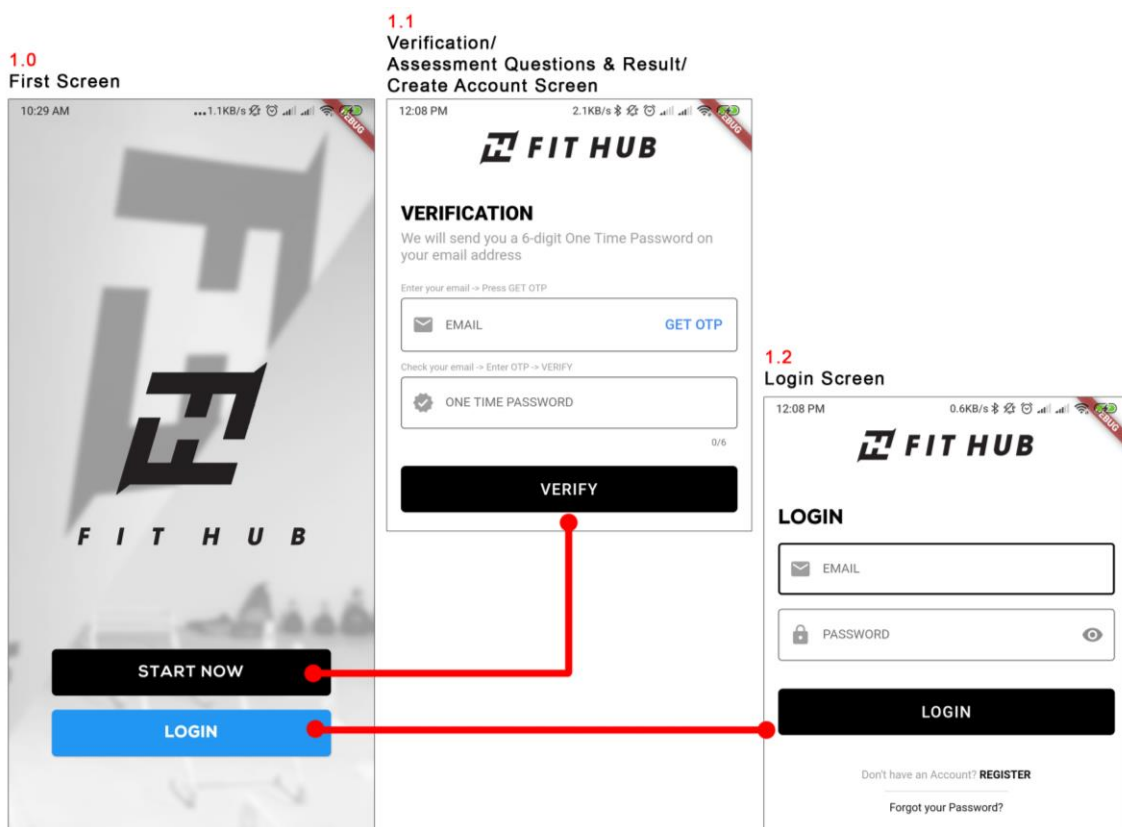


Guide on how to use FIT HUB Fitness Workout and Exercise Application Development.



1.0 First Screen

When the user has already installed the FIT HUB application, and they open the app this section is the first screen of the app where they can start to create an account by clicking the **START NOW** button and they navigate to **1.1 Verification Screen** or if they had already an account they need to click the **LOGIN** button to navigate them into **1.2 Login Screen**.

Verification for New User

1.1

Verification

10:30 AM

...8.8KB/s

FIT HUB

VERIFICATION

We will send you a 6-digit One Time Password on your email address

Enter your email -> Press GET OTP

test.fithub@gmail.com | GET OTP

Check your email -> Enter OTP -> VERIFY

ONE TIME PASSWORD

0/6

VERIFY

✓ Please check your email
OTP is already sent to test.fithub@gmail.com.

