



**National University**  
**Of Computer and Emerging Sciences**

## **Project Milestone 3: Complete Database Project**

Presented to

**Sir, Majid Hussain**

In partial fulfillment  
of the requirements for the course of

***DATABASE SYSTEMS***

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## **Flex Trainer**

Welcome to Flex Trainer, a gym operating app that lets you sign up and interact as a member, gym owner, trainer or admin.

### **Introduction**

Flex Trainer provides a comprehensive management system designed to provide a simple and clear interface that Members, Trainers, Gym Owners and Admin of a Gym(s) can work on.

These four users are connected with each other through different relationships such as providing different workout plan options and diet plan options in addition to allowing the members, trainers or gyms to be removed or added to the database.

### **Functionality**

Flex Trainer allows the User to sign up or login as one of the following :

- Member
- Trainer
- Gym Owner
- Admin

Each of the four shares some data while also retaining their own specific data for example a member can choose to join other gyms while the gym owner can choose to remove a member from their own gym. These are User (Member and Gym Owner) specific tasks and are unique to each of the four types of Users.

The Flex Trainer application provides the User different functionalities depending on the type of User that is logged in. Some of the features are explained below.

**Member :**

The Member can choose to join or leave a gym of their choice. Additionally, they have the ability to request sessions with a variety of trainers. They can also cancel their current sessions. Furthermore, they are able to create their own workout plans and can also use the workout plans created by other Users (Trainers and other members) of the Flex Trainer application. They can also create their own diet plans or choose from a variety of already existing diet plans. Member can also view their own Allergens and edit, make changes and add new allergens to them.

**Trainer :**

The Trainer can view the progress of their members which they have workout sessions with. They are allowed to accept or decline the workout sessions that have been requested from them by the members.

**Gym Owner :**

The Gym Owner is able to view the members that are currently subscribed to their gym. They can choose to remove these members if they like. Apart from that they can view the information relevant to their particular gym.

**Admin :**

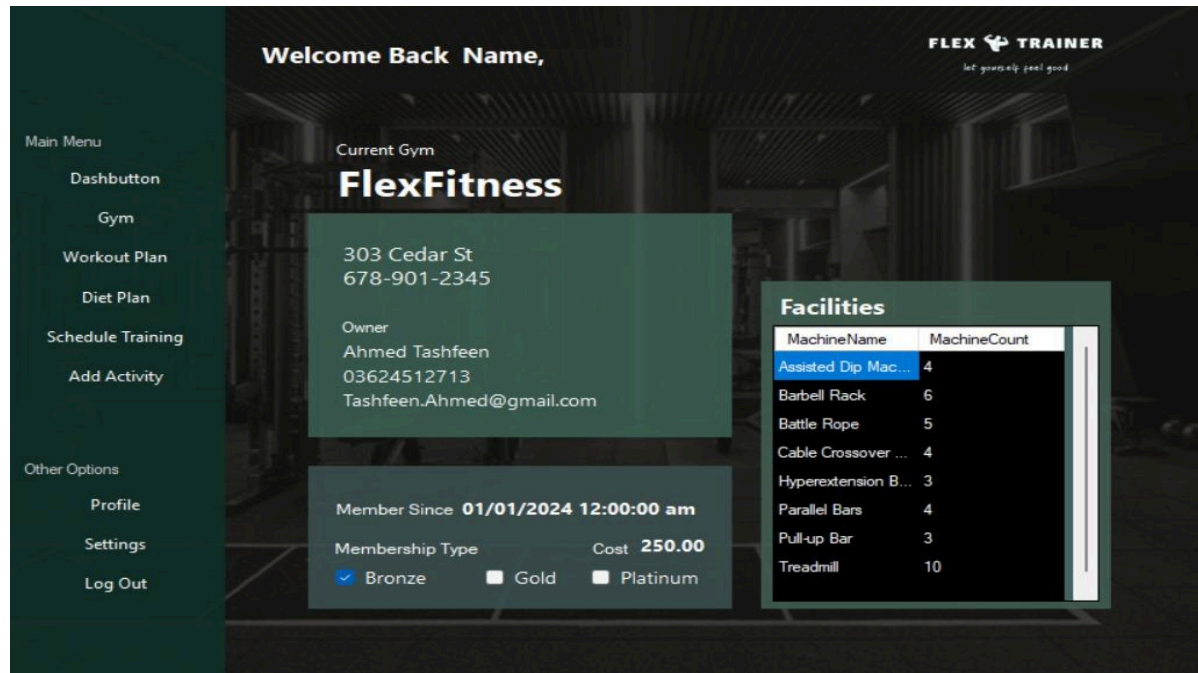
The Admin is able to approve or reject requests for gym.

