A Project report on

“MaxFit Gym Workout App”

Submitted to

Shree Sarvajanik B.C.A & P.G.D.C.A college
Mehsana, Gujarat-384001

Affiliated to

Hemchandracharya North Gujarat
University, Patan

Internal guide

Miss Hiral Patel

Developed by

Mahendra Mali
Mahir Jansari
Jainil Panchal

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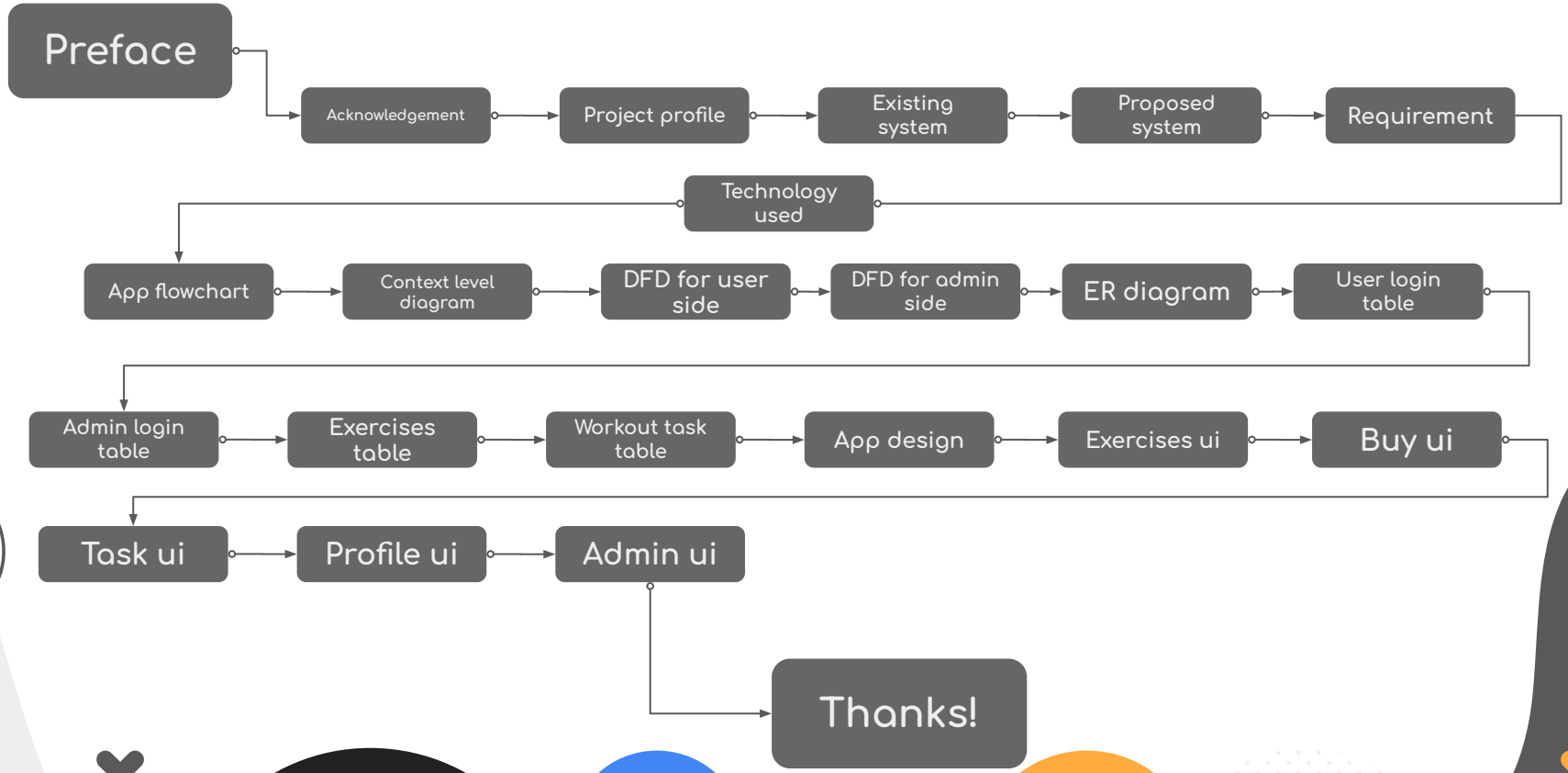
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Preface

In a busy world where staying fit is a challenge, our MaxFit Gym Workout App is your solution. Tailored for all fitness levels, it brings personalized workouts, progress tracking, and expert guidance to your fingertips. Whether you're starting out or a fitness pro, our app makes achieving and exceeding your fitness goals accessible and enjoyable.

Acknowledgement

- Working on the **MaxFit Gym Workout App** project brings us immense satisfaction. It's an honor for us to contribute to this real-world computing venture, making it easier for everyone to understand and engage with fitness.

- At the very onset, we extend our heartfelt gratitude to our Principal, **Mr. Nirav Thakkar**, and our internal guide, **Ms. Hiral Patel**, for their invaluable guidance throughout the project. Their support has been instrumental in shaping our journey, and we are truly appreciative of their contributions.