Email OTP Code Recieved

10:31 AM

...108KB/s

←

Login OTP for FIT HUB EMAIL VERIFICATION

appauthenticator.0@gmail... 10:30 AM

Please find your OTP for logging into FIT HUB EMAIL VERIFICATION

544133

This mail was sent with the help of email_auth

Enter Email OTP Code

10:31 AM

...8.4KB/s

FIT HUB

VERIFICATION

We will send you a 6-digit One Time Password on your email address

Enter your email -> Press GET OTP

test.fithub@gmail.com | GET OTP

Check your email -> Enter OTP -> VERIFY

544133

6/6

VERIFY

1.1 Verification

In this section, if the user is new in this app they need to verify the email will they use to have an access to the whole application. To verify their email they need to enter their email and click to GET OTP button to send the OTP code in their email. When the OTP code is successfully sent to the email they need to copy the code and paste it in the OTP text form field and VERIFY. After successfully verified the email and OTP code they navigate to the **1.1.1 First Assessment Questions** Screen and so on.

Assessment Questionnaires

1.1.1

1st Assessment Questions Screen

10:32 AM

FIT HUB

WELCOME TO FIT HUB!

What is your Goal?

☒ **MUSCLE GAIN**

☐ **WEIGHT LOSS**

When do you want to start your goal?

Jun 10, 2021

CONTINUE

1.1.2

2nd Assessment Questions Screen

10:32 AM

FIT HUB

LET FIT HUB KNOW ABOUT YOUR HEALTH STATUS

Do you have a heart condition?

☐ YES

☒ NO

Do you ever experience unexplained pains in your chest at rest during workout/exercise?

☐ YES

☒ NO

Have you been told that you have high blood pressure?

☐ YES

☒ NO

Have you been told that you have high cholesterol?

☐ YES

☒ NO

Do you have any other medical condition(s) that may make it dangerous for you to participate in workout/exercise?

☐ YES

☒ NO

Please explain here any "YES" answers

CONTINUE

1.1.1 First Assessment Questions Screen

After the user verified their email, they navigate to this section; they need to choose what they are goal to use this app., and the date when they want to start. After to choose, they navigate to the **1.1.2 Second Assessment Questions Screen** to answer the question about their health status, and after this section, they need to click the **CONTINUE** button to navigate into **1.1.3 Third Question Screen**.

Assessment Questionnaires

1.1.3

3rd Assessment Questions Screen

10:32 AM

FIT HUB

JUST A FEW MORE STEPS AND YOU'RE DONE!

What's your gender

☒ **MALE**

☐ **FEMALE**

What is your age?

2/2

What is your height in meter(m)?

3/6

What is your current weight in kilogram(kg)?

2/3

CONTINUE

1.1.4

Assessment Result Screen

10:33 AM

FIT HUB

YOUR ASSESSMENT RESULT!

This will be a guide for your Fit Hub coach to know what workout/exercise is right for you

Goal: **MUSCLE GAIN** Target Date to Start: **JUN 10, 2021**

Gender: **MALE** Age: **24**

Body Mass Index: **22.66 | Normal Weight**

Height: **1.6 m** Weight: **58 kg**

Health Status: Result:

