```
procedure Image3Click(Sender: TObject);
unit glavnaya;
                                                                procedure Image4Click(Sender: TObject);
interface
                                                                procedure BitBtn4Click(Sender: TObject);
                                                                procedure BitBtn5Click(Sender: TObject);
                                                                procedure BitBtn1Click(Sender: TObject);
 Winapi.Windows, Winapi.Messages, System.SysUtils,
                                                                procedure BitBtn3Click(Sender: TObject);
System. Variants, System. Classes, Vcl. Graphics,
                                                                procedure BitBtn2Click(Sender: TObject);
                                                                procedure BitBtn8Click(Sender: TObject);
 Vcl.Controls,
                      Vcl.Forms,
                                          Vcl.Dialogs,
Vcl.Imaging.jpeg, Vcl.ExtCtrls,
                                                                procedure BitBtn13Click(Sender: TObject);
 System.ImageList,
                        Vcl.ImgList,
                                         Vcl.StdCtrls,
                                                                procedure BitBtn7Click(Sender: TObject);
                                                                procedure BitBtn12Click(Sender: TObject);
Vcl.ComCtrls, Vcl.Buttons,
 Vcl.Menus,
               Vcl.Imaging.pngimage,
                                         Vcl.OleCtrls,
                                                                procedure BitBtn14Click(Sender: TObject);
                                                                procedure BitBtn9Click(Sender: TObject);
SHDocVw, acWebBrowser, sBitBtn,
 Vcl.MPlayer, acPNG, IniFiles;
                                                                procedure BitBtn10Click(Sender: TObject);
                                                                procedure BitBtn15Click(Sender: TObject);
                                                                procedure PageControl1Change(Sender: TObject);
 FirstTime: Boolean = True;
                                                                procedure FormShow(Sender: TObject);
                                                                procedure BitBtn6Click(Sender: TObject);
type
                                                                procedure BitBtn11Click(Sender: TObject);
 TForm6 = class(TForm)
                                                                procedure FormCreate(Sender: TObject);
  Label1: TLabel;
                                                                procedure FormDestroy(Sender: TObject);
  PageControl1: TPageControl;
  TabSheet1: TTabSheet;
                                                               private
  TabSheet2: TTabSheet;
  TabSheet3: TTabSheet;
                                                               public
  Panel1: TPanel;
                                                                procedure SaveProgress(Count: Integer);
  Image2: TImage;
                                                                function LoadProgress: Integer;
  Image3: TImage;
                                                               end;
  Image4: TImage;
  Label2: TLabel;
                                                              var
  Label3: TLabel;
                                                               Form6: TForm6;
  Label4: TLabel;
  Image5: TImage;
  Panel3: TPanel;
                                                              implementation
  Image6: TImage;
  Image8: TImage;
                                                              {$R *.dfm}
  Image7: TImage:
  BitBtn1: TBitBtn;
                                                              uses nastroyki, otchet, web, zastavka1, pol2;
  BitBtn2: TBitBtn:
  BitBtn3: TBitBtn;
  BitBtn4: TBitBtn;
  BitBtn5: TBitBtn;
                                                              procedure TForm6.BitBtn10Click(Sender: TObject);
  BitBtn6: TBitBtn;
                                                              begin
                                                              Form6.Hide;
  BitBtn7: TBitBtn;
  BitBtn8: TBitBtn;
                                                             Form9.Show;
  BitBtn9: TBitBtn;
                                                              Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  BitBtn10: TBitBtn;
                                                              r(0))+'странички\ягодицы опыт.htm');
  BitBtn11: TBitBtn;
                                                              end;
  BitBtn12: TBitBtn;
  BitBtn13: TBitBtn:
                                                              procedure TForm6.BitBtn11Click(Sender: TObject);
  BitBtn14: TBitBtn;
                                                              begin
  BitBtn15: TBitBtn;
                                                              Form6.Hide;
                                                             Form9.Show;
  MediaPlayer1: TMediaPlayer;
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  Image9: TImage;
  procedure Image2MouseEnter(Sender: TObject);
                                                              r(0))+'странички\все тело продв.htm');
  procedure Image3MouseEnter(Sender: TObject);
                                                              end;
  procedure Image4MouseEnter(Sender: TObject);
  procedure Image2MouseLeave(Sender: TObject);
                                                              procedure TForm6.BitBtn12Click(Sender: TObject);
  procedure Image3MouseLeave(Sender: TObject);
                                                              begin
  procedure Image4MouseLeave(Sender: TObject);
                                                              Form6.Hide:
```

Изм.	Лист	№ докум.	Подпись	Дата

```
Form9.Show:
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn5Click(Sender: TObject);
r(0))+'странички\руки продв.htm');
                                                             begin
                                                             Form6.Hide;
end;
                                                             Form9.Show;
procedure TForm6.BitBtn13Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
begin
                                                             r(0))+'странички\руки новичок.htm');
Form6.Hide;
                                                             end;
Form9.Show:
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn6Click(Sender: TObject);
r(0))+'странички\пресс продв.htm');
                                                             begin
                                                             Form6.Hide;
end;
                                                             Form9.Show;
procedure TForm6.BitBtn14Click(Sender: TObject);
                                                             Form 9.s Web Browser 1. Navigate (extract File Path (paramst
begin
                                                             r(0))+'странички\все тело опытный.htm');
Form6.Hide;
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn7Click(Sender: TObject);
r(0))+'странички\ноги продв.htm');
                                                             begin
                                                             Form6.Hide:
                                                             Form9.Show:
procedure TForm6.BitBtn15Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\руки опыт.htm');
begin
Form6.Hide;
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn8Click(Sender: TObject);
r(0))+'странички\ягодицы продв.htm');
                                                             begin
                                                             Form6.Hide;
                                                             Form9.Show;
procedure TForm6.BitBtn1Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\пресс опытный.htm');
begin
Form6.Hide;
                                                             end;
Form9.Show;
Form 9.s Web Browser 1. Navigate (extract File Path (paramst
                                                             procedure TForm6.BitBtn9Click(Sender: TObject);
                                                             begin
r(0))+'странички\все тело новичок.htm');
                                                             Form6.Hide;
                                                             Form9.Show:
procedure TForm6.BitBtn2Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\ноги опыт.htm');
begin
Form6.Hide;
                                                             end;
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.FormCreate(Sender: TObject);
                                                             var font:string;
r(0))+'странички\ягодицы новичок.htm');
end;
                                                             begin
                                                             font:=extractfilepath(application.ExeName);
procedure TForm6.BitBtn3Click(Sender: TObject);
                                                             AddFontResource(PChar(font
                                                             'шрифты\ofont.ru_Capture it.ttf'));
Form6.Hide;
                                                             AddFontResource(PChar(font
Form9.Show;
                                                             'шрифты\ofont.ru_SAIBA-45.ttf'));
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             end:
r(0))+'странички\ягодицы новичок.htm');
end;
                                                             procedure TForm6.FormShow(Sender: TObject);
                                                             begin
procedure TForm6.BitBtn4Click(Sender: TObject);
                                                              if FirstTime then
begin
                                                              begin
Form6.Hide;
                                                               Form2.ShowModal;
Form9.Show:
                                                               FirstTime := False:
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                              end;
r(0))+'странички\новичок ноги.htm');
                                                             end:
end:
```