- "We are grateful to **Hemchandracharya North Gujarat University** and our college, **Shri Sarvajanik BCA & PGDCA College, Mehsana**, for their support. The simplicity and clarity in their guidance have made it easy for us to comprehend and organize our project effectively."

Project profile

Project title	MaxFit Gym Workout App
Objective	Revolutionize fitness experiences by developing MaxFit Gym App, an inclusive, user-friendly platform offering holistic fitness solutions and community support.
Types of application	App is designed specifically for Android mobile devices
Developed by	Mahendra Mali, Mahir Jansari and Jainil Panchal
Front-end Tech.	Java and XML
Back-end Tech	Firebase , JSON
Other Tools	Android Studio , Visual Studio and APKSigner.
Internal Guide	Ms. Hiral Patel
Duration time	Around 360 Hours
Submitted to	Shree Sarvajanik B.C.A & P.G.D.C.A college Mehsana

Existing system

- Manual workout tracking, leading to inefficiencies.
- Limited access to online workout information.
- In-person visits may be required for workout guidance.
- Manual handling of marketing and promotion.
- Inefficiencies and delays in providing workout plans.
- Possible need for additional staff for user assistance.
- Lack of comprehensive reporting features for progress tracking.

Proposed system

- Integration with Firebase database for efficient and real-time workout data storage.
- Enhanced user experience with instant updates on workout plans and progress.
- User-friendly interface with personalized workout recommendations and tracking.
- Secure user authentication through Firebase for protected access.
- Efficient data management, reducing processing time and ensuring accuracy.
- Utilization of Firebase features for seamless app development and scalability.
-
- Dynamic and responsive workout tracking, providing a holistic fitness experience for users.

Requirement

Hardware

- Processor: Quad-core 1.4 GHz or higher
- RAM: Minimum 2 GB
- Storage: Minimum 50 MB free space
- Screen: 720x1280 pixels resolution or higher
- Network: Wi-Fi or mobile data connectivity
- Sensors: Accelerometer, Gyroscope

Software

- Operating System: Android 5.0 (Lollipop) to Android 14
- Programming Language: Java
- Database: Firebase
- Animation: Lottie Animation Library
- Development Environment: Android Studio
- Internet Connectivity: Required for real-time data updates and authentication
- Permissions: Access to camera (if required), storage, and network

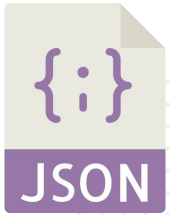
Technology used

Front-end

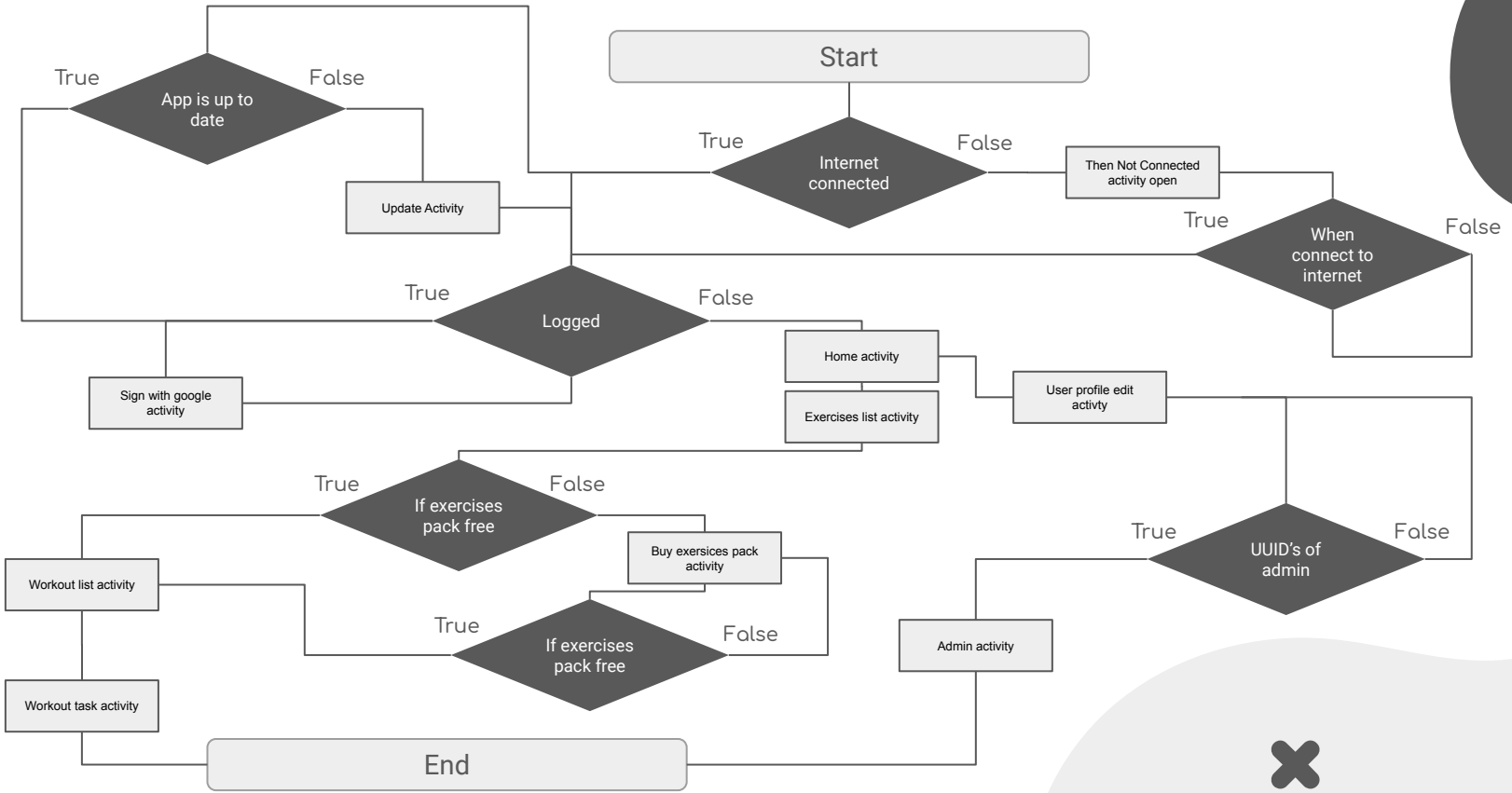
Front-end Technologies include Java programming language, XML for user interface markup, and Android Studio as the integrated development environment.