DO YOU HAVE A HEART CONDITION? **NO**

DO YOU EVER EXPERIENCE UNEXPLAINED PAINS IN YOUR CHEST AT REST DURING WORKOUT/EXERCISE? **NO**

HAVE YOU BEEN TOLD THAT YOU HAVE HIGH BLOOD PRESSURE? **NO**

HAVE YOU BEEN TOLD THAT YOU HAVE HIGH CHOLESTEROL? **NO**

DO YOU HAVE ANY OTHER MEDICAL CONDITION(S) THAT MAY MAKE IT DANGEROUS FOR YOU TO PARTICIPATE IN WORKOUT/EXERCISE? **NO**

Comments from "Yes" answers: NULL

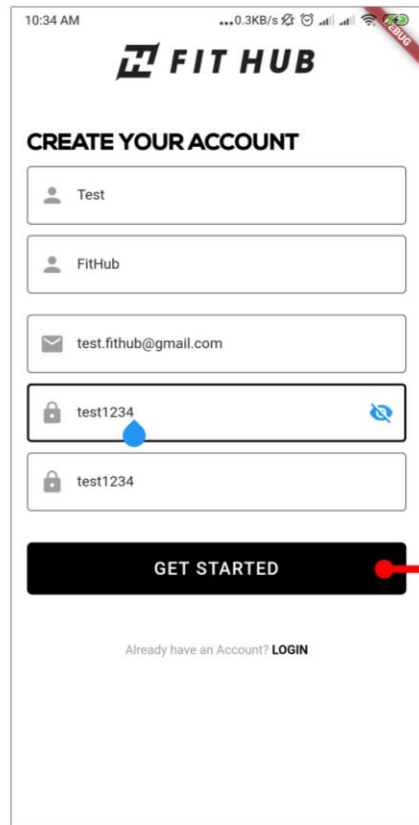
CONTINUE

1.1.3 Third Assessment Questions Screen

This section is the final questions for the assessment, after answering this question, the user will navigate to the **1.1.4 Assessment Result Screen**, where all the answer from the question will displayed and they need to review it. After to review the result they need to click the **CONTINUE** button and the user will navigate to the **1.1.5 Create Account Screen**.

