GYMSTART IOS APP – USER GUIDE

This guide will get you familiar with how the app works and the functionality it offers.

CREATED BY : JAHANGEER ASLAM
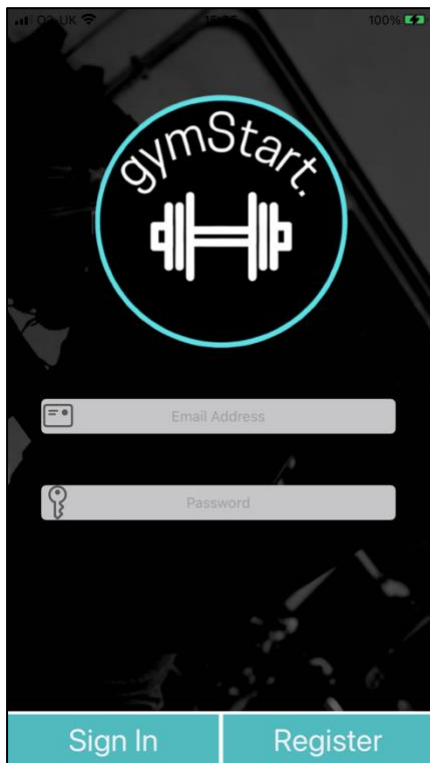
Contents
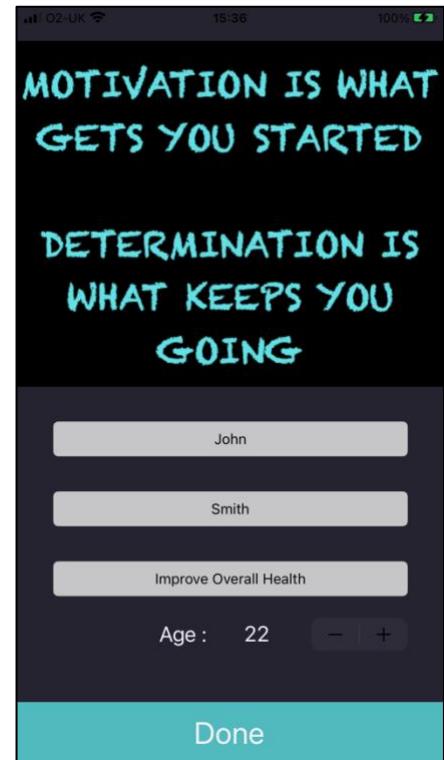
Authentication Section
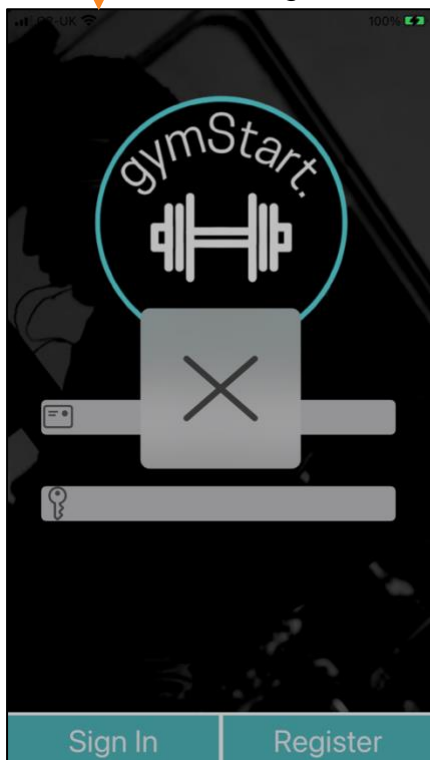
4. Enter your email and password to register or sign up
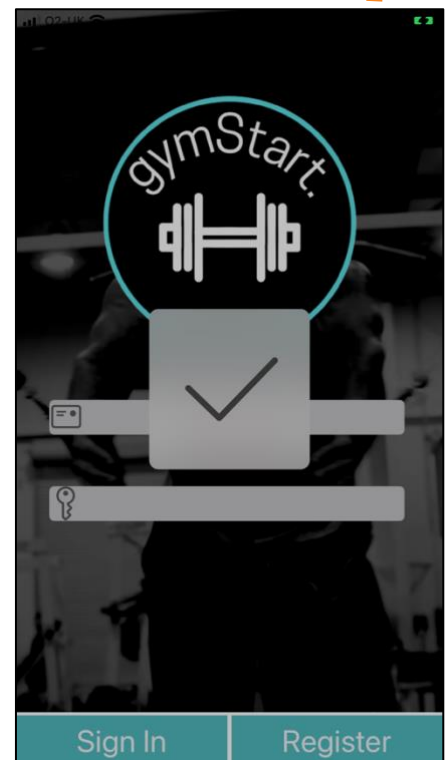
MOTIVATION IS WHAT GETS YOU STARTED