Backend

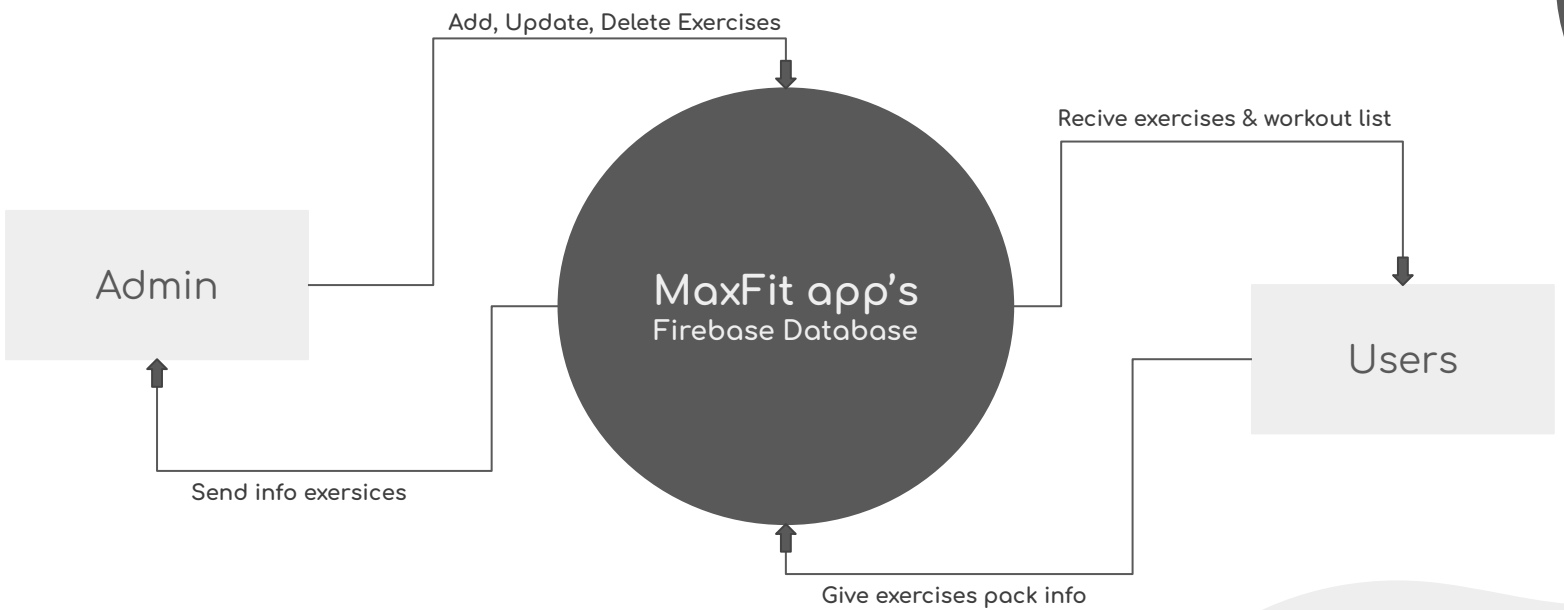
The Backend is powered by Firebase for real-time database and authentication, utilizing JSON as the data interchange format.