1.1.5

Create Account Screen



10:34 AM 0.3KB/s

FIT HUB

CREATE YOUR ACCOUNT

Test

FitHub

test.fithub@gmail.com

test1234

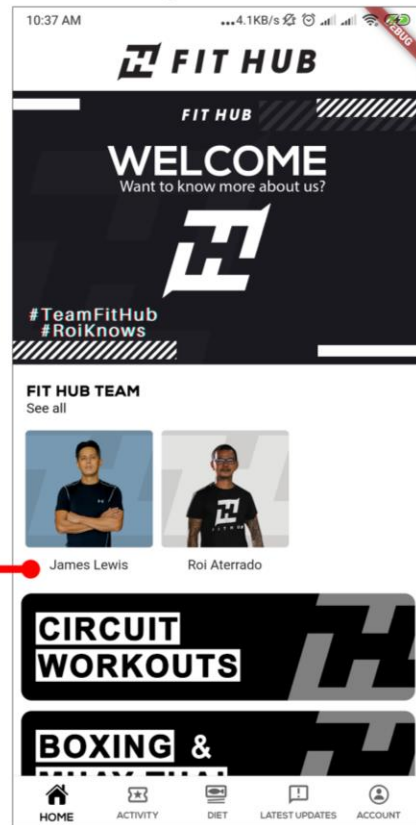
test1234

GET STARTED

Already have an Account? **LOGIN**

2.0

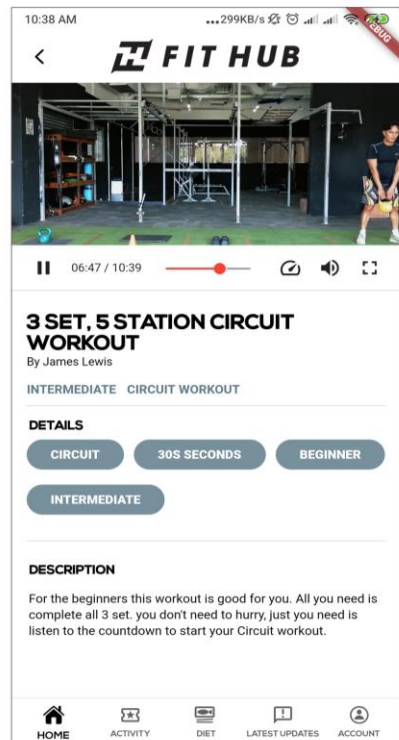
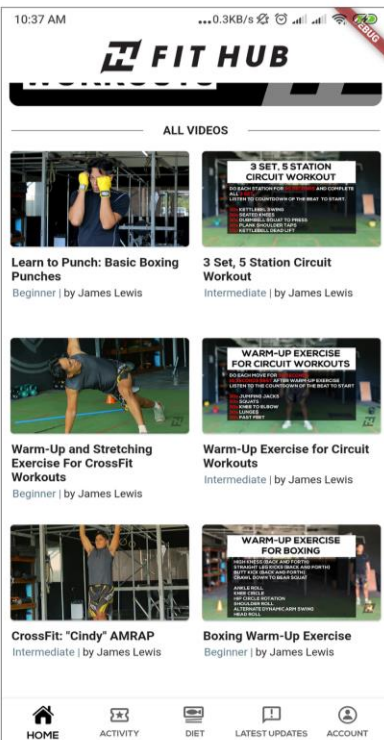
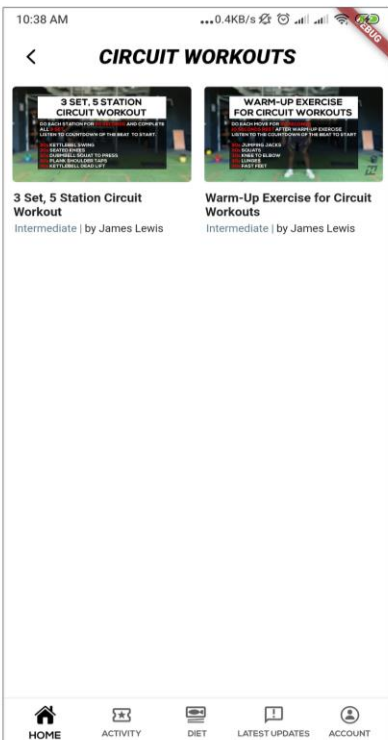
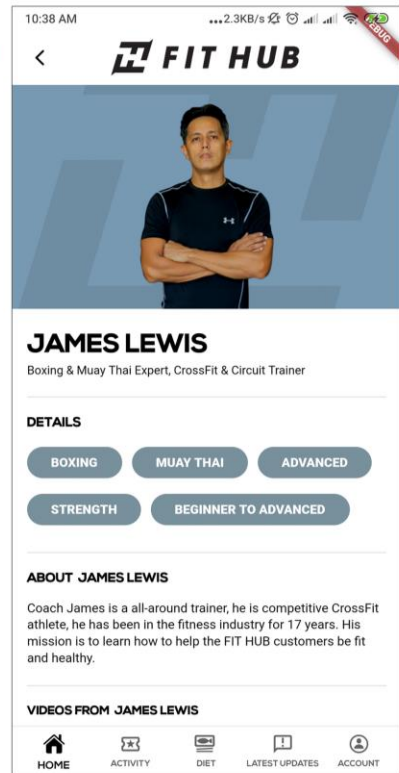
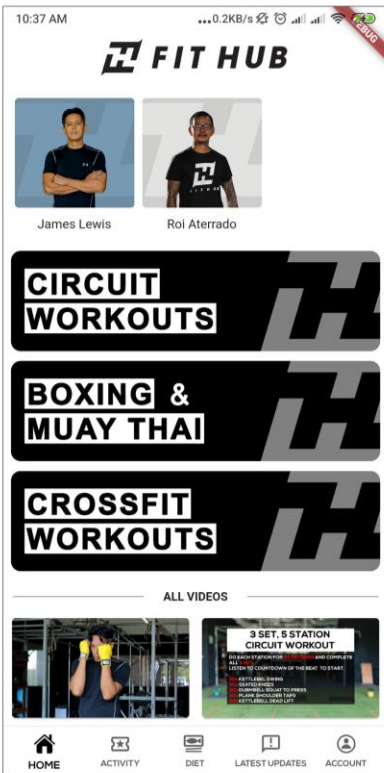
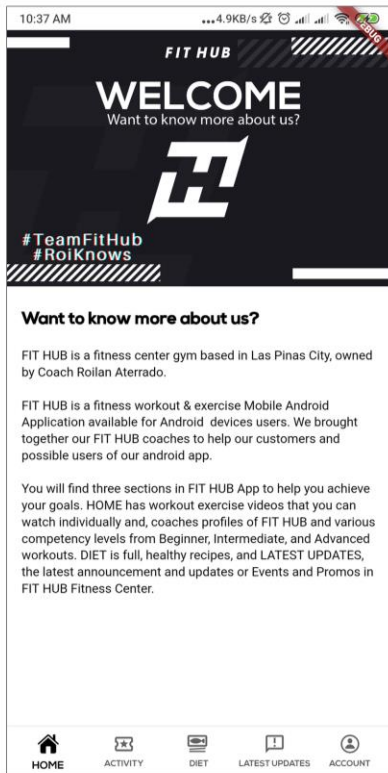
User Home Page



