unit glavnaya;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.Imaging.jpeg, Vcl.ExtCtrls,

System.ImageList, Vcl.ImgList, Vcl.StdCtrls, Vcl.ComCtrls, Vcl.Buttons,

Vcl.Menus, Vcl.Imaging.pngimage, Vcl.OleCtrls, SHDocVw, acWebBrowser, sBitBtn,

Vcl.MPlayer, acPNG, IniFiles;

var

FirstTime: Boolean = True;

type

TForm6 = class(TForm)

Label1: TLabel;

PageControl1: TPageControl;

TabSheet1: TTabSheet;

TabSheet2: TTabSheet;

TabSheet3: TTabSheet;

Panel1: TPanel;

Image2: TImage;

Image3: TImage;

Image4: TImage;

Label2: TLabel;

Label3: TLabel;

Label4: TLabel;

Image5: TImage;

Panel3: TPanel;

Image6: TImage;

Image8: TImage;

Image7: TImage;

BitBtn1: TBitBtn;

BitBtn2: TBitBtn;

BitBtn3: TBitBtn;

BitBtn4: TBitBtn;

BitBtn5: TBitBtn;

BitBtn6: TBitBtn;

BitBtn7: TBitBtn;

BitBtn8: TBitBtn;

BitBtn9: TBitBtn;

BitBtn10: TBitBtn;

BitBtn11: TBitBtn;

BitBtn12: TBitBtn;

BitBtn13: TBitBtn;

BitBtn14: TBitBtn;

BitBtn15: TBitBtn;

MediaPlayer1: TMediaPlayer;

Image9: TImage;

procedure Image2MouseEnter(Sender: TObject);

procedure Image3MouseEnter(Sender: TObject);

procedure Image4MouseEnter(Sender: TObject);

procedure Image2MouseLeave(Sender: TObject);

procedure Image3MouseLeave(Sender: TObject);

procedure Image4MouseLeave(Sender: TObject);

procedure Image3Click(Sender: TObject);

procedure Image4Click(Sender: TObject);

procedure BitBtn4Click(Sender: TObject);

procedure BitBtn5Click(Sender: TObject);

procedure BitBtn1Click(Sender: TObject);

procedure BitBtn3Click(Sender: TObject);

procedure BitBtn2Click(Sender: TObject);

procedure BitBtn8Click(Sender: TObject);

procedure BitBtn13Click(Sender: TObject);

procedure BitBtn7Click(Sender: TObject);

procedure BitBtn12Click(Sender: TObject);

procedure BitBtn14Click(Sender: TObject);

procedure BitBtn9Click(Sender: TObject);

procedure BitBtn10Click(Sender: TObject);

procedure BitBtn15Click(Sender: TObject);

procedure PageControl1Change(Sender: TObject);

procedure FormShow(Sender: TObject);

procedure BitBtn6Click(Sender: TObject);

procedure BitBtn11Click(Sender: TObject);

procedure FormCreate(Sender: TObject);

procedure FormDestroy(Sender: TObject);

private

public

procedure SaveProgress(Count: Integer);

function LoadProgress: Integer;

end;

var

Form6: TForm6;

implementation

{$R \*.dfm}

uses nastroyki, otchet, web, zastavka1, pol2;

procedure TForm6.BitBtn10Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы опыт.htm');

end;

procedure TForm6.BitBtn11Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело продв.htm');

end;

procedure TForm6.BitBtn12Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки продв.htm');

end;

procedure TForm6.BitBtn13Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс продв.htm');

end;

procedure TForm6.BitBtn14Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги продв.htm');

end;

procedure TForm6.BitBtn15Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы продв.htm');

end;

procedure TForm6.BitBtn1Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело новичок.htm');

end;

procedure TForm6.BitBtn2Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn3Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn4Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\новичок ноги.htm');

end;

procedure TForm6.BitBtn5Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки новичок.htm');

end;

procedure TForm6.BitBtn6Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело опытный.htm');

end;

procedure TForm6.BitBtn7Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки опыт.htm');

end;

procedure TForm6.BitBtn8Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс опытный.htm');

end;

procedure TForm6.BitBtn9Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги опыт.htm');

end;

procedure TForm6.FormCreate(Sender: TObject);

