



# Gymnetics

## User Manual

Team Byte Squad



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# Introduction

Welcome to Gymnetics, an AI-powered fitness web application designed to provide personalized workout routines and supplement recommendations. With Gymnetics, you can:

- Create and manage your fitness profile.
- Explore general workout plans.
- Generate customized workout routines based on your goals, weight, height, and experience level.
- Receive supplement recommendations tailored to your fitness needs.
- Purchase supplements directly through the platform.

# Getting Started



## Creating an Account

1. Open the Gymnetics web application.
2. Click Sign Up.
3. Enter your information (name, email, password).
4. Confirm your details and submit.

Your account is now created, and you can log in anytime.

# Logging In



1. On the login page, enter your registered email and password.
2. Click Login.
3. If you forget your password, use the Forgot Password feature to reset it.



# Navigating the Home Page

Once logged in, you are taken to the Home Page. Here, you'll find three main sections:

**Workout Plans:** Explore a library of basic workout routines suitable for all levels.

## **AI Workout Generator**

- Input your weight, height, fitness goals, and experience level.
- Click Generate Workout.
- The system will create a personalized workout routine just for you.

## **AI Supplement Recommender**

- Input your weight, height, and fitness goals.
- Click Get Recommendations.
- The AI will generate a supplement plan designed to support your workout routine.

# Personalized Recommendations



## Entering Fitness Information

Fill in the required details such as:

- Weight
- Height
- Fitness Goals (e.g., muscle gain, weight loss, endurance)

# Receiving Recommendations



**After submitting your details, you will receive your recommendations.**

- Your workout routine will be displayed.
- Your supplement recommendations will be listed with detailed explanations.



# Adding Items to Cart



## Adding Items to Cart

- Each supplement includes an Add to Cart button.
- Click the button to add items to your shopping cart.

# Checkout



1. Go to the Cart page.
2. Review your items.
3. Click Checkout.
4. Complete your payment through the secure checkout system.



# Managing Your Profile

You can update your account information at any time:

1. From the dashboard, click your account icon (top right corner).
2. Select Profile.
3. Edit your details (name, email, age, fitness goals, physical status).
4. Save changes.

# Video Tutorial



For a complete walkthrough of the Gymnetics platform, watch the step-by-step demo:



[Gymnetics Demo Video](#)

# Contact & Support



If you encounter issues or have questions:

- Email us: [gymnetics@gmail.com](mailto:gymnetics@gmail.com)
- Reach out to the Gymnetics development team via the GitHub repository:  
👉 [Gymnetics GitHub](#)