Изм.	Лист	№ докум.	Подпись	Дата

```
procedure
                                                               FilePath := ExtractFilePath(Application.ExeName) +
                   TForm6.Image2MouseEnter(Sender:
TObject);
                                                               'отчет/user data.txt';
begin
                                                               TextFile := TStringList.Create;
 Label2.Caption := 'Главная';
                                                                TextFile.Add(IntToStr(Count));
                                                                TextFile.SaveToFile(FilePath);
procedure
                  TForm6.Image2MouseLeave(Sender:
                                                               finally
TObject);
                                                                TextFile.Free;
begin
                                                               end:
 Label2.Caption := ";
                                                              end:
end:
                                                              function TForm6.LoadProgress: Integer;
procedure TForm6.Image3Click(Sender: TObject);
                                                               TextFile: TStringList;
Form1.PlayClickSound;
                                                               FilePath: string;
 Form7.Show;
                                                               TimerExpired: Boolean;
end;
                                                               FilePath := ExtractFilePath(Application.ExeName) +
procedure
                   TForm6.Image3MouseEnter(Sender:
                                                               'отчет/user data.txt':
TObject);
                                                               TextFile := TStringList.Create;
begin
 Label3.Caption := 'Отчёт';
                                                                if TimerExpired then
end;
                                                                  Result := 1 // Таймер вышел, записываем 1
                  TForm6.Image3MouseLeave(Sender:
procedure
TObject);
                                                                  Result := 0; // Таймер не вышел, записываем 0
begin
 Label3.Caption := ";
                                                                // Записываем значение в файл
                                                                TextFile.Text := IntToStr(Result);
end;
                                                                TextFile.SaveToFile(FilePath);
procedure TForm6.Image4Click(Sender: TObject);
                                                               finally
                                                                TextFile.Free;
Form1.PlayClickSound;
                                                               end;
 Form8.Show;
                                                              end;
end;
                                                              procedure TForm6.FormDestroy(Sender: TObject);
procedure
                   TForm6.Image4MouseEnter(Sender:
                                                              begin
TObject);
                                                              var font:string;
begin
                                                              begin
 Label4.Caption := 'Настройки';
                                                              font:=extractfilepath(application.ExeName);
                                                              AddFontResource(PChar(font
                                                              'шрифты\ofont.ru_Capture it.ttf'));
                                                              AddFontResource(PChar(font
procedure
                   TForm6.Image4MouseLeave(Sender:
                                                              'шрифты\ofont.ru_SAIBA-45.ttf'));
TObject);
begin
                                                              end;
 Label4.Caption := ";
                                                              end;
                                                              end.
                                                              unit glavnaya;
procedure
                 TForm6.PageControl1Change(Sender:
TObject);
                                                              interface
begin
Form1.PlayClickSound;
                                                              uses
                                                               Winapi.Windows, Winapi.Messages, System.SysUtils,
end:
                                                              System. Variants, System. Classes, Vcl. Graphics,
procedure TForm6.SaveProgress(Count: Integer);
                                                               Vcl.Controls,
                                                                                     Vcl.Forms,
                                                                                                        Vcl.Dialogs,
                                                              Vcl.Imaging.jpeg, Vcl.ExtCtrls,
 TextFile: TStringList;
                                                               System.ImageList,
                                                                                       Vcl.ImgList,
                                                                                                        Vcl.StdCtrls,
                                                              Vcl.ComCtrls, Vcl.Buttons,
 FilePath: string;
begin
```

Изм.	Лист	№ докум.	Подпись	Дата

```
Vcl.OleCtrls.
                                                               procedure BitBtn14Click(Sender: TObject);
 Vcl.Menus.
               Vcl.Imaging.pngimage,
SHDocVw, acWebBrowser, sBitBtn,
                                                               procedure BitBtn9Click(Sender: TObject);
 Vcl.MPlayer, acPNG, IniFiles;
                                                               procedure BitBtn10Click(Sender: TObject);
                                                               procedure BitBtn15Click(Sender: TObject);
                                                               procedure PageControl1Change(Sender: TObject);
 FirstTime: Boolean = True;
                                                               procedure FormShow(Sender: TObject);
                                                               procedure BitBtn6Click(Sender: TObject);
                                                               procedure BitBtn11Click(Sender: TObject);
type
 TForm6 = class(TForm)
                                                               procedure FormCreate(Sender: TObject);
  Label1: TLabel:
                                                               procedure FormDestroy(Sender: TObject);
  PageControl1: TPageControl;
  TabSheet1: TTabSheet;
                                                              private
  TabSheet2: TTabSheet;
  TabSheet3: TTabSheet;
                                                              public
  Panel1: TPanel;
                                                               procedure SaveProgress(Count: Integer);
  Image2: TImage;
                                                               function LoadProgress: Integer;
  Image3: TImage;
                                                              end;
  Image4: TImage;
  Label2: TLabel:
  Label3: TLabel;
                                                              Form6: TForm6:
  Label4: TLabel;
  Image5: TImage;
  Panel3: TPanel;
                                                             implementation
  Image6: TImage;
  Image8: TImage;
                                                             {$R *.dfm}
  Image7: TImage;
  BitBtn1: TBitBtn;
                                                             uses nastroyki, otchet, web, zastavka1, pol2;
  BitBtn2: TBitBtn;
  BitBtn3: TBitBtn;
  BitBtn4: TBitBtn:
  BitBtn5: TBitBtn;
                                                             procedure TForm6.BitBtn10Click(Sender: TObject);
  BitBtn6: TBitBtn;
                                                             begin
  BitBtn7: TBitBtn;
                                                             Form6.Hide;
  BitBtn8: TBitBtn;
                                                             Form9.Show;
  BitBtn9: TBitBtn;
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  BitBtn10: TBitBtn;
                                                             r(0))+'странички\ягодицы опыт.htm');
  BitBtn11: TBitBtn;
                                                             end;
  BitBtn12: TBitBtn;
  BitBtn13: TBitBtn:
                                                             procedure TForm6.BitBtn11Click(Sender: TObject);
  BitBtn14: TBitBtn;
                                                             begin
                                                             Form6.Hide;
  BitBtn15: TBitBtn;
  MediaPlayer1: TMediaPlayer;
                                                             Form9.Show:
  Image9: TImage;
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  procedure Image2MouseEnter(Sender: TObject);
                                                             r(0))+'странички\все тело продв.htm');
  procedure Image3MouseEnter(Sender: TObject);
  procedure Image4MouseEnter(Sender: TObject);
  procedure Image2MouseLeave(Sender: TObject);
                                                             procedure TForm6.BitBtn12Click(Sender: TObject);
  procedure Image3MouseLeave(Sender: TObject);
                                                             begin
                                                             Form6.Hide;
  procedure Image4MouseLeave(Sender: TObject);
  procedure Image3Click(Sender: TObject);
                                                             Form9.Show:
  procedure Image4Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  procedure BitBtn4Click(Sender: TObject);
                                                             r(0))+'странички\руки продв.htm');
  procedure BitBtn5Click(Sender: TObject);
  procedure BitBtn1Click(Sender: TObject);
  procedure BitBtn3Click(Sender: TObject);
                                                             procedure TForm6.BitBtn13Click(Sender: TObject);
  procedure BitBtn2Click(Sender: TObject);
                                                             begin
                                                             Form6.Hide:
  procedure BitBtn8Click(Sender: TObject);
  procedure BitBtn13Click(Sender: TObject);
                                                             Form9.Show:
  procedure BitBtn7Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  procedure BitBtn12Click(Sender: TObject);
                                                             r(0))+'странички\пресс продв.htm');
```