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

procedure TForm6.FormShow(Sender: TObject);

begin

if FirstTime then

begin

Form2.ShowModal;

FirstTime := False;

end;

end;

procedure TForm6.Image2MouseEnter(Sender: TObject);

begin

Label2.Caption := 'Главная';

end;

procedure TForm6.Image2MouseLeave(Sender: TObject);

begin

Label2.Caption := '';

end;

procedure TForm6.Image3Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form7.Show;

end;

procedure TForm6.Image3MouseEnter(Sender: TObject);

begin

Label3.Caption := 'Отчёт';

end;

procedure TForm6.Image3MouseLeave(Sender: TObject);

begin

Label3.Caption := '';

end;

procedure TForm6.Image4Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form8.Show;

end;

procedure TForm6.Image4MouseEnter(Sender: TObject);

begin

Label4.Caption := 'Настройки';

end;

procedure TForm6.Image4MouseLeave(Sender: TObject);

begin

Label4.Caption := '';

end;

procedure TForm6.PageControl1Change(Sender: TObject);

begin

Form1.PlayClickSound;

end;

procedure TForm6.SaveProgress(Count: Integer);

var

TextFile: TStringList;

FilePath: string;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

TextFile.Add(IntToStr(Count));

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

function TForm6.LoadProgress: Integer;

var

TextFile: TStringList;

FilePath: string;

TimerExpired: Boolean;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

if TimerExpired then

Result := 1 // Таймер вышел, записываем 1

else

Result := 0; // Таймер не вышел, записываем 0

// Записываем значение в файл

TextFile.Text := IntToStr(Result);

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

procedure TForm6.FormDestroy(Sender: TObject);

begin

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

end;

end.

unit glavnaya;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.Imaging.jpeg, Vcl.ExtCtrls,

System.ImageList, Vcl.ImgList, Vcl.StdCtrls, Vcl.ComCtrls, Vcl.Buttons,

Vcl.Menus, Vcl.Imaging.pngimage, Vcl.OleCtrls, SHDocVw, acWebBrowser, sBitBtn,

Vcl.MPlayer, acPNG, IniFiles;

var

FirstTime: Boolean = True;

type

TForm6 = class(TForm)

Label1: TLabel;

PageControl1: TPageControl;

TabSheet1: TTabSheet;

TabSheet2: TTabSheet;

TabSheet3: TTabSheet;

Panel1: TPanel;

Image2: TImage;

Image3: TImage;

Image4: TImage;

Label2: TLabel;

Label3: TLabel;

Label4: TLabel;

Image5: TImage;

Panel3: TPanel;

Image6: TImage;

Image8: TImage;

Image7: TImage;

BitBtn1: TBitBtn;

BitBtn2: TBitBtn;

BitBtn3: TBitBtn;

BitBtn4: TBitBtn;

BitBtn5: TBitBtn;

BitBtn6: TBitBtn;

BitBtn7: TBitBtn;

BitBtn8: TBitBtn;

BitBtn9: TBitBtn;

BitBtn10: TBitBtn;

BitBtn11: TBitBtn;

BitBtn12: TBitBtn;

BitBtn13: TBitBtn;

BitBtn14: TBitBtn;

BitBtn15: TBitBtn;

MediaPlayer1: TMediaPlayer;