DETERMINATION IS WHAT KEEPS YOU GOING

John

Smith

Improve Overall Health

Age :   22   − +

Done

2. If your details are incorrect, please check the error message

1. If you are registering, you will have to enter your details to continue. Click done when complete.

3. You will see a tick when you have successfully registered/ logged in.

Learn Section
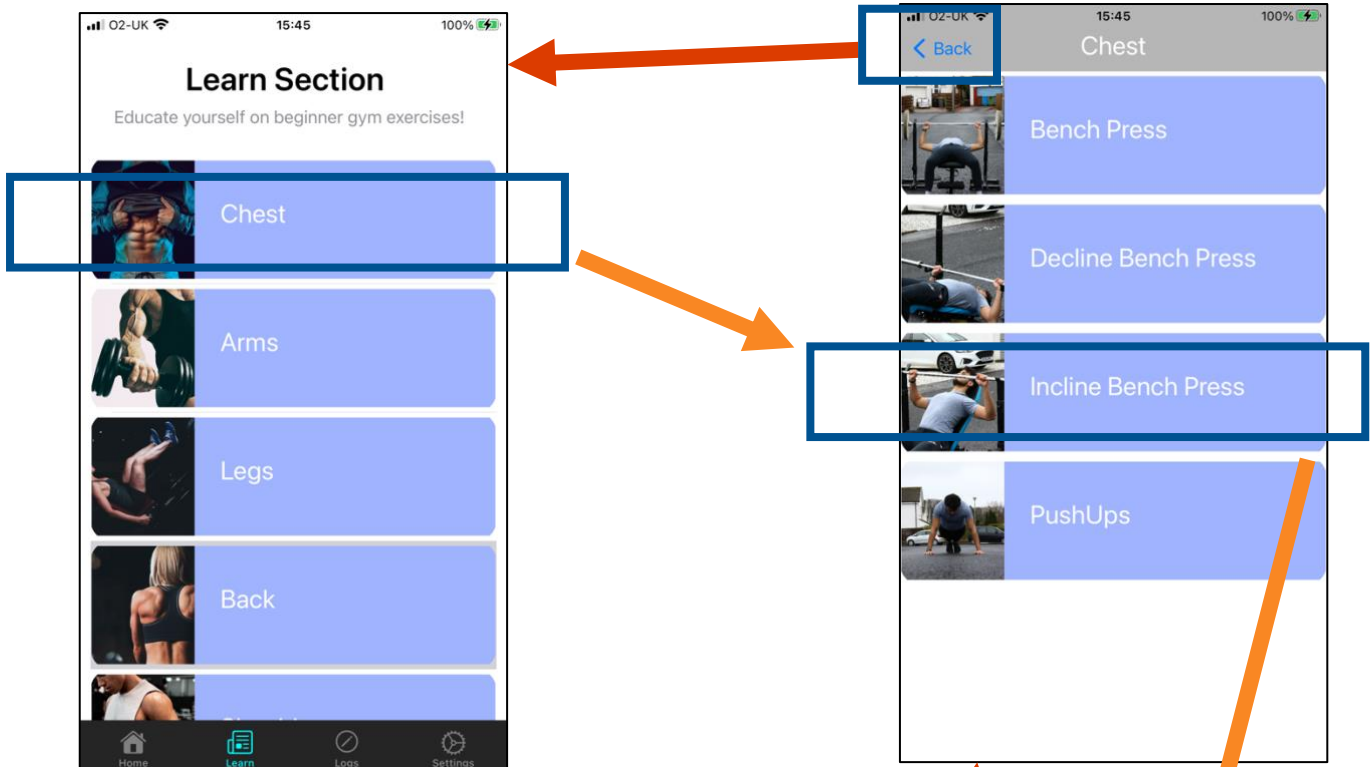
1. Click on an exercise group to view the exercises in it.
2. Click on an exercise to view details for it
3. You can view the exercise images by swiping horizontally and the exercise instructions by swiping vertically.
4. If you wish to exit, you can go to the previous page using the back button until you reach the tab bar.
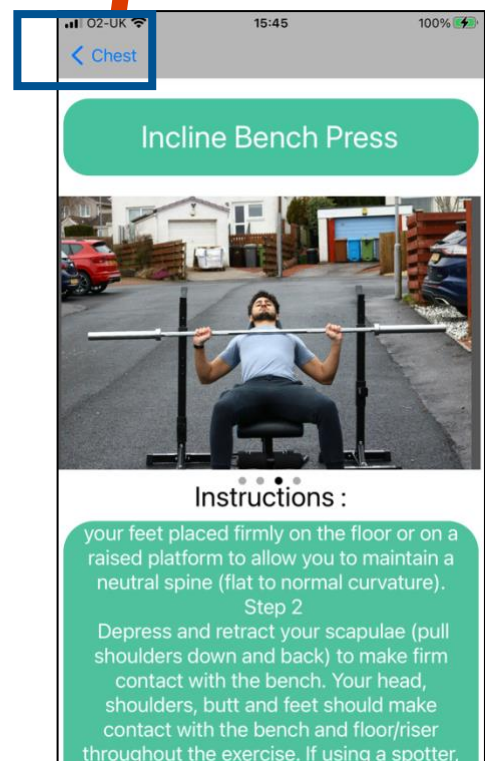
Logs Section