Изм.	Лист	№ докум.	Подпись	Дата

```
Form6. Hide:
end:
                                                             Form9.Show:
procedure TForm6.BitBtn14Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\все тело опытный.htm');
begin
Form6.Hide;
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn7Click(Sender: TObject);
r(0))+'странички\ноги продв.htm');
                                                             begin
                                                             Form6.Hide:
end:
                                                             Form9.Show:
procedure TForm6.BitBtn15Click(Sender: TObject);
                                                             Form 9.s Web Browser 1. Navigate (extract File Path (paramst
begin
                                                             r(0))+'странички\руки опыт.htm');
Form6.Hide;
                                                             end;
Form9.Show;
                                                             procedure TForm6.BitBtn8Click(Sender: TObject);
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
r(0))+'странички\ягодицы продв.htm');
                                                             Form6.Hide;
                                                             Form9.Show;
procedure TForm6.BitBtn1Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\пресс опытный.htm');
begin
Form6.Hide:
                                                             end:
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn9Click(Sender: TObject);
r(0))+'странички\все тело новичок.htm');
                                                             begin
                                                             Form6.Hide;
end;
                                                             Form9.Show;
procedure TForm6.BitBtn2Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\ноги опыт.htm');
begin
Form6.Hide;
                                                             end;
Form9.Show:
Form 9.s Web Browser 1. Navigate (extract File Path (paramst
                                                             procedure TForm6.FormCreate(Sender: TObject);
r(0))+'странички\ягодицы новичок.htm');
                                                             var font:string;
end;
                                                             begin
                                                             font:=extractfilepath(application.ExeName);
procedure TForm6.BitBtn3Click(Sender: TObject);
                                                             AddFontResource(PChar(font
                                                             'шрифты\ofont.ru_Capture it.ttf'));
begin
Form6.Hide;
                                                             AddFontResource(PChar(font
Form9.Show;
                                                             'шрифты\ofont.ru_SAIBA-45.ttf'));
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             end:
r(0))+'странички\ягодицы новичок.htm');
end;
                                                             procedure TForm6.FormShow(Sender: TObject);
                                                             begin
                                                              if FirstTime then
procedure TForm6.BitBtn4Click(Sender: TObject);
begin
                                                              begin
Form6.Hide;
                                                               Form2.ShowModal;
Form9.Show;
                                                               FirstTime := False;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                              end;
r(0))+'странички\новичок ноги.htm');
                                                             end;
                                                             procedure
                                                                                TForm6.Image2MouseEnter(Sender:
procedure TForm6.BitBtn5Click(Sender: TObject);
                                                             TObject);
begin
                                                             begin
Form6.Hide;
                                                              Label2.Caption := 'Главная';
Form9.Show;
                                                             end;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
r(0))+'странички\руки новичок.htm');
                                                             procedure
                                                                               TForm6.Image2MouseLeave(Sender:
                                                             TObject);
                                                             begin
procedure TForm6.BitBtn6Click(Sender: TObject);
                                                              Label2.Caption := ";
begin
                                                             end:
```

Изм.	Лист	№ докум.	Подпись	Дата

```
function TForm6.LoadProgress: Integer;
procedure TForm6.Image3Click(Sender: TObject);
                                                              var
begin
                                                               TextFile: TStringList;
Form1.PlayClickSound;
                                                               FilePath: string;
 Form7.Show;
                                                               TimerExpired: Boolean;
end;
                                                              begin
                                                               FilePath := ExtractFilePath(Application.ExeName) +
procedure
                   TForm6.Image3MouseEnter(Sender:
                                                              'отчет/user data.txt';
TObject);
begin
                                                               TextFile := TStringList.Create;
 Label3.Caption := 'Отчёт';
                                                                if TimerExpired then
                                                                  Result := 1 // Таймер вышел, записываем 1
                  TForm6.Image3MouseLeave(Sender:
procedure
TObject);
                                                                  Result := 0; // Таймер не вышел, записываем 0
begin
 Label3.Caption := ";
                                                                // Записываем значение в файл
                                                                TextFile.Text := IntToStr(Result);
                                                                TextFile.SaveToFile(FilePath);
procedure TForm6.Image4Click(Sender: TObject);
                                                               finally
                                                                TextFile.Free:
begin
Form1.PlayClickSound;
                                                               end;
 Form8.Show;
                                                              end;
end;
                                                              procedure TForm6.FormDestroy(Sender: TObject);
                   TForm6.Image4MouseEnter(Sender:
procedure
TObject);
                                                              var font:string;
begin
                                                              begin
 Label4.Caption := 'Настройки';
                                                              font:=extractfilepath(application.ExeName);
end;
                                                              AddFontResource(PChar(font
                                                              'шрифты\ofont.ru_Capture it.ttf'));
procedure
                  TForm6.Image4MouseLeave(Sender:
                                                              AddFontResource(PChar(font
TObject);
                                                              'шрифты\ofont.ru_SAIBA-45.ttf'));
                                                              end;
begin
 Label4.Caption := ";
                                                              end;
end;
                                                              end.
                                                              unit otgim4;
                 TForm6.PageControl1Change(Sender:
procedure
TObject);
                                                              interface
begin
Form1.PlayClickSound;
                                                              uses
                                                               Winapi.Windows, Winapi.Messages, System.SysUtils,
                                                              System. Variants, System. Classes, Vcl. Graphics,
procedure TForm6.SaveProgress(Count: Integer);
                                                               Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.StdCtrls,
                                                              Vcl.Imaging.jpeg,
 TextFile: TStringList;
                                                               Vcl.ExtCtrls,
                                                                              Vcl.Imaging.pngimage,
                                                                                                       Vcl.MPlayer,
 FilePath: string;
                                                              acPNG;
begin
 FilePath := ExtractFilePath(Application.ExeName) +
'отчет/user data.txt';
                                                               TForm4 = class(TForm)
 TextFile := TStringList.Create;
                                                                RadioButton1: TRadioButton;
                                                                RadioButton2: TRadioButton;
                                                                RadioButton3: TRadioButton;
  TextFile.Add(IntToStr(Count));
  TextFile.SaveToFile(FilePath);
                                                                Label1: TLabel;
                                                                Button1: TButton;
 finally
  TextFile.Free;
                                                                Image2: TImage;
 end;
                                                                Image3: TImage:
                                                                Image4: TImage:
end:
                                                                MediaPlayer1: TMediaPlayer;
```