1.1.5 Create Account Screen

This section is where they need to create account and after creating an account they will navigate to the **2.0 User Home Page** where it display the Home Banner, Coaches Profile and Workout Videos.

2.0 User Home Page



2.1 User Activity Page

2.1

User Activity Page



2.1 User Activity Page

In this page, it displays the YOUR ASSESSMENT RESULT button, COMPLETED WORKOUT PLANS and the WORKOUT PLANS that given by their assigned coach for the goal they choose.

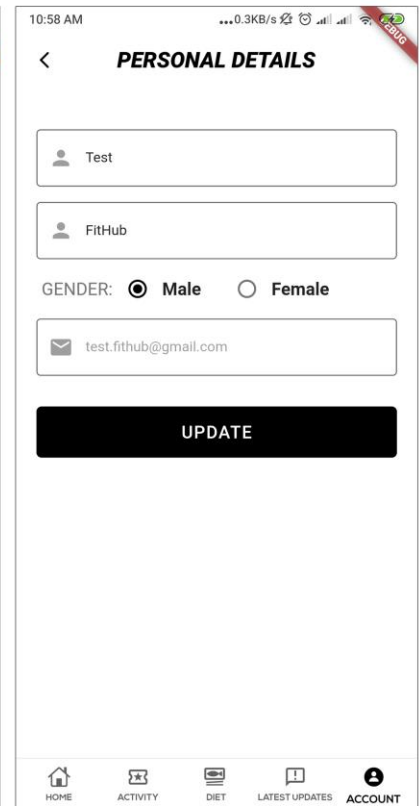
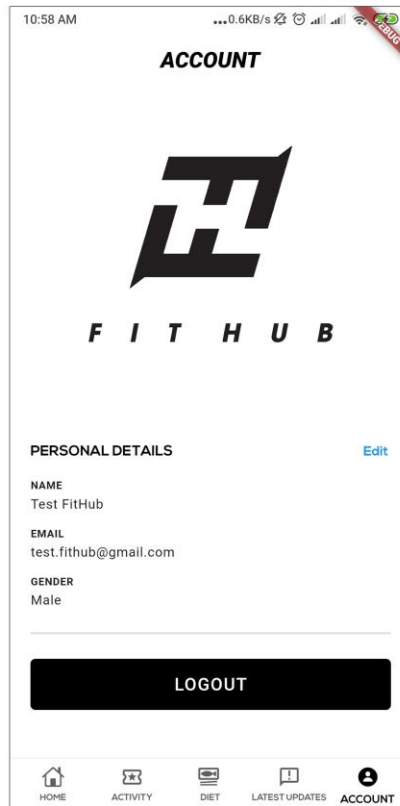
2.3