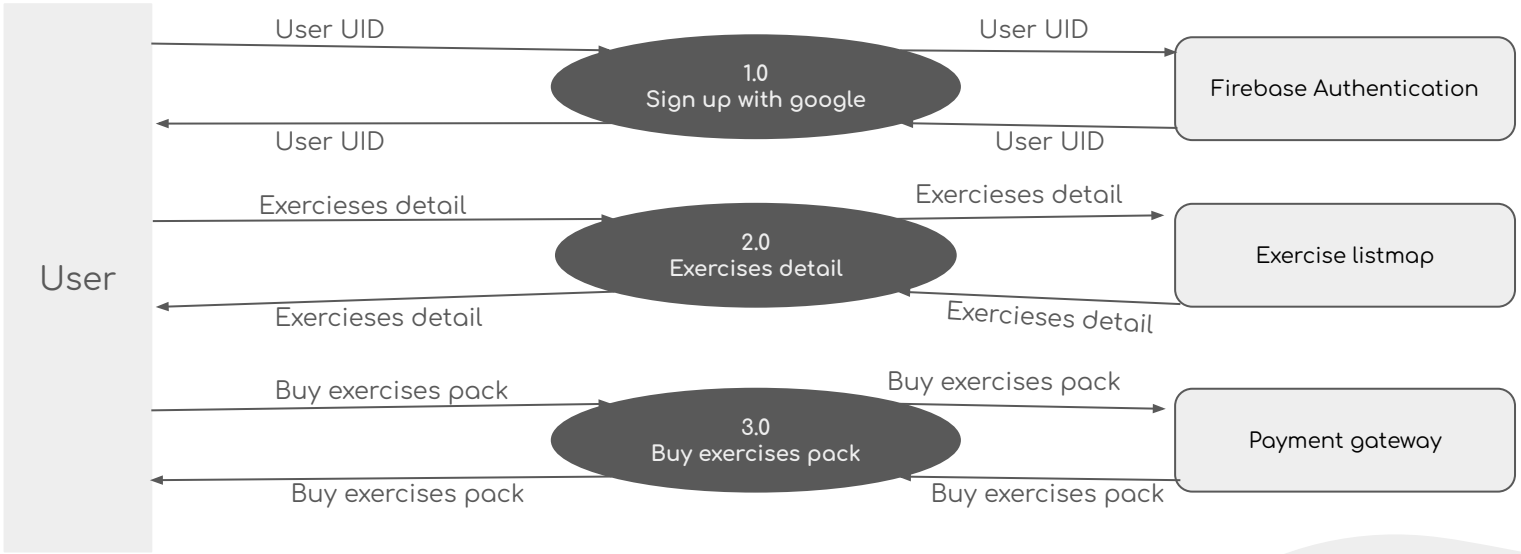
App flowchart



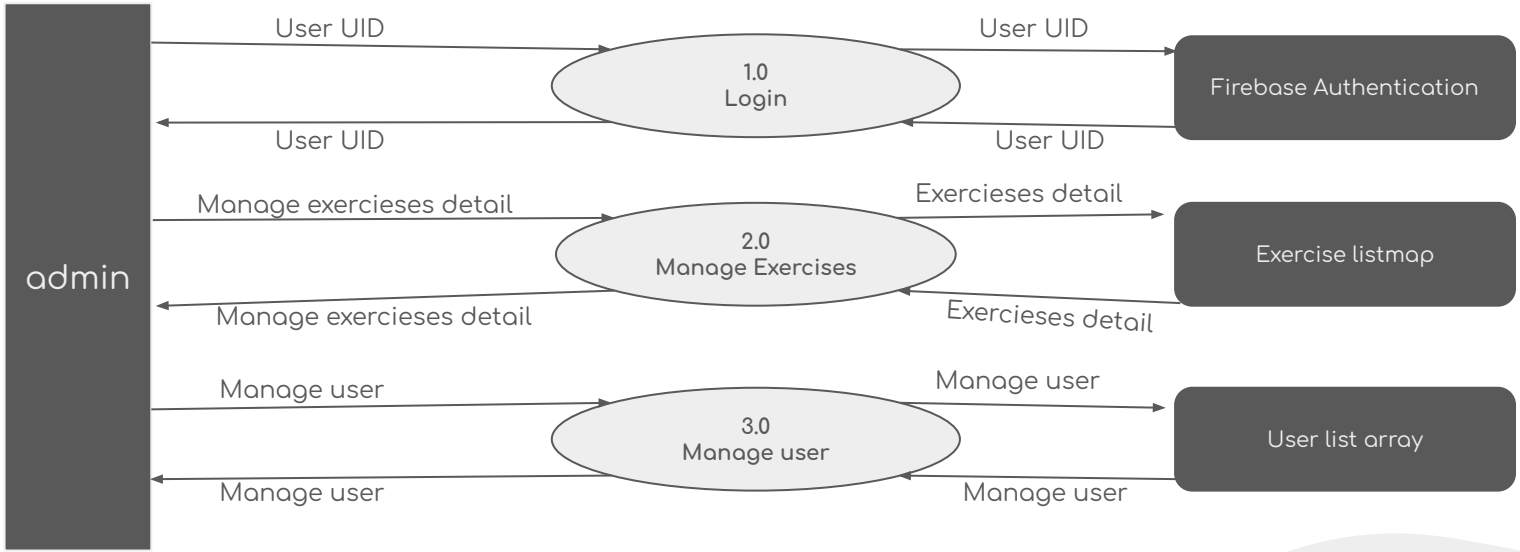
Context level diagram



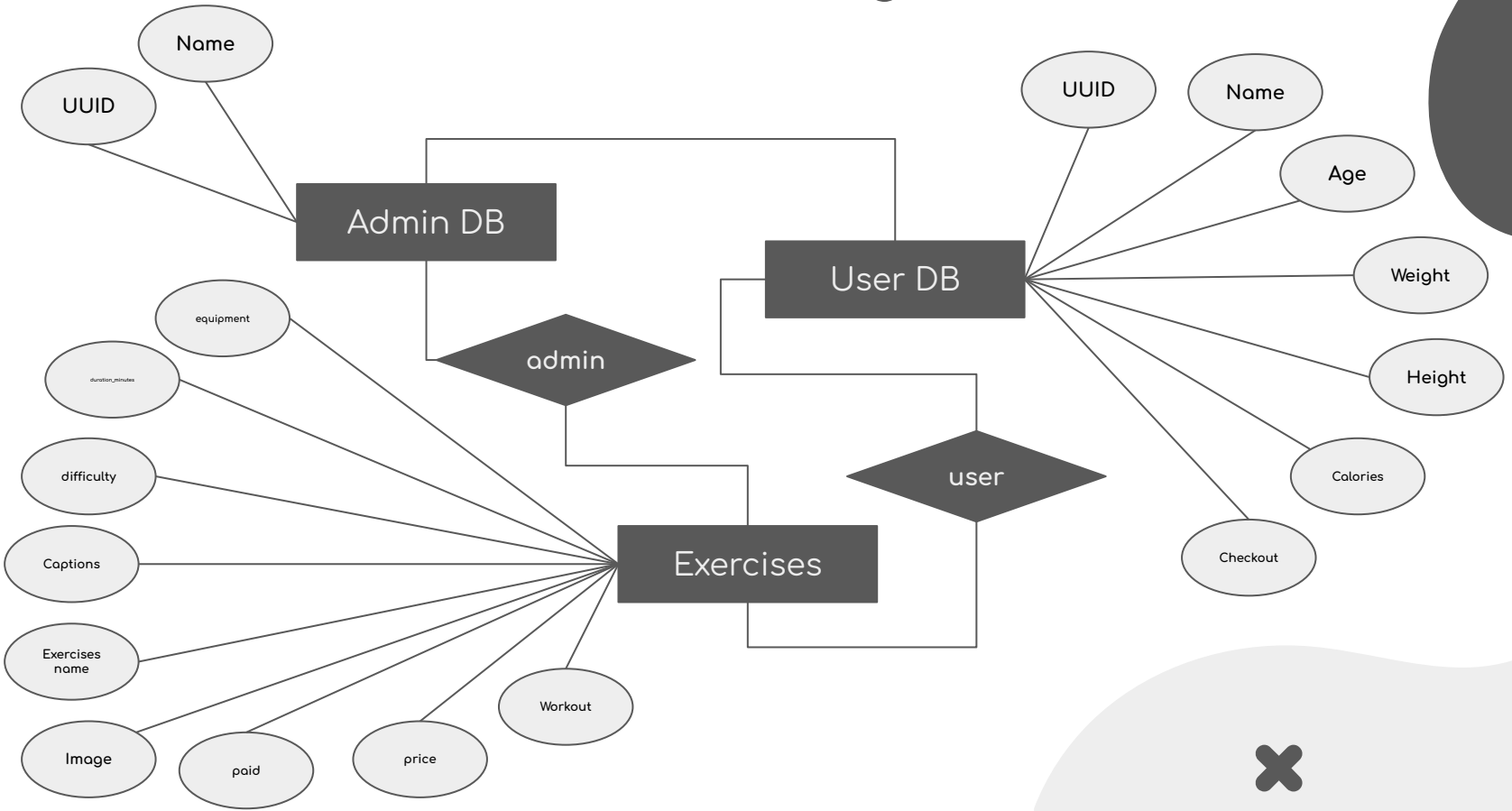
DFD for user side



DFD for admin side



ER diagram


Name
UUID
Admin DB
UUID
Name
Age
User DB
Weight
Height
Calories
Checkout
admin
user
equipment
duration_minutes
difficulty
Captions
Exercises name
Image
paid
price
Workout
Exercises

User login table

Field name	Data type	Example
UUID	String	CGF92tA91aNGtoV2hHwu59595w
Email	String	mahendrakumargahelot@gmail.com