Изм.	Лист	№ докум.	Подпись	Дата

```
procedure Button1Click(Sender: TObject);
                                                              uses
  procedure RadioButton1Click(Sender: TObject);
                                                               Winapi.Windows, Winapi.Messages, System.SysUtils,
  procedure RadioButton3Click(Sender: TObject);
                                                              System. Variants, System. Classes, Vcl. Graphics,
                                                               Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.ExtCtrls,
  procedure RadioButton2Click(Sender: TObject);
 private
                                                              Vcl.Imaging.jpeg,
  { Private declarations }
                                                               Vcl.StdCtrls,
                                                                              Vcl.Imaging.pngimage,
                                                                                                       Vcl.OleCtrls,
 public
                                                              SHDocVw, acWebBrowser, acPNG;
  function IsRadioButtonSelected: Boolean;
  { Public declarations }
                                                               TForm5 = class(TForm)
 end:
                                                                Image1: TImage;
                                                                Image2: TImage;
var
 Form4: TForm4;
                                                                Label1: TLabel;
                                                                Label2: TLabel;
                                                                Button1: TButton;
implementation
                                                                sWebBrowser1: TsWebBrowser;
{$R *.dfm}
                                                                Label3: TLabel;
                                                                procedure Button1Click(Sender: TObject);
uses plan5, glavnaya, zona3, zastavka1;
                                                                procedure Label3Click(Sender: TObject);
                                                                procedure FormCreate(Sender: TObject);
                                                                function GetWorkoutPage(difficultyLevel: Integer;
procedure TForm4.Button1Click(Sender: TObject);
                                                              muscleGroup: String): String;
begin
Form1.PlayClickSound;
                                                               private
if IsRadioButtonSelected then
                                                                { Private declarations }
 begin
                                                               public
  Form5.Show;
                                                                { Public declarations }
  Form4.Close;
                                                               end;
 end
 else
                                                              var
  ShowMessage('Пожалуйста,
                                выберите
                                                               Form5: TForm5;
                                             уровень,
чтобы продолжить');
                                                               difficultyLevel: Integer;
                                                               muscleGroup: String;
                                                               url: String;
procedure TForm4.RadioButton1Click(Sender: TObject);
                                                               WorkoutPages: array[0..2, 1..5] of String; // массив для
                                                              3 уровней сложности и 5 групп мышц
Form1.PlayClickSound;
                                                              implementation
procedure TForm4.RadioButton2Click(Sender: TObject);
                                                              {$R *.dfm}
begin
Form1.PlayClickSound;
                                                              uses glavnaya, zona3, otgim4, zastavka1, pol2;
                                                                            TForm5.GetWorkoutPage(difficultyLevel:
                                                              function
procedure TForm4.RadioButton3Click(Sender: TObject);
                                                              Integer; muscleGroup: String): String;
Form1.PlayClickSound;
                                                               Path: String;
                                                              begin
                                                               Path := ExtractFilePath(Application.ExeName); // Gets
function TForm4.IsRadioButtonSelected: Boolean;
                                                              the path of the .exe file
                                                               Result
begin
                                                                                                 Path
 Result := RadioButton1.Checked or
                                                              WorkoutPages[difficultyLevel][StrToInt(muscleGroup)];
       RadioButton2.Checked or
                                                              end;
       RadioButton3.Checked;
                                                              procedure TForm5.Button1Click(Sender: TObject);
end;
                                                              begin
                                                              Form1.PlayClickSound;
unit plan5;
                                                              begin
                                                               // Определение выбранного уровня сложности
                                                               if Form4.RadioButton1.Checked then difficultyLevel :=
interface
                                                              0 // новичок
```