Image9: TImage;

procedure Image2MouseEnter(Sender: TObject);

procedure Image3MouseEnter(Sender: TObject);

procedure Image4MouseEnter(Sender: TObject);

procedure Image2MouseLeave(Sender: TObject);

procedure Image3MouseLeave(Sender: TObject);

procedure Image4MouseLeave(Sender: TObject);

procedure Image3Click(Sender: TObject);

procedure Image4Click(Sender: TObject);

procedure BitBtn4Click(Sender: TObject);

procedure BitBtn5Click(Sender: TObject);

procedure BitBtn1Click(Sender: TObject);

procedure BitBtn3Click(Sender: TObject);

procedure BitBtn2Click(Sender: TObject);

procedure BitBtn8Click(Sender: TObject);

procedure BitBtn13Click(Sender: TObject);

procedure BitBtn7Click(Sender: TObject);

procedure BitBtn12Click(Sender: TObject);

procedure BitBtn14Click(Sender: TObject);

procedure BitBtn9Click(Sender: TObject);

procedure BitBtn10Click(Sender: TObject);

procedure BitBtn15Click(Sender: TObject);

procedure PageControl1Change(Sender: TObject);

procedure FormShow(Sender: TObject);

procedure BitBtn6Click(Sender: TObject);

procedure BitBtn11Click(Sender: TObject);

procedure FormCreate(Sender: TObject);

procedure FormDestroy(Sender: TObject);

private

public

procedure SaveProgress(Count: Integer);

function LoadProgress: Integer;

end;

var

Form6: TForm6;

implementation

{$R \*.dfm}

uses nastroyki, otchet, web, zastavka1, pol2;

procedure TForm6.BitBtn10Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы опыт.htm');

end;

procedure TForm6.BitBtn11Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело продв.htm');

end;

procedure TForm6.BitBtn12Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки продв.htm');

end;

procedure TForm6.BitBtn13Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс продв.htm');

end;

procedure TForm6.BitBtn14Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги продв.htm');

end;

procedure TForm6.BitBtn15Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы продв.htm');

end;

procedure TForm6.BitBtn1Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело новичок.htm');

end;

procedure TForm6.BitBtn2Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn3Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn4Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\новичок ноги.htm');

end;

procedure TForm6.BitBtn5Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки новичок.htm');

end;

procedure TForm6.BitBtn6Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело опытный.htm');

end;

procedure TForm6.BitBtn7Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки опыт.htm');

end;

procedure TForm6.BitBtn8Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс опытный.htm');

end;

procedure TForm6.BitBtn9Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги опыт.htm');

end;

procedure TForm6.FormCreate(Sender: TObject);

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

procedure TForm6.FormShow(Sender: TObject);

begin

if FirstTime then

begin

Form2.ShowModal;

FirstTime := False;

end;

end;

procedure TForm6.Image2MouseEnter(Sender: TObject);

begin

Label2.Caption := 'Главная';

end;

procedure TForm6.Image2MouseLeave(Sender: TObject);

begin

Label2.Caption := '';

end;

procedure TForm6.Image3Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form7.Show;

end;

procedure TForm6.Image3MouseEnter(Sender: TObject);

begin

Label3.Caption := 'Отчёт';

end;

procedure TForm6.Image3MouseLeave(Sender: TObject);

begin

Label3.Caption := '';

end;

procedure TForm6.Image4Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form8.Show;

end;

procedure TForm6.Image4MouseEnter(Sender: TObject);

begin

Label4.Caption := 'Настройки';

end;

procedure TForm6.Image4MouseLeave(Sender: TObject);

begin

Label4.Caption := '';

end;

procedure TForm6.PageControl1Change(Sender: TObject);

begin

Form1.PlayClickSound;

end;

procedure TForm6.SaveProgress(Count: Integer);

var

TextFile: TStringList;

FilePath: string;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

TextFile.Add(IntToStr(Count));

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

function TForm6.LoadProgress: Integer;

var

TextFile: TStringList;

FilePath: string;

TimerExpired: Boolean;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

if TimerExpired then

Result := 1 // Таймер вышел, записываем 1

else

Result := 0; // Таймер не вышел, записываем 0

// Записываем значение в файл

TextFile.Text := IntToStr(Result);

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

procedure TForm6.FormDestroy(Sender: TObject);

begin

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

end;

end.

unit otgim4;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.StdCtrls, Vcl.Imaging.jpeg,