Name	String	Mahendra Mali
Age	int	21
Weight	int	67
Height	int	168
Paid	boolean	true

Admin login table

Field name	Data type	Example
UUID	String	CGF92tA91aNGtoV2hHwu59595w
Email	String	mahendrakumargahelot@gmail.com
Name	String	Mahendra Mali

Exercises table

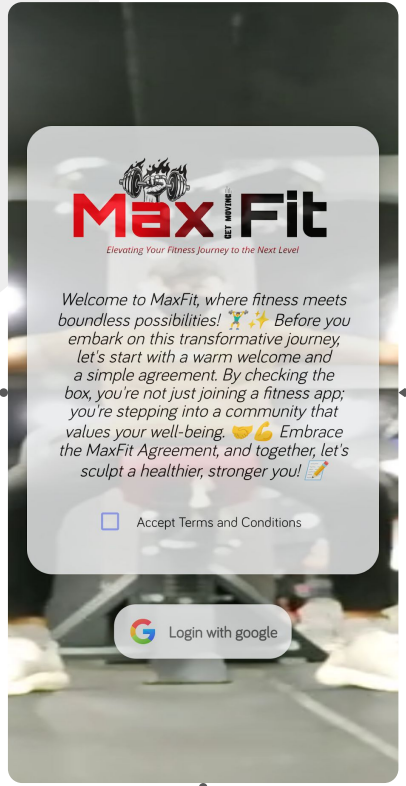
Field name	Data type	Example
Body_name	String	Abs
captions	String	trengthen your core with targeted abdominal exercises.
difficulty	String	Intermediate
equipment	String	Mat
image	string	file:///android_asset/exercise/Abs.jpg
paid	boolean	true
price	int	199