Изм.	Лист	№ докум.	Подпись	Дата

```
Form4.RadioButton3.Checked
 else
         if
                                                 then
                                                             uses
difficultyLevel := 1 // опытный
                                                               Winapi.Windows, Winapi.Messages, System.SysUtils,
         if
                Form4.RadioButton2.Checked
                                                 then
                                                             System. Variants, System. Classes, Vcl. Graphics,
 else
difficultyLevel := 2; // продвинутый
                                                               Vcl.Controls,
                                                                                    Vcl.Forms.
                                                                                                       Vcl.Dialogs,
                                                              Vcl.Imaging.jpeg, Vcl.ExtCtrls,
 // Определение выбранной группы мышц
                                                              System.ImageList,
                                                                                     Vcl.ImgList,
                                                                                                       Vcl.StdCtrls,
 muscleGroup := ";
                                                              Vcl.ComCtrls, Vcl.Buttons,
 if Form3.RadioButton1.Checked then muscleGroup :=
                                                                             Vcl.Imaging.pngimage,
                                                                                                      Vcl.OleCtrls,
                                                               Vcl.Menus,
muscleGroup + '1';
                                                             SHDocVw, acWebBrowser, sBitBtn,
 if Form3.RadioButton2.Checked then muscleGroup :=
                                                               Vcl.MPlayer, acPNG, IniFiles;
muscleGroup + '2';
 if Form3.RadioButton3.Checked then muscleGroup :=
                                                               var
muscleGroup + '3';
                                                               FirstTime: Boolean = True;
 if Form3.RadioButton4.Checked then muscleGroup :=
muscleGroup + '4';
                                                              type
 if Form3.RadioButton5.Checked then muscleGroup :=
                                                               TForm6 = class(TForm)
muscleGroup + '5';
                                                                Label1: TLabel;
                                                                PageControl1: TPageControl;
                                                                TabSheet1: TTabSheet:
                                                                TabSheet2: TTabSheet;
sWebBrowser 1. Navigate (GetWork out Page (difficulty Lev\\
                                                                TabSheet3: TTabSheet:
el, muscleGroup));
                                                                Panel1: TPanel;
end;
                                                                Image2: TImage;
end;
                                                                Image3: TImage;
procedure TForm5.FormCreate(Sender: TObject);
                                                                Image4: TImage;
                                                                Label2: TLabel;
 WorkoutPages[0,
                               'странички\все
                                                                Label3: TLabel;
                                                 тело
новичок.htm';
                                                                Label4: TLabel;
 WorkoutPages[0, 2] := 'странички\пресс новичок.htm';
                                                                Image5: TImage;
 WorkoutPages[0, 3] := 'странички\руки новичок.htm';
                                                                Panel3: TPanel;
 WorkoutPages[0,
                     4]
                           :=
                                 'странички\ягодицы
                                                                Image6: TImage;
новичок.htm';
                                                                Image8: TImage;
 WorkoutPages[0, 5] := 'странички\hdotновичок ноги.htm';
                                                                Image7: TImage;
 WorkoutPages[1,
                    1] := 'странички\все
                                                                BitBtn1: TBitBtn;
опытный.htm';
                                                                BitBtn2: TBitBtn;
                                                                BitBtn3: TBitBtn;
 WorkoutPages[1,
                      2]
                                    'странички\пресс
опытный.htm';
                                                                BitBtn4: TBitBtn;
 WorkoutPages[1, 3] := 'странички\руки опыт.htm';
                                                                BitBtn5: TBitBtn;
 WorkoutPages[1, 4] := 'странички\ягодицы опыт.htm';
                                                                BitBtn6: TBitBtn:
 WorkoutPages[1, 5] := 'странички\ноги опыт.htm';
                                                                BitBtn7: TBitBtn;
 WorkoutPages[2, 1] := 'странички\все тело продв.htm';
                                                                BitBtn8: TBitBtn;
 WorkoutPages[2, 2] := 'странички\пресс продв.htm';
                                                                BitBtn9: TBitBtn;
 WorkoutPages[2, 3] := 'странички\руки продв.htm';
                                                                BitBtn10: TBitBtn;
 WorkoutPages[2,
                     4]
                           :=
                                  'странички\ягодицы
                                                                BitBtn11: TBitBtn;
продв.htm';
                                                                BitBtn12: TBitBtn;
 WorkoutPages[2, 5] := 'странички\ноги продв.htm';
                                                                BitBtn13: TBitBtn;
                                                                BitBtn14: TBitBtn;
                                                                BitBtn15: TBitBtn;
procedure TForm5.Label3Click(Sender: TObject);
                                                                MediaPlayer1: TMediaPlayer;
                                                                Image9: TImage;
begin
Form1.PlayClickSound;
                                                                procedure Image2MouseEnter(Sender: TObject);
Form6.show;
                                                                procedure Image3MouseEnter(Sender: TObject);
Form5.close;
                                                                procedure Image4MouseEnter(Sender: TObject);
                                                                procedure Image2MouseLeave(Sender: TObject);
end:
                                                                procedure Image3MouseLeave(Sender: TObject);
                                                                procedure Image4MouseLeave(Sender: TObject);
unit glavnaya;
                                                                procedure Image3Click(Sender: TObject);
                                                                procedure Image4Click(Sender: TObject);
                                                                procedure BitBtn4Click(Sender: TObject):
interface
                                                                procedure BitBtn5Click(Sender: TObject);
```

Изм.	Лист	№ докум.	Подпись	Дата

```
procedure BitBtn1Click(Sender: TObject);
  procedure BitBtn3Click(Sender: TObject);
                                                             procedure TForm6.BitBtn13Click(Sender: TObject);
  procedure BitBtn2Click(Sender: TObject);
                                                             begin
  procedure BitBtn8Click(Sender: TObject);
                                                             Form6.Hide;
  procedure BitBtn13Click(Sender: TObject);
                                                             Form9.Show;
  procedure BitBtn7Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  procedure BitBtn12Click(Sender: TObject);
                                                             r(0))+'странички\пресс продв.htm');
  procedure BitBtn14Click(Sender: TObject);
                                                             end;
  procedure BitBtn9Click(Sender: TObject);
  procedure BitBtn10Click(Sender: TObject);
                                                             procedure TForm6.BitBtn14Click(Sender: TObject);
  procedure BitBtn15Click(Sender: TObject);
                                                             begin
                                                             Form6.Hide;
  procedure PageControl1Change(Sender: TObject);
  procedure FormShow(Sender: TObject);
                                                             Form9.Show;
  procedure BitBtn6Click(Sender: TObject);
                                                             Form 9.s Web Browser 1. Navigate (extract File Path (paramst
  procedure BitBtn11Click(Sender: TObject);
                                                             r(0))+'странички\ноги продв.htm');
  procedure FormCreate(Sender: TObject);
  procedure FormDestroy(Sender: TObject);
                                                             procedure TForm6.BitBtn15Click(Sender: TObject);
 private
                                                             begin
                                                             Form6.Hide:
 public
                                                             Form9.Show:
  procedure SaveProgress(Count: Integer);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
  function LoadProgress: Integer;
                                                             r(0))+'странички\ягодицы продв.htm');
 end;
                                                             procedure TForm6.BitBtn1Click(Sender: TObject);
 Form6: TForm6;
                                                             begin
                                                             Form6.Hide;
                                                             Form9.Show;
implementation
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\все тело новичок.htm');
{$R *.dfm}
                                                             end;
                                                             procedure TForm6.BitBtn2Click(Sender: TObject);
uses nastroyki, otchet, web, zastavka1, pol2;
                                                             begin
                                                             Form6.Hide;
                                                             Form9.Show:
procedure TForm6.BitBtn10Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
begin
                                                             r(0))+'странички\ягодицы новичок.htm');
Form6.Hide;
                                                             end:
Form9.Show;
                                                             procedure TForm6.BitBtn3Click(Sender: TObject);
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
r(0))+'странички\ягодицы опыт.htm');
                                                             begin
                                                             Form6.Hide;
end;
                                                             Form9.Show;
procedure TForm6.BitBtn11Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             r(0))+'странички\ягодицы новичок.htm');
Form6.Hide;
                                                             end;
Form9.Show;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn4Click(Sender: TObject);
r(0))+'странички\все тело продв.htm');
                                                             begin
end;
                                                             Form6.Hide;
                                                             Form9.Show;
procedure TForm6.BitBtn12Click(Sender: TObject);
                                                             Form9.sWebBrowser1.Navigate(extractFilePath(paramst
begin
                                                             r(0))+'странички\новичок ноги.htm');
Form6.Hide;
                                                             end;
Form9.Show:
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             procedure TForm6.BitBtn5Click(Sender: TObject);
r(0))+'странички\руки продв.htm');
                                                             begin
                                                             Form6.Hide:
end:
```