**Tools Used**

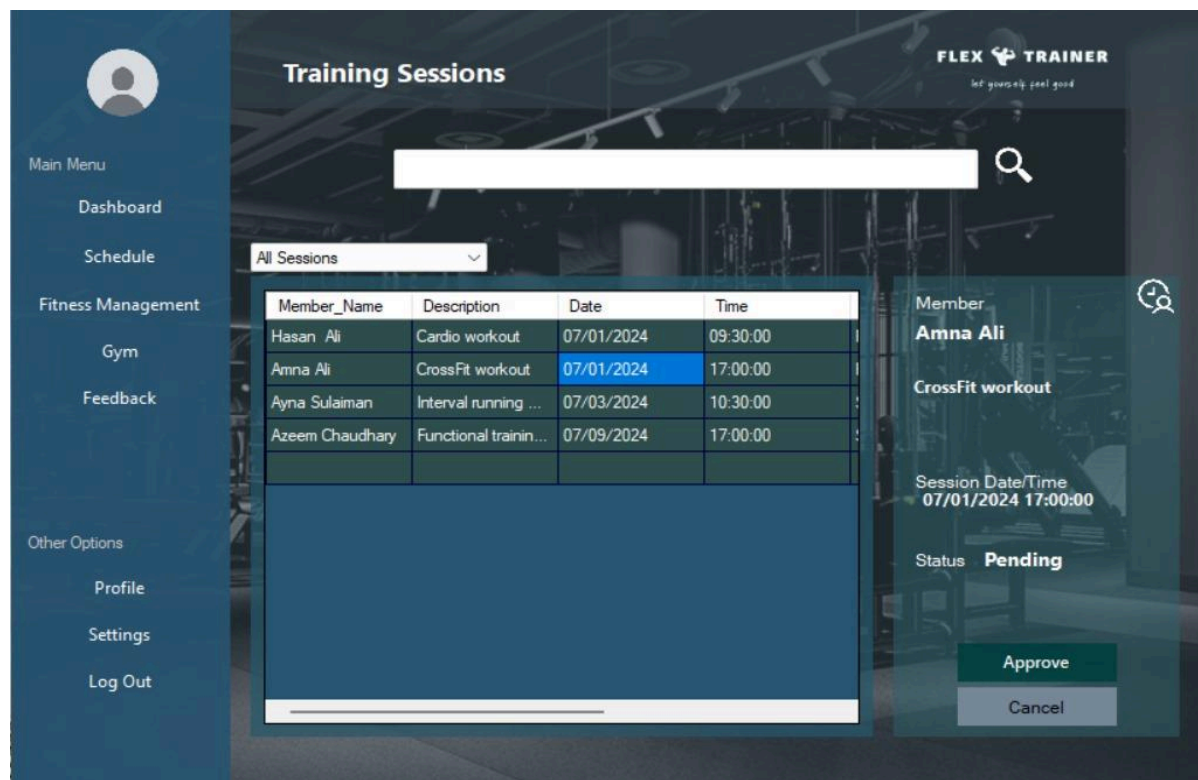
The Flex Trainer application was designed using .NET windows console for frontend and backend and sql server and SSMS as the database. The reports required were constructed using Microsoft Report Builder.

**CHANGES MADE**

A page for the gym in the member interface was added in which members can see the details of the gym.



A page for training sessions in the trainer interface was added in which the trainer can see the requests of members, he/she can approve or cancel the requests. He/She can also view the total members who have training sessions with him/her.



Trainer feedback form was added in which members can give feedback to trainers . A member can add comments and give a rating out of 5.

**Trainer Feedback Form**

Comment

Rating

TrainerID	Name	Years
22	Faizan Shahid	20
26	Maaz Ali	15
37	Muhammad Ahsan	22
56	Muhammad Tariq	9
65	Tracy McGrady	5

Cancel Give Feedback

**Statistics:**

- Total Completed: 0
- Total Completed Minutes: 0
- Pending Session: 1
- Total Trainings Cancelled: 0

In exercise info form, you can view all exercises and can add any exercise to your workout plan.

**Exercise Management**

**Exercise Info!**

ExerciseName	EDescrip	Difficulty	TargetMuscle
Abdominal Crunc...	Core workout	Easy	Abs
Arnold Press	Shoulder strength...	Hard	Shoulders
Assisted Dips	Tricep and chest ...	Easy	Chest
Barbell Squats	Compound leg ex...	Hard	Legs
Battle Rope Slam	High-intensity car...	Hard	Lower Back
Cable Crossover	Upper body exer...	Medium	Chest
Cable Rows	Back exercise	Medium	Back
Chest Press	Upper body stren...	Medium	Chest
Decline Sit-ups	Core workout	Medium	Abs
Dumbbell Bicep ...	Bicep isolation	Easy	Biceps
Elliptical Workout	Low-impact cardio	Medium	Core Muscles

Exercise Name

Description

Difficulty

Machine

Target Muscle

Add Exercise

Cancel

Booking page was added in which you can book your session with any trainer, set duration and select day and time. You can choose if you have attended this session or not.

**20**

**FLEX TRAINER**  
let yourself feel good

**Your Booking!**  
let yourself feel good

Scheduled

Functional training session

Session Date / Time

07/09/2024 60

5 Minutes PM

Trainer

Trainer

Contact No:

Email No:

Not Attended Attended

**Give Feedback**

Total Completed 0

Total Completed Minutes 0

Pending Session 1

Total Trainings Cancelled 0