Workout task table

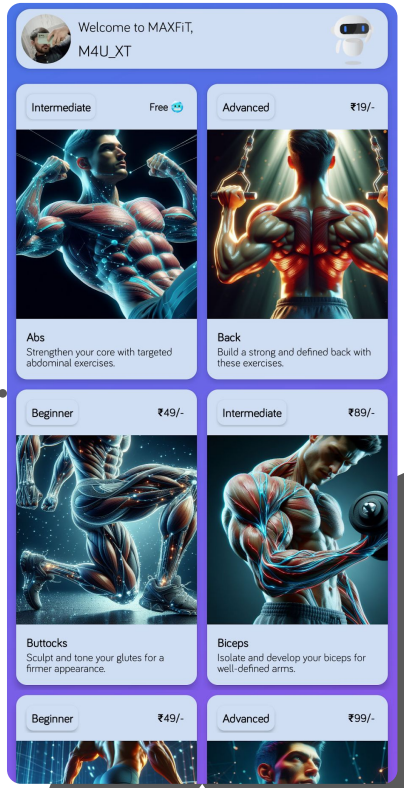
Field name	Data type	Example
Body_name	String	Abs
name	String	Crunches
captions	String	Basic abdominal exercise
duration	int	2
imgUrl	String	https://github.com/mahendraplus/maxfit/raw/Max/Files/logo.png
steps	String	Lie on your back with knees bent, Place hands behind your head, Lift your upper body towards your knees, Lower back down to starting position
benefits	String	Strengthens upper abdominal muscles, Improves core stability

