







# Gym Helper Instructions for Use

## Precautionary Steps

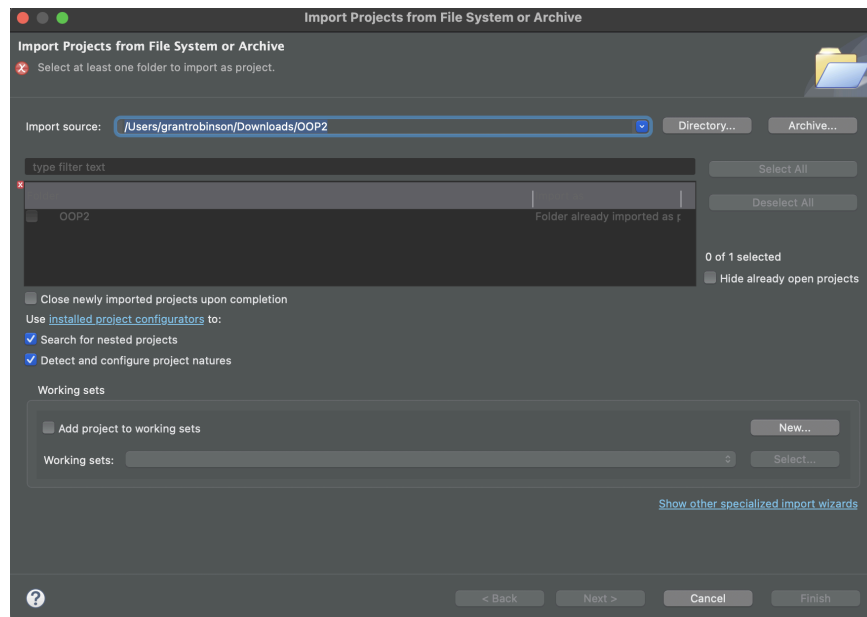
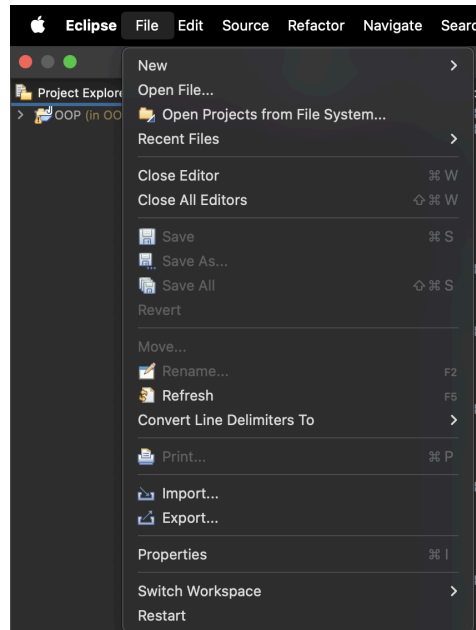
1. Make sure you have **Java 17** installed on your system. To check, open your **Command Prompt/Terminal** and type in the command “**javac -version**”.
  - a. **If Java is not installed, your computer will tell you to install it.**  
**Click on one of the links below for installation:**
    - i. Windows:  [How To Download & Install Java for Minecraft \(Java 17\)](#)
    - ii. Mac:  [How To Download & Install Java 17 on Mac](#)
    - iii. Linux:  [How to install Oracle JDK 17 \(Java 17\) on Ubuntu 22.04 ...](#)
  - b. If your version of Java is different, the Gym Helper should still work, but having Java 17 will ensure that it does.
2. Make sure you have an **IDE** to run this project. (**Eclipse** is recommended)
  - a. **Eclipse Installation instructions:**
    - i. Windows:  [How to Download and Install Eclipse](#)
    - ii. Mac:  [How to Install Eclipse IDE on Mac | Install Eclipse IDE o...](#)
    - iii.  [How to Install Eclipse IDE on Ubuntu 24.04 LTS Linux \(...\)](#)

## Steps for Use

1. Download the [Gym Helper zip file by clicking here](#)
2. Go to your recent downloads (Or wherever the zip file is stored) and unzip the file. Now, you should have a folder containing all the necessary files for the project
  - a. **On Mac, you can do this by simply double clicking the file**
  - b. **On Windows 11, right click the zip file, then click *extract*. After that, you can save the folder in your desired location. Finally, hit **extract in the bottom right hand corner****
3. Save the folder in a way such that your IDE can easily access it for use.