Изм.	Лист	№ докум.	Подпись	Дата

```
Form9.Show:
                                                             end;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
r(0))+'странички\руки новичок.htm');
                                                                               TForm6.Image2MouseLeave(Sender:
                                                             procedure
                                                             TObject);
end;
                                                             begin
procedure TForm6.BitBtn6Click(Sender: TObject);
                                                              Label2.Caption := ";
begin
                                                             end;
Form6.Hide;
Form9.Show:
                                                             procedure TForm6.Image3Click(Sender: TObject);
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                             begin
                                                             Form1.PlayClickSound;
r(0))+'странички\все тело опытный.htm');
                                                              Form7.Show;
end;
                                                             end;
procedure TForm6.BitBtn7Click(Sender: TObject);
begin
                                                             procedure
                                                                                TForm6.Image3MouseEnter(Sender:
Form6.Hide;
                                                             TObject);
Form9.Show;
                                                             begin
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
                                                              Label3.Caption := 'Отчёт';
r(0))+'странички\руки опыт.htm');
                                                             end:
                                                                               TForm6.Image3MouseLeave(Sender:
                                                             procedure
procedure TForm6.BitBtn8Click(Sender: TObject);
                                                             TObject);
begin
                                                             begin
Form6.Hide;
                                                              Label3.Caption := ";
Form9.Show;
                                                             end;
Form9.sWebBrowser1.Navigate(extractFilePath(paramst
r(0))+'странички\пресс опытный.htm');
                                                             procedure TForm6.Image4Click(Sender: TObject);
                                                             Form1.PlayClickSound;
                                                              Form8.Show;
procedure TForm6.BitBtn9Click(Sender: TObject);
begin
                                                             end;
Form6.Hide;
Form9.Show;
                                                             procedure
                                                                                TForm6.Image4MouseEnter(Sender:
Form 9.s Web Browser 1. Navigate (extract File Path (paramst
                                                             TObject);
r(0))+'странички\ноги опыт.htm');
                                                             begin
                                                              Label4.Caption := 'Настройки';
                                                             end;
procedure TForm6.FormCreate(Sender: TObject);
                                                                               TForm6.Image4MouseLeave(Sender:
var font:string;
                                                             procedure
begin
                                                             TObject);
font:=extractfilepath(application.ExeName);
                                                             begin
AddFontResource(PChar(font
                                                              Label4.Caption := ";
'шрифты\ofont.ru_Capture it.ttf'));
                                                             end;
AddFontResource(PChar(font
'шрифты\ofont.ru_SAIBA-45.ttf'));
end;
                                                             procedure
                                                                               TForm6.PageControl1Change(Sender:
                                                             TObject);
procedure TForm6.FormShow(Sender: TObject);
                                                             begin
                                                             Form1.PlayClickSound;
begin
 if FirstTime then
                                                             end:
 begin
  Form2.ShowModal;
                                                             procedure TForm6.SaveProgress(Count: Integer);
  FirstTime := False;
 end;
                                                              TextFile: TStringList;
end;
                                                              FilePath: string;
                                                             begin
procedure
                   TForm6.Image2MouseEnter(Sender:
                                                              FilePath := ExtractFilePath(Application.ExeName) +
TObject);
                                                             'отчет/user data.txt';
                                                              TextFile := TStringList.Create;
begin
 Label2.Caption := 'Главная';
                                                              try
```

И	'зм.	Лист	№ докум.	Подпись	Дата

```
TextFile.Add(IntToStr(Count)):
                                                               TForm7 = class(TForm)
  TextFile.SaveToFile(FilePath);
                                                                Image3: TImage;
 finally
                                                                Label1: TLabel;
  TextFile.Free;
                                                                StringGrid1: TStringGrid;
                                                                sProgressBar1: TsProgressBar;
 end;
end;
                                                                Button1: TButton;
                                                                sMonthCalendar1: TsMonthCalendar;
function TForm6.LoadProgress: Integer;
                                                                Label2: TLabel;
                                                                Label3: TLabel:
 TextFile: TStringList;
                                                                Label4: TLabel;
                                                                procedure FormShow(Sender: TObject);
 FilePath: string;
 TimerExpired: Boolean;
                                                                procedure Button1Click(Sender: TObject);
                                                                procedure sMonthCalendar1Change(Sender: TObject);
 FilePath := ExtractFilePath(Application.ExeName) +
                                                               private
                                                                { Private declarations }
'отчет/user data.txt';
                                                               public
 TextFile := TStringList.Create;
                                                                 { Public declarations }
                                                                procedure UpdateStringGridAndProgressBar;
 try
  if TimerExpired then
                                                                procedure
                                                                                      UpdateStringGrid(StringGrid1:
   Result := 1 // Таймер вышел, записываем 1
                                                              TStringGrid; CompletedWorkouts: Integer);
                                                                procedure
                                                                                   UpdateProgressBar(sProgressBar1:
                                                              TsProgressBar;
                                                                                  CompletedWorkouts:
   Result := 0; // Таймер не вышел, записываем 0
                                                                                                             Integer;
                                                              TotalWorkouts: Integer);
                                                               end;
  // Записываем значение в файл
  TextFile.Text := IntToStr(Result);
  TextFile.SaveToFile(FilePath);
 finally
                                                               Form7: TForm7;
  TextFile.Free;
                                                              implementation
 end;
end;
                                                              {$R *.dfm}
procedure TForm6.FormDestroy(Sender: TObject);
begin
                                                              uses glavnaya, zastavka1;
var font:string;
                                                              procedure TForm7.Button1Click(Sender: TObject);
begin
font:=extractfilepath(application.ExeName);
                                                              begin
                                                              Form6.Show;
AddFontResource(PChar(font
'шрифты\ofont.ru Capture it.ttf'));
                                                              Form7.Close;
AddFontResource(PChar(font
                                                              end:
'шрифты\ofont.ru_SAIBA-45.ttf'));
end;
                                                              procedure TForm7.FormShow(Sender: TObject);
end:
                                                              begin
                                                              Form6.LoadProgress;
end.
                                                              end;
unit otchet;
                                                              procedure
                                                                            TForm7.sMonthCalendar1Change(Sender:
interface
                                                              TObject);
                                                              begin
                                                              var
 Winapi.Windows, Winapi.Messages, System.SysUtils,
                                                               SelectedDate: TDateTime;
System. Variants, System. Classes, Vcl. Graphics,
                                                              begin
                                          Vcl.Dialogs,
 Vcl.Controls,
                       Vcl.Forms.
                                                               SelectedDate := sMonthCalendar1.CalendarDate;
Vcl.Imaging.jpeg, Vcl.ExtCtrls,
                                                               StringGrid1.Cells[1, 1] := DateToStr(SelectedDate);
                  Vcl.Imaging.pngimage,
 Vcl.StdCtrls,
                                              acPNG,
                                                              end;
VclTee.TeeGDIPlus, VCLTee.TeEngine,
                                                              end;
 VCLTee.TeeProcs, VCLTee.Chart, VCLTee.Series,
Vcl.ComCtrls, acProgressBar,
                                                              procedure TForm7.UpdateStringGridAndProgressBar;
 Vcl.Grids, sPanel, sMonthCalendar;
                                                               CompletedWorkouts: Integer:
                                                               TotalWorkouts: Integer;
type
```