1. Select to either View Logged exercises or Log New Exercise. We will log a new one in this example then view it
2. Select an exercise group and exercise from the drop-down menus then click start. You must select an exercise group prior to selecting an exercise.
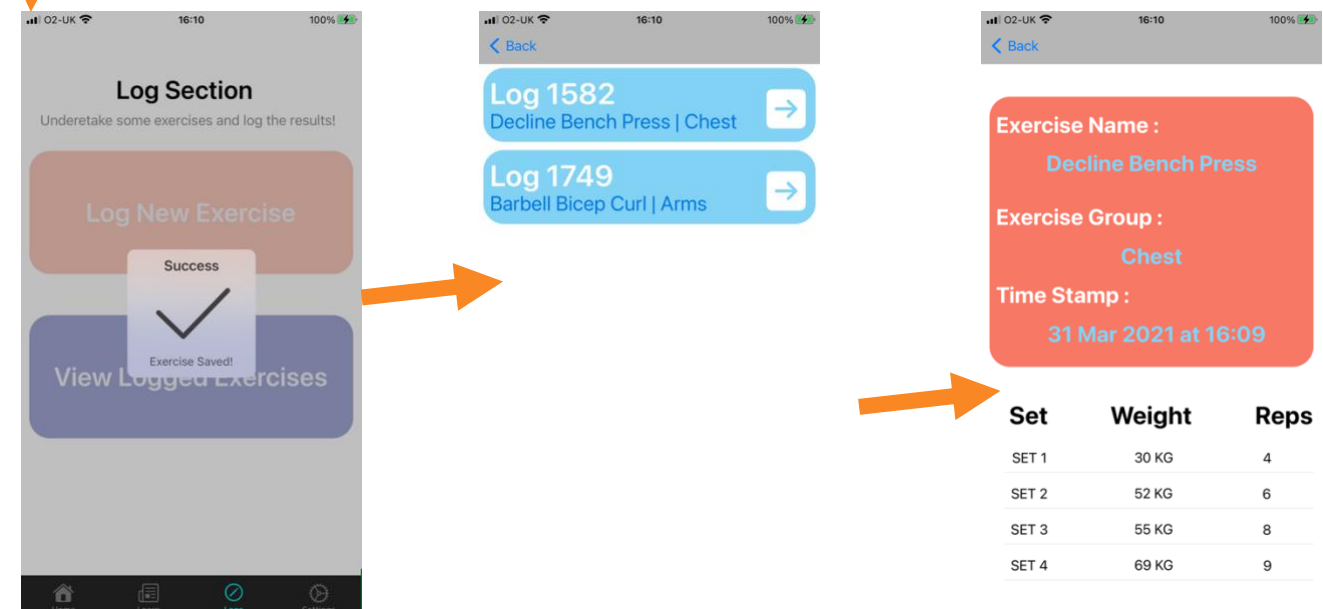3. Log your exercise data using the instructions on screen and then click End Exercise.