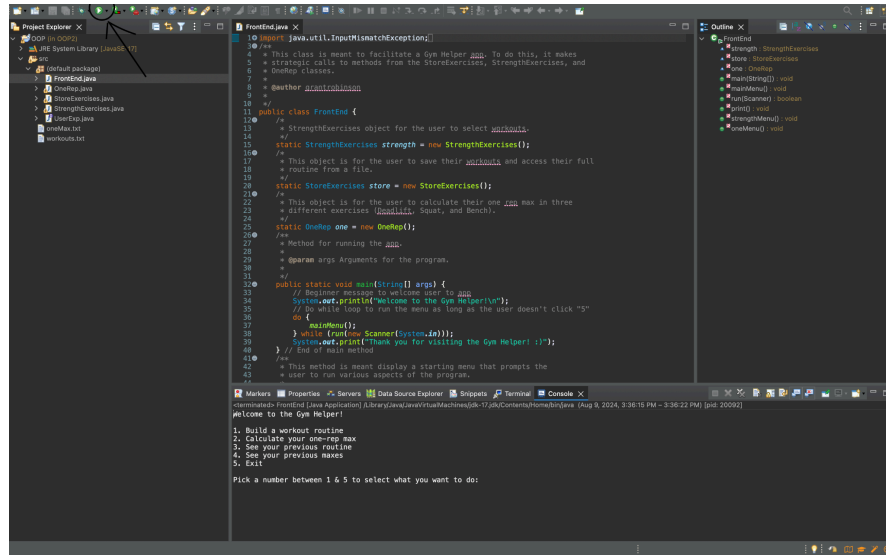
**a. Eclipse:**

- i. Open your desired workspace
- ii. Click on **File**. Then, click **Open Projects from File System...**



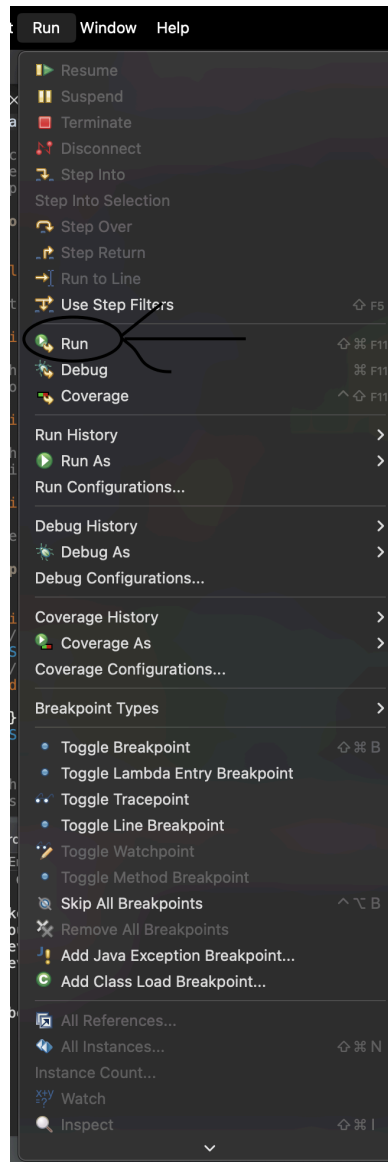
- iii. Then, click **Directory...** and navigate to the **Gym Helper** folder, and select it to be opened.

- iv. Then, click the blue **Finish** button in the bottom right hand corner.
4. Now, within your IDE, navigate to the **FrontEnd.java** file (Stored in the **src** folder), and click **Run** (Step may vary depending on your IDE. Different methods for Eclipse will be down below).



a.

Hit the **Green Run Button** in the task bar near the left



- b. Navigate to **Run**, then hit **Run** in the dropdown menu.
5. Enjoy the project! The picture below displays a snippet of what the app should look like on Eclipse (Should be similar on other IDEs). **Whenever you want to stop the app on Eclipse, the circled button is the *stop* button.**

```
FrontEnd [Java Application] /Library/Java/JavaVirtualMachines/jdk-17.jdk/Contents/Home/bin/java (Aug 9, 2024, 3:52:26 PM) [pid: 20212]
4. See your saved Deadlift maxes
5. Done

Type a number from 1-5 to do what you want to do: 2
You don't have any Bench Press maxes saved.

1. Calculate a one-rep max
2. See your saved Bench Press maxes
3. See your saved Squat maxes
4. See your saved Deadlift maxes
5. Done

Type a number from 1-5 to do what you want to do: 1

What type of exercises did you want to calculate?

1. Bench Press
2. Squat
3. Deadlift
Enter a number from 1-3 to pick an exercise: 2
How much weight did you lift (Between 1 & 1000 lbs)?
205
How many reps did you perform for the lift (Between 1 & 10 reps)?
3
Your approximate one rep max for Squat: 246.00 lbs

1. Calculate a one-rep max
2. See your saved Bench Press maxes
3. See your saved Squat maxes
4. See your saved Deadlift maxes
5. Done

Type a number from 1-5 to do what you want to do:
```

Download the [Gym Helper Report](#) for more details regarding the Gym Helper app.