Vcl.ExtCtrls, Vcl.Imaging.pngimage, Vcl.MPlayer, acPNG;

type

TForm4 = class(TForm)

RadioButton1: TRadioButton;

RadioButton2: TRadioButton;

RadioButton3: TRadioButton;

Label1: TLabel;

Button1: TButton;

Image2: TImage;

Image3: TImage;

Image4: TImage;

MediaPlayer1: TMediaPlayer;

procedure Button1Click(Sender: TObject);

procedure RadioButton1Click(Sender: TObject);

procedure RadioButton3Click(Sender: TObject);

procedure RadioButton2Click(Sender: TObject);

private

{ Private declarations }

public

function IsRadioButtonSelected: Boolean;

{ Public declarations }

end;

var

Form4: TForm4;

implementation

{$R \*.dfm}

uses plan5, glavnaya, zona3, zastavka1;

procedure TForm4.Button1Click(Sender: TObject);

begin

Form1.PlayClickSound;

if IsRadioButtonSelected then

begin

Form5.Show;

Form4.Close;

end

else

ShowMessage('Пожалуйста, выберите уровень, чтобы продолжить');

end;

procedure TForm4.RadioButton1Click(Sender: TObject);

begin

Form1.PlayClickSound;

end;

procedure TForm4.RadioButton2Click(Sender: TObject);

begin

Form1.PlayClickSound;

end;

procedure TForm4.RadioButton3Click(Sender: TObject);

begin

Form1.PlayClickSound;

end;

function TForm4.IsRadioButtonSelected: Boolean;

begin

Result := RadioButton1.Checked or

RadioButton2.Checked or

RadioButton3.Checked;

end;

end.

unit plan5;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.ExtCtrls, Vcl.Imaging.jpeg,

Vcl.StdCtrls, Vcl.Imaging.pngimage, Vcl.OleCtrls, SHDocVw, acWebBrowser, acPNG;

type

TForm5 = class(TForm)

Image1: TImage;

Image2: TImage;

Label1: TLabel;

Label2: TLabel;

Button1: TButton;

sWebBrowser1: TsWebBrowser;

Label3: TLabel;

procedure Button1Click(Sender: TObject);

procedure Label3Click(Sender: TObject);

procedure FormCreate(Sender: TObject);

function GetWorkoutPage(difficultyLevel: Integer; muscleGroup: String): String;

private

{ Private declarations }

public

{ Public declarations }

end;

var

Form5: TForm5;

difficultyLevel: Integer;

muscleGroup: String;

url: String;

WorkoutPages: array[0..2, 1..5] of String; // массив для 3 уровней сложности и 5 групп мышц

implementation

{$R \*.dfm}

uses glavnaya, zona3, otgim4, zastavka1, pol2;

function TForm5.GetWorkoutPage(difficultyLevel: Integer; muscleGroup: String): String;

var

Path: String;

begin

Path := ExtractFilePath(Application.ExeName); // Gets the path of the .exe file

Result := Path + WorkoutPages[difficultyLevel][StrToInt(muscleGroup)];

end;

procedure TForm5.Button1Click(Sender: TObject);

begin

Form1.PlayClickSound;

begin

// Определение выбранного уровня сложности

if Form4.RadioButton1.Checked then difficultyLevel := 0 // новичок

else if Form4.RadioButton3.Checked then difficultyLevel := 1 // опытный

else if Form4.RadioButton2.Checked then difficultyLevel := 2; // продвинутый

// Определение выбранной группы мышц

muscleGroup := '';

if Form3.RadioButton1.Checked then muscleGroup := muscleGroup + '1';

if Form3.RadioButton2.Checked then muscleGroup := muscleGroup + '2';

if Form3.RadioButton3.Checked then muscleGroup := muscleGroup + '3';

if Form3.RadioButton4.Checked then muscleGroup := muscleGroup + '4';

if Form3.RadioButton5.Checked then muscleGroup := muscleGroup + '5';

sWebBrowser1.Navigate(GetWorkoutPage(difficultyLevel, muscleGroup));

end;

end;

procedure TForm5.FormCreate(Sender: TObject);

begin

WorkoutPages[0, 1] := 'странички\все тело новичок.htm';