User Latest Updates Page



2.4

User Account Page



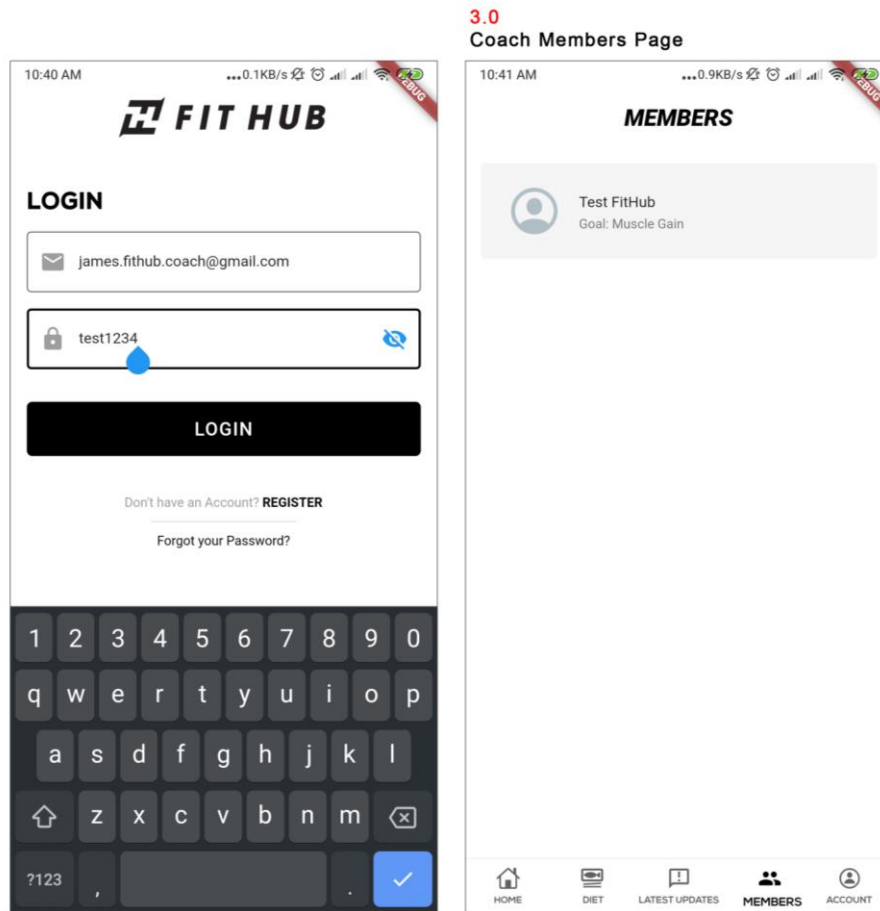
2.3 User Latest Updates Page

In this page, this is where displays the entire announcement and updates from the FIT HUB coaches.

2.4 User Account Page

In this page, it displays the user personal details and they can update it if they want and it shows the LOGOUT button.

FIT HUB Coach Interface




The coach of Fit Hub is the one who gives workout plans for the users, but before they give a workout plan they need to log in to their coach account and they navigate to the **3.0 Coach Members Page** where it displays their members who choose the goal they handle.

FIT HUB Coach Interface

10:41 AM ...0.1KB/s

< **MEMBER DETAILS**



Name:
TEST FITHUB

ASSESSMENT RESULT

Goal: **MUSCLE GAIN** Target Date to Start: **JUN 10, 2021**

Gender: **MALE** Age: **24**

Height: **1.6 m** Weight: **58 kg**

Body Mass Index:
22.66 | Normal Weight

HOME DIET LATEST UPDATES MEMBERS ACCOUNT

10:41 AM ...0.1KB/s

< **MEMBER DETAILS**

Height: **1.6 m** Weight: **58 kg**

Body Mass Index:
22.66 | Normal Weight

Health Status: Result:
DO YOU HAVE A HEART CONDITION? **NO**
DO YOU EVER EXPERIENCE UNEXPLAINED PAINS IN YOUR CHEST AT REST DURING WORKOUT/EXERCISE? **NO**
HAVE YOU BEEN TOLD THAT YOU HAVE HIGH BLOOD PRESSURE? **NO**
HAVE YOU BEEN TOLD THAT YOU HAVE HIGH CHOLESTEROL? **NO**
DO YOU HAVE ANY OTHER MEDICAL CONDITION(S) THAT MAY MAKE IT DANGEROUS FOR YOU TO PARTICIPATE IN WORKOUT/EXERCISE? **NO**

Comments from "Yes" answers:
NULL

WORKOUT PLANS

HOME DIET LATEST UPDATES MEMBERS ACCOUNT

10:48 AM ...0.1KB/s

< **WORKOUT PLANS**

< **ADD WORKOUT PLAN**

DAY
1

DATE TO START:
Jun 10, 2021

MESSAGE
Hi, this is your first day of your workout, hope you finished these and let me know any of result or feedback.