App design

Login activity



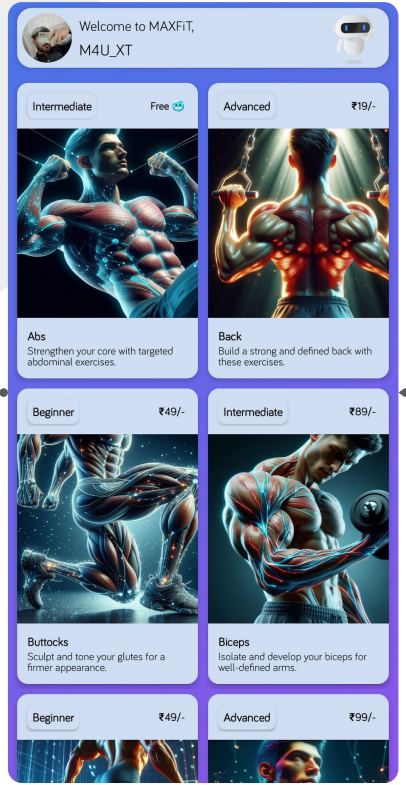
Logged



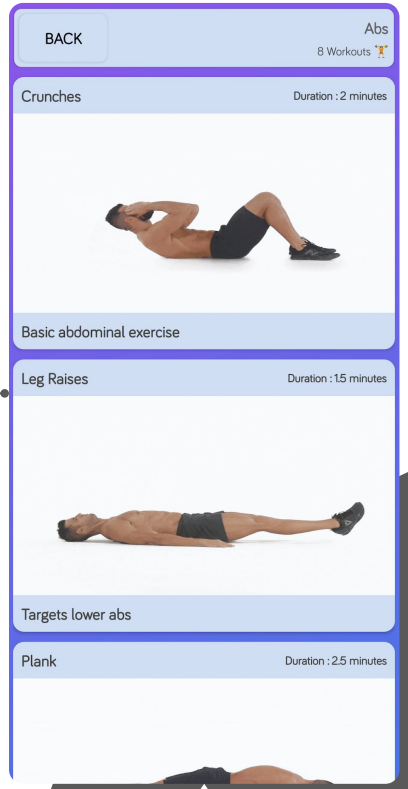
Home Activity

Exercises ui

Home activity



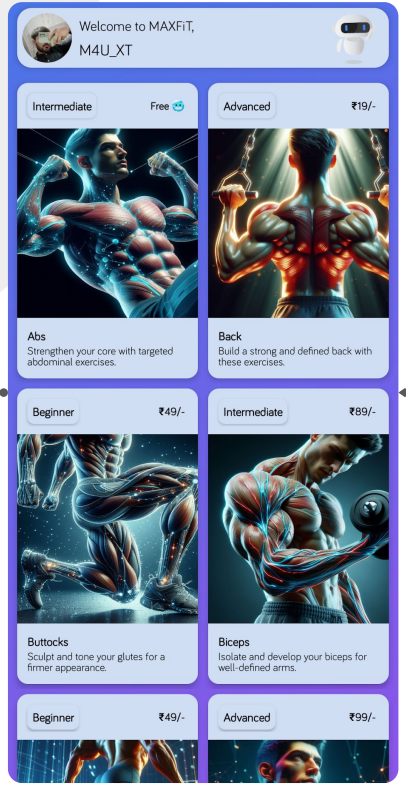
Clicked on items and pack is free then



Exercises Activity

Buy ui

Home activity



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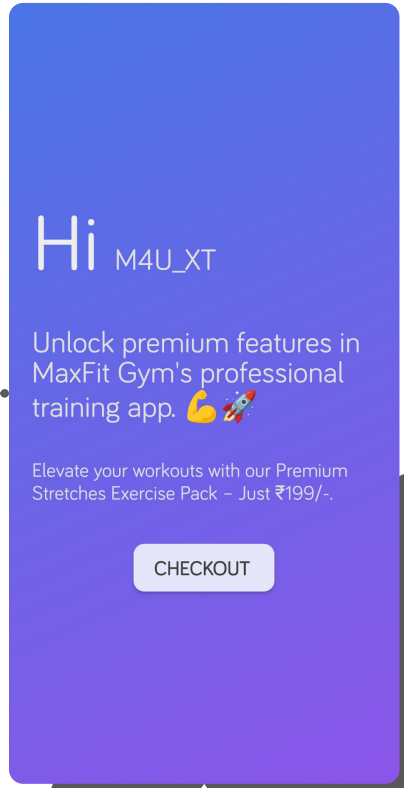
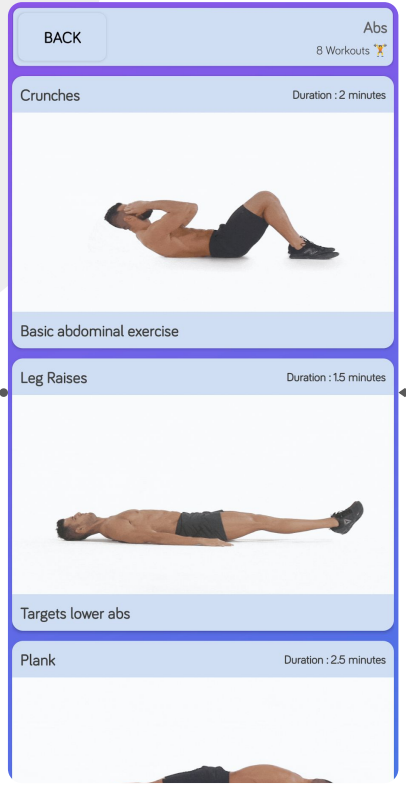


Buy Activity

Task ui

Exercises activity



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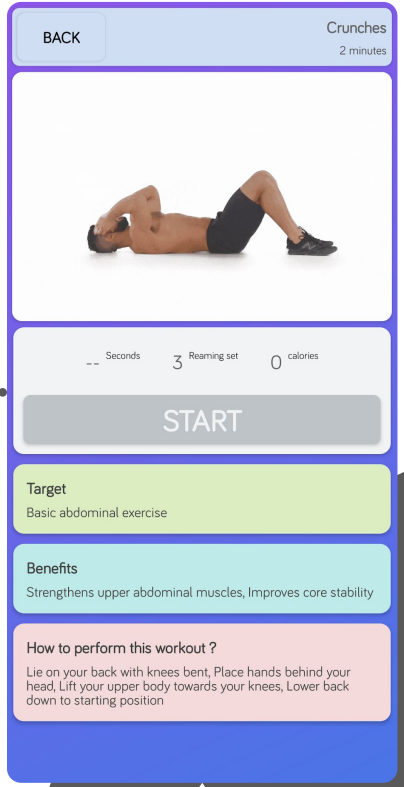
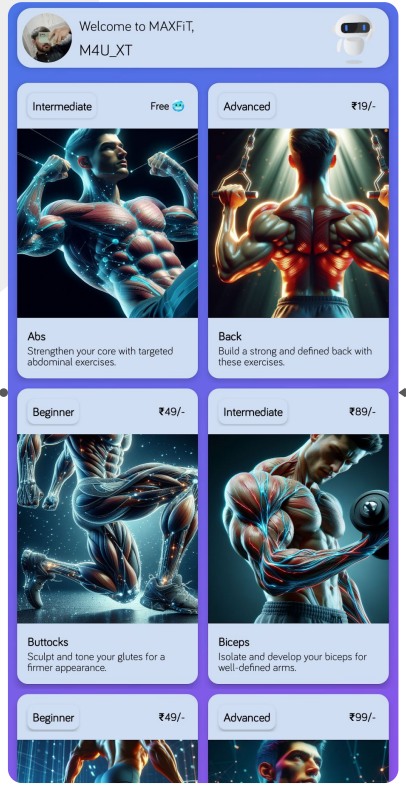