Изм.	Лист	№ докум.	Подпись	Дата

```
RadioButton1: TRadioButton:
begin
 CompletedWorkouts := Form6.LoadProgress;
                                                                RadioButton2: TRadioButton;
 TotalWorkouts := StringGrid1.RowCount - 1;
                                                                sComboBox1: TsComboBox;
 UpdateStringGrid(StringGrid1, CompletedWorkouts);
                                                                MediaPlayer1: TMediaPlayer;
 UpdateProgressBar(sProgressBar1,
                                                                Label3: TLabel;
CompletedWorkouts, TotalWorkouts);
                                                                RadioButton3: TRadioButton;
end:
                                                                CalendarPicker1: TCalendarPicker;
                                                                procedure Label2Click(Sender: TObject);
procedure
                TForm7.UpdateStringGrid(StringGrid1:
                                                               procedure sBitBtn1Click(Sender: TObject);
TStringGrid; CompletedWorkouts: Integer);
                                                               procedure sBitBtn2Click(Sender: TObject);
                                                               procedure sBitBtn3Click(Sender: TObject);
 i: Integer;
                                                               procedure Image3Click(Sender: TObject);
begin
                                                               procedure Image2Click(Sender: TObject);
 for i := 1 to StringGrid1.RowCount - 1 do
                                                                procedure sBitBtn4Click(Sender: TObject);
                                                                procedure FormCreate(Sender: TObject);
                                                                procedure RadioButton2Click(Sender: TObject);
  if i <= CompletedWorkouts then
   StringGrid1.Cells[1, i] := 'Завершено'
                                                                procedure RadioButton1Click(Sender: TObject);
                                                                procedure Label3Click(Sender: TObject);
   StringGrid1.Cells[1, i] := 'Не завершено';
                                                                procedure N4Click(Sender: TObject);
                                                                procedure RadioButton3Click(Sender: TObject);
 end;
                                                                procedure CalendarPicker1Change(Sender: TObject);
end:
                                                                procedure N1Click(Sender: TObject);
procedure
            TForm7.UpdateProgressBar(sProgressBar1:
                                                               private
TsProgressBar; CompletedWorkouts, TotalWorkouts:
                                                                { Private declarations }
Integer);
                                                               public
begin
                                                                { Public declarations }
 sProgressBar1.Max := TotalWorkouts;
 sProgressBar1.Position := CompletedWorkouts;
                                                               end;
end;
                                                              var
end.
                                                               Form8: TForm8;
unit nastroyki;
                                                             implementation
interface
                                                              {$R *.dfm}
 Winapi. Windows, Winapi. Messages, System. SysUtils,
                                                             uses glavnaya, zastavka1, web, spravka;
System. Variants, System. Classes, Vcl. Graphics,
 Vcl.Controls.
                      Vcl.Forms.
                                          Vcl.Dialogs,
Vcl.Imaging.jpeg, Vcl.ExtCtrls,
                                                             procedure
 Vcl.StdCtrls,
                 Vcl.Menus,
                               Vcl.Imaging.pngimage,
                                                                            TForm8.CalendarPicker1Change(Sender:
sPanel, sMonthCalendar, acPNG,
                                                              TObject);
 Vcl.Buttons, sBitBtn, sListBox, Vcl.Mask, sMaskEdit,
                                                             var
sCustomComboEdit,
                                                              SelectedDateTime: TDateTime;
 sComboBox,
                 Vcl.MPlayer,
                                  Vcl.WinXCalendars,
                                                             begin
Vcl.ComCtrls,ShellAPI;
                                                              SelectedDateTime := CalendarPicker1.Date;
                                                              // Проверка, что время находится в интервале 21:07 -
 TForm8 = class(TForm)
  Image4: TImage;
                                                              if (SelectedDateTime >= EncodeTime(21, 9, 0, 0)) and
  Label1: TLabel;
                                                             (SelectedDateTime <= EncodeTime(21, 11, 0, 0)) then
                                                                ShowMessage('Напоминание: Время для чего-то
  Label2: TLabel;
  MainMenu1: TMainMenu;
                                                             важного! Для тренировки');
  N1: TMenuItem;
                                                             end;
  sBitBtn1: TsBitBtn;
  sBitBtn2: TsBitBtn;
                                                             procedure TForm8.FormCreate(Sender: TObject);
  sBitBtn3: TsBitBtn;
  sBitBtn4: TsBitBtn;
                                                              sComboBox1.Items.Add('музыка\chime-adam-tell-
  Image2: TImage;
                                                              whole-rob-gasser-remix.mp3');
  Image3: TImage;
```