INSTRUCTION
+

HOME DIET LATEST UPDATES MEMBERS ACCOUNT

10:48 AM ...2.0KB/s

< **WORKOUT PLANS**

< **ADD WORKOUT PLAN**

WATCH AND FOLLOW THE WARM-UP CIRCUIT WORKOUT VIDEO. TITLE 'WARM-UP EXERCISE FOR CIRCUIT WORKOUTS'

AFTER THE WARM-UP VIDEO, REST FOR 5 MINS.

WATCH AND FOLLOW THE CIRCUIT WORKOUT VIDEO. TITLE '3 SET, 5 STATION CIRCUIT WORKOUT'

SAVE

HOME DIET LATEST UPDATES MEMBERS ACCOUNT

10:51 AM ...90.1KB/s

< **WORKOUT PLANS**

1 Muscle Gain Jun 10, 2021

2 Muscle Gain Jun 11, 2021

3 Muscle Gain Jun 12, 2021

+

+

HOME DIET LATEST UPDATES MEMBERS ACCOUNT

FIT HUB Admin Interface

4.0

Admin Interface

11:01 AM

FIT HUB

LOGIN

fitclub.authority@gmail.com

LOGIN

Don't have an Account? **REGISTER**

Forgot your Password?

11:01 AM

FIT HUB

WELCOME
Want to know more about us?

#TeamFitHub
#RoiKnows

Want to know more about us?

FIT HUB is a fitness center gym based in Las Pinas City, owned by Coach Rolan Aterrado.

FIT HUB is a fitness workout & exercise Mobile Android Application available for Android devices users. We brought together our FIT HUB coaches to help our customers and possible users of our android app.

You will find three sections in FIT HUB App to help you achieve your goals. HOME has workout exercise videos that you can watch individually and, coaches profiles of FIT HUB and various competency levels from Beginner, Intermediate, and Advanced workouts. DIET is full, healthy recipes, and LATEST UPDATES, the latest announcement and updates or Events and Promos in FIT HUB Fitness Center.

HOME DIET LATEST UPDATES ACCOUNT

11:01 AM

FIT HUB

HOME BANNER FORM

WELCOME
Want to know more about us?

#TeamFitHub
#RoiKnows

CHANGE IMAGE

TITLE
Want to know more about us?

DESCRIPTION
FIT HUB is a fitness center gym based in Las Pinas City, owned by Coach Rolan Aterrado.

FIT HUB is a fitness workout & exercise Mobile Android Application available for Android devices users. We brought together our FIT HUB coaches to help our customers and possible users of our android app.

You will find three sections in FIT HUB App to help you achieve your goals. HOME has workout exercise videos that you can watch individually and, coaches profiles of FIT HUB and various competency levels from Beginner, Intermediate, and Advanced workouts. DIET is full, healthy recipes, and LATEST UPDATES, the latest announcement and updates or Events and Promos in FIT HUB Fitness Center.

HOME DIET LATEST UPDATES ACCOUNT

11:02 AM

FIT HUB TEAM

James Lewis Rol Aterrado

SELECT IMAGE

ABOUT COACH / INSTRUCTOR

HOME DIET LATEST UPDATES ACCOUNT

11:02 AM

COACH / TRAINER FORM

SELECT IMAGE

COACH / TRAINER NAME

0/15

EXPERTISE

DETAILS

ABOUT COACH / INSTRUCTOR

HOME DIET LATEST UPDATES ACCOUNT

11:02 AM

FIT HUB

JAMES LEWIS
Boxing & Muay Thai Expert, CrossFit & Circuit Trainer

DETAILS

BOXING MUAY THAI ADVANCED

STRENGTH BEGINNER TO ADVANCED

ABOUT JAMES LEWIS

Coach James is a all-around trainer, he is competitive CrossFit athlete, he has been in the fitness industry for 17 years. His mission is to learn how to help the FIT HUB customers be fit and healthy.

VIDEOS FROM JAMES LEWIS

HOME DIET LATEST UPDATES ACCOUNT

FIT HUB Admin Interface