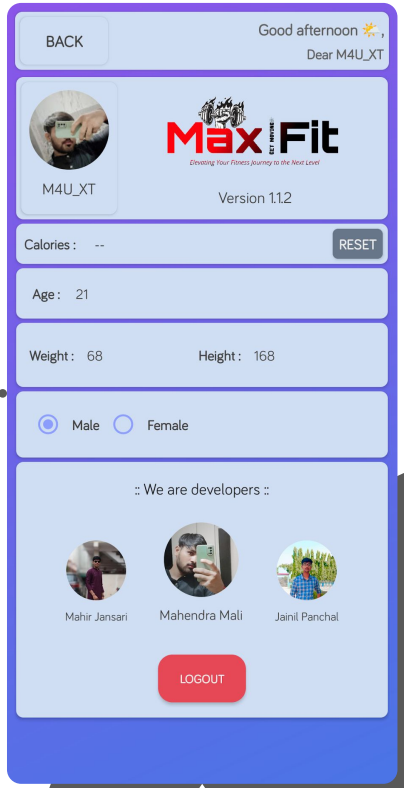
Task Activity

Home activity

Profile ui



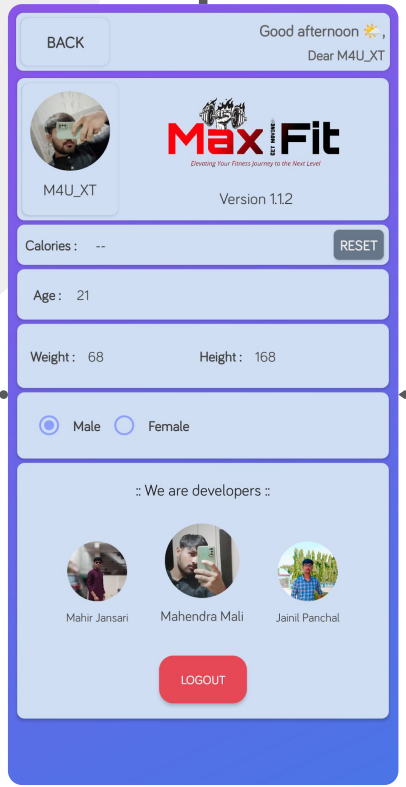
Clicked on round corner image then

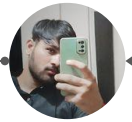


Profile Activity

Admin ui

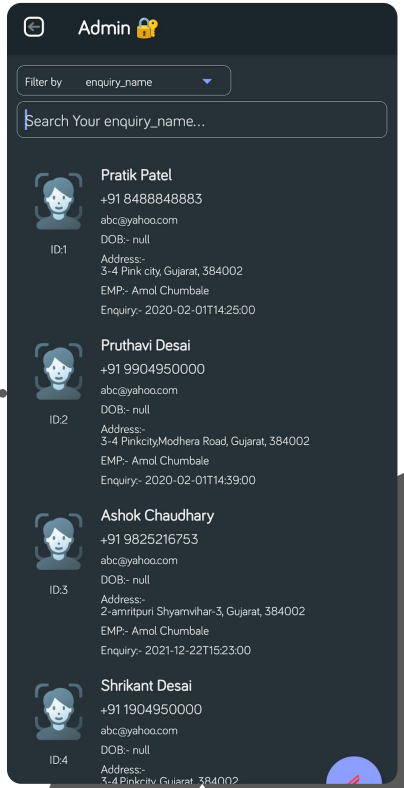
Profile activity





clicked

Match UUID then



Admin Activity

Thanks!

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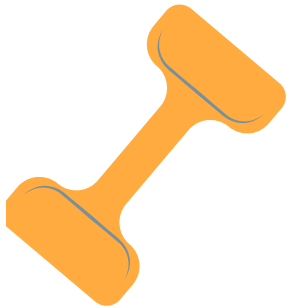
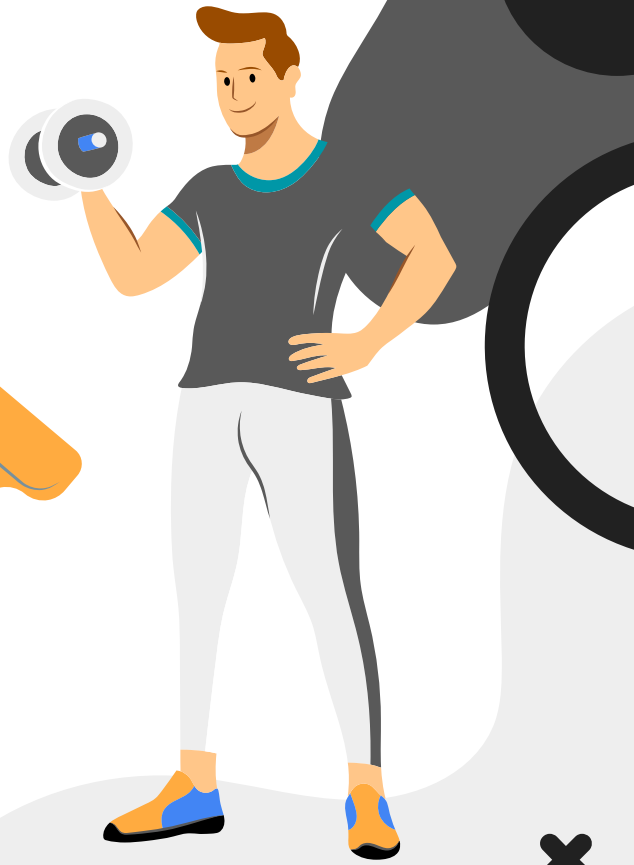
About us

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