4. The app will confirm the exercise has been save to your account.
5. You can now go to View Logged Exercises and view the exercise you have done. It has been assigned a LOG ID. Click on this to view the details of the exercise

The back button can be used similar to the previous section to go back to the tab bar.

User Dashboard
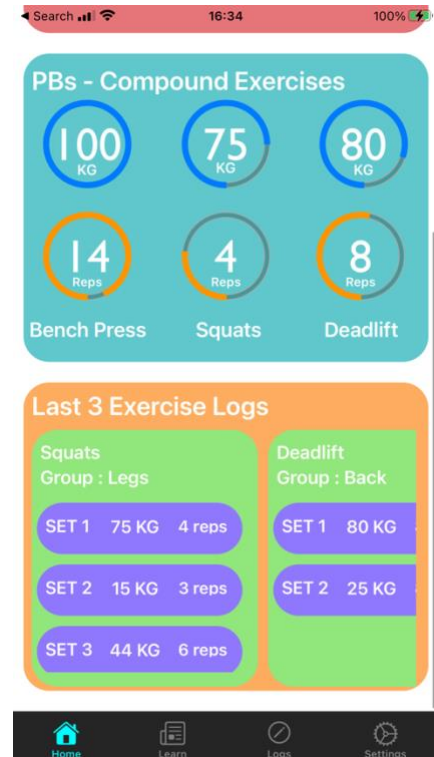
Personal Bests

When you undertake a compound exercise such as Bench Press, Deadlift or Squats you can see the highest weight you have ever recorded here. This is your Personal Best and the values will reload each time you visit the dashboard.

Recent Logs

The recent logs section will show you the last three exercises you have performed in the app. The feature will give you a summary of the exercises performed. The purple rows are scrollable, and you can scroll them vertically to see all sets for this exercise log. The entire Recent Logs tile is also scrollable so you can swipe left and right in order to see more of your recent exercises.

Daily Top Tip

A new tip will be provided to the user every day. This will be based on the fitness goal you selected at sign up, hence it is personalised for the user and not generic.

Settings Section
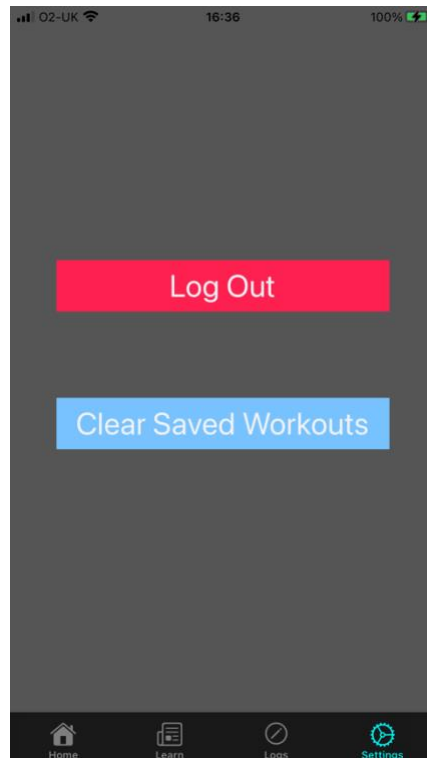
Log Out

Clicking this button returns the user back to the Authentication Section where they will have to log in again

Clear Saved Workouts

Clicking this button will clear all the exercise data held in your account. NOTE: This will not delete your account, it will simply delete all the exercise data you have logged. To delete your account please contact the system administrator.

------------END OF USER GUIDE------------

We hope you will enjoy using the mobile app and get in touch if you have any questions, comments or suggestions.

Thank You