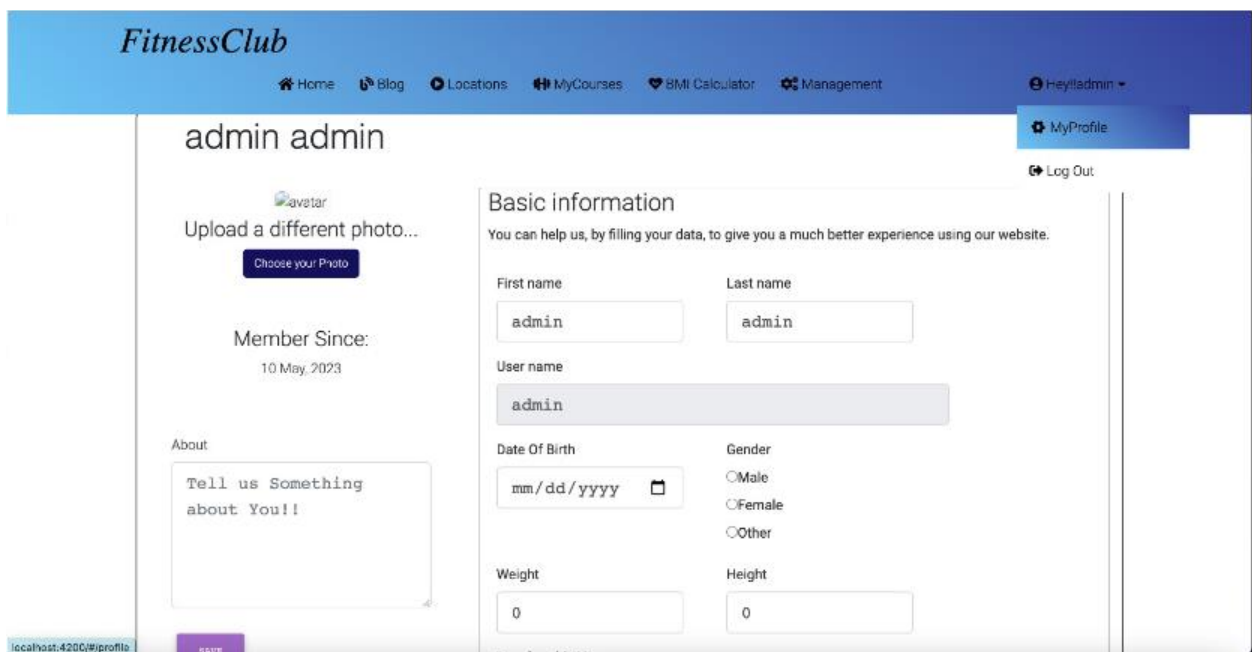
Management Page:

The screenshot shows the Member Management page on the FitnessClub website. The header is blue with the 'FitnessClub' logo and navigation links: Home, Blog, Locations, MyCourses, BMI Calculator, and Management. A user profile 'Hey!ladmin' is in the top right. The main content area has a grey background with a dark blue header 'MEMBER MANAGEMENT' and a green user icon. Below is a table with 5 rows of member data. Each row has a checkbox, ID, Name, Email, First Name, Last Name, and action icons (edit and delete).

	Name	Email	First Name	Last Name	
<input type="checkbox"/>	B	B@gmail.com	B	B	
<input type="checkbox"/>	Q	Q@gmail.com	Q	Q	
<input type="checkbox"/>	L	L@gmail.com	L	L	
<input type="checkbox"/>	abbhinav	abbhinav@gmail.com	Abhinav Reddy	Nomula	
<input type="checkbox"/>	Itsumaki	itsu@gmail.com	itsu	chi	



My Profile:



SAVE

Other

Weight

0

Height

0

Membership Type

Gymnasium

Account info

Edit your email and also, your newsletter subscriptions.

Email

admin@gmail.com

Email frequency

Contact

0

0

Change password

Current password

New password

Confirm password

CHANGE PASSWORD

My address

Street Address

Street Name and

My address

Street Address

Street Name and landmark

City

Ex:Hyderabad

State

Ex:Telangana

Country

Ex:India

PinCode

0

SAVE

RESET

Add Member

First name

Last name

E-mail

Username

Package

ADD

Edit B

First name

Last name

E-mail

Address

Package

EDIT