Изм.	Лист	№ докум.	Подпись	Дата

```
sComboBox1.Items.Add('музыка\skandr-summer-
booty.mp3');
                                                             procedure TForm8.RadioButton3Click(Sender: TObject);
 sComboBox1.Items.Add('музыка\liqwyd-
                                                             begin
scandinavianz-odessa.mp3');
                                                             Form1.sSkinManager1.SkinName := 'Garnet II';
 sComboBox1.Items.Add('музыка\markvard-
                                                             end;
push.mp3');
 sComboBox1.Items.Add('музыка\shiiva-raw-ill-stay-
                                                             procedure TForm8.sBitBtn1Click(Sender: TObject);
at-home.mp3');
                                                             begin
end:
                                                             Image2.Visible := true;
                                                             Image3.Visible := true;
procedure\ TForm 8. Image 2 Click (Sender:\ TObject);
                                                             end;
Form9.MediaPlayer2.Play;
                                                             procedure TForm8.sBitBtn2Click(Sender: TObject);
end:
                                                             sComboBox1.Visible := true;
procedure TForm8.Image3Click(Sender: TObject);
                                                             end;
Form9.MediaPlayer2.Stop;
                                                             procedure TForm8.sBitBtn3Click(Sender: TObject);
end:
                                                             begin
                                                             RadioButton1.Visible := true;
procedure TForm8.Label2Click(Sender: TObject);
                                                             RadioButton2.Visible := true:
                                                             RadioButton3.Visible := true;
begin
Form1.PlayClickSound;
                                                             end;
Form6.Show;
RadioButton1.Visible := false;
                                                             procedure TForm8.sBitBtn4Click(Sender: TObject);
RadioButton2.Visible := false;
RadioButton3.Visible := false;
                                                             CalendarPicker1.Visible := true;
Image2. Visible := false;
                                                             end;
Image3. Visible := false;
sComboBox1.Visible := false;
                                                             end.
CalendarPicker1.Visible := false;
                                                             unit web;
Form8.Close;
end;
                                                             interface
procedure TForm8.Label3Click(Sender: TObject);
                                                              Winapi.Windows, Winapi.Messages, System.SysUtils,
begin
Form9.Show;
                                                             System. Variants, System. Classes, Vcl. Graphics,
Form8.Close;
                                                               Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.OleCtrls,
                                                             SHDocVw. acWebBrowser.
end:
                                                               Vcl.StdCtrls, Vcl.Buttons, Vcl.MPlayer, Vcl.ExtCtrls,
procedure TForm8.N1Click(Sender: TObject);
                                                             acPNG, MMSystem;
ShellExecute(0,PChar('Open'),PChar('spravka.chm'),nil,n
                                                             type
il,SW_SHOW);
                                                               TForm9 = class(TForm)
                                                                sWebBrowser1: TsWebBrowser;
end;
                                                                BitBtn1: TBitBtn;
procedure TForm8.N4Click(Sender: TObject);
                                                                MediaPlayer1: TMediaPlayer;
                                                                Label1: TLabel;
begin
                                                                BitBtn2: TBitBtn;
Form10.show;
                                                                Timer1: TTimer;
end:
                                                                Image1: TImage;
procedure TForm8.RadioButton1Click(Sender: TObject);
                                                                Image2: TImage;
                                                                Image3: TImage;
                                                                MediaPlayer2: TMediaPlayer;
Form1.sSkinManager1.SkinName := 'Steam2';
                                                                procedure BitBtn1Click(Sender: TObject);
                                                                procedure Timer1Timer(Sender: TObject);
procedure TForm8.RadioButton2Click(Sender: TObject);
                                                                procedure BitBtn2Click(Sender: TObject);
                                                                procedure FormClose(Sender: TObject; var Action:
Form1.sSkinManager1.SkinName := 'Calcium';
                                                             TCloseAction):
                                                                procedure BitBtn3Click(Sender: TObject);
end:
```

Изм.	Лист	№ докум.	Подпись	Дата

КП 2-40 01 01.35.40.12.24 ПЗ

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procedure Image3Click(Sender: TObject);
                                                               Label1.Caption := FormatDateTime('nn:ss', TimeLeft);
                                                               if TimeLeft <= 0 then
  procedure FormShow(Sender: TObject);
  procedure Image2Click(Sender: TObject);
                                                               begin
  procedure Image1Click(Sender: TObject);
                                                               Timer1.Enabled := False;
  procedure MediaPlayer2Notify(Sender: TObject);
                                                                Form6.SaveProgress(Form6.LoadProgress + 1);
 private
                                                               Form7.UpdateStringGridAndProgressBar;
  { Private declarations }
                                                                ShowMessage('Поздравляем!
                                                                                                          успешно
                                                             завершили тренировку!');
 public
  { Public declarations }
                                                               end:
  var SelectedSong: string;
                                                               if Assigned(Form7) then
                                                               begin
 end:
                                                               Form7.sProgressBar1.Position
                                                                                                                 :=
                                                             Form7.sProgressBar1.Position + 1;
var
 Form9: TForm9;
 TimeLeft: TDateTime;
                                                             end;
                                                             procedure TForm9.FormClose(Sender: TObject; var
                                                             Action: TCloseAction);
implementation
                                                             begin
{$R *.dfm}
                                                              MediaPlayer2.Stop;
                                                             end:
uses glavnaya, zastavka1, nastroyki, otchet;
                                                             procedure TForm9.FormShow(Sender: TObject);
procedure TForm9.BitBtn1Click(Sender: TObject);
                                                             begin
                                                             Image1.Visible := false;
begin
Form1.PlayClickSound;
                                                             Image2. Visible := false;
Form9.Close;
                                                             end;
Form6.Show;
Timer1.Enabled := False;
                                                             procedure TForm9.Image1Click(Sender: TObject);
Label1.Caption := ' ';
                                                             begin
end;
                                                             Image1.Visible := false;
                                                             Image2.Visible := true;
procedure TForm9.BitBtn2Click(Sender: TObject);
                                                              if Form8.sComboBox1.ItemIndex <> -1 then //
                                                             проверка
Form1.PlayClickSound;
                                                                Form9.SelectedSong
 TimeLeft := EncodeTime(0, 15, 0, 0); // устанавливаем
                                                             Form8.sComboBox1.Items.Strings[Form8.sComboBox1.
начальное время в 15 минут
                                                             ItemIndex]
 Timer1.Interval := 1000; // интервал в 1 секунду
                                                               else
 Timer1.Enabled := True:
                                                                Form9.SelectedSong
                                                                                                                 :=
Image1.Visible := true;
                                                              (ExtractFilePath(Application.ExeName)+'музыка\Dj
end;
                                                             Luis Mares - Piano In The Club.mp3');
                                                             MediaPlayer2.FileName := SelectedSong;
procedure TForm9.BitBtn3Click(Sender: TObject);
                                                             MediaPlayer2.Open;
                                                             MediaPlayer2.OnNotify := MediaPlayer2Notify;
begin
Form8.show;
                                                             MediaPlayer2.Play;
end;
                                                             end;
                  TForm9.MediaPlayer2Notify(Sender:
                                                             procedure TForm9.Image2Click(Sender: TObject);
procedure
TObject);
                                                             begin
                                                             Image2. Visible := false;
begin
 if
      (MediaPlayer2.Mode
                                   mpStopped)
                                                  and
                                                             Image1.Visible := true;
(MediaPlayer2.Position = MediaPlayer2.Length) then
                                                             MediaPlayer2.Stop;
 begin
                                                             end:
  MediaPlayer2.Play;
                                                             procedure TForm9.Image3Click(Sender: TObject);
 end;
end;
                                                             begin
                                                             Form8.show;
procedure TForm9.Timer1Timer(Sender: TObject);
                                                             end;
 TimeLeft := TimeLeft - EncodeTime(0, 0, 1, 0);
                                                             end.
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