WorkoutPages[0, 2] := 'странички\пресс новичок.htm';

WorkoutPages[0, 3] := 'странички\руки новичок.htm';

WorkoutPages[0, 4] := 'странички\ягодицы новичок.htm';

WorkoutPages[0, 5] := 'странички\новичок ноги.htm';

WorkoutPages[1, 1] := 'странички\все тело опытный.htm';

WorkoutPages[1, 2] := 'странички\пресс опытный.htm';

WorkoutPages[1, 3] := 'странички\руки опыт.htm';

WorkoutPages[1, 4] := 'странички\ягодицы опыт.htm';

WorkoutPages[1, 5] := 'странички\ноги опыт.htm';

WorkoutPages[2, 1] := 'странички\все тело продв.htm';

WorkoutPages[2, 2] := 'странички\пресс продв.htm';

WorkoutPages[2, 3] := 'странички\руки продв.htm';

WorkoutPages[2, 4] := 'странички\ягодицы продв.htm';

WorkoutPages[2, 5] := 'странички\ноги продв.htm';

end;

procedure TForm5.Label3Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form6.show;

Form5.close;

end;

end.

unit glavnaya;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.Imaging.jpeg, Vcl.ExtCtrls,

System.ImageList, Vcl.ImgList, Vcl.StdCtrls, Vcl.ComCtrls, Vcl.Buttons,

Vcl.Menus, Vcl.Imaging.pngimage, Vcl.OleCtrls, SHDocVw, acWebBrowser, sBitBtn,

Vcl.MPlayer, acPNG, IniFiles;

var

FirstTime: Boolean = True;

type

TForm6 = class(TForm)

Label1: TLabel;

PageControl1: TPageControl;

TabSheet1: TTabSheet;

TabSheet2: TTabSheet;

TabSheet3: TTabSheet;

Panel1: TPanel;

Image2: TImage;

Image3: TImage;

Image4: TImage;

Label2: TLabel;

Label3: TLabel;

Label4: TLabel;

Image5: TImage;

Panel3: TPanel;

Image6: TImage;

Image8: TImage;

Image7: TImage;

BitBtn1: TBitBtn;

BitBtn2: TBitBtn;

BitBtn3: TBitBtn;

BitBtn4: TBitBtn;

BitBtn5: TBitBtn;

BitBtn6: TBitBtn;

BitBtn7: TBitBtn;

BitBtn8: TBitBtn;

BitBtn9: TBitBtn;

BitBtn10: TBitBtn;

BitBtn11: TBitBtn;

BitBtn12: TBitBtn;

BitBtn13: TBitBtn;

BitBtn14: TBitBtn;

BitBtn15: TBitBtn;

MediaPlayer1: TMediaPlayer;

Image9: TImage;

procedure Image2MouseEnter(Sender: TObject);

procedure Image3MouseEnter(Sender: TObject);

procedure Image4MouseEnter(Sender: TObject);

procedure Image2MouseLeave(Sender: TObject);

procedure Image3MouseLeave(Sender: TObject);

procedure Image4MouseLeave(Sender: TObject);

procedure Image3Click(Sender: TObject);

procedure Image4Click(Sender: TObject);

procedure BitBtn4Click(Sender: TObject);

procedure BitBtn5Click(Sender: TObject);

procedure BitBtn1Click(Sender: TObject);

procedure BitBtn3Click(Sender: TObject);

procedure BitBtn2Click(Sender: TObject);

procedure BitBtn8Click(Sender: TObject);

procedure BitBtn13Click(Sender: TObject);

procedure BitBtn7Click(Sender: TObject);

procedure BitBtn12Click(Sender: TObject);

procedure BitBtn14Click(Sender: TObject);

procedure BitBtn9Click(Sender: TObject);

procedure BitBtn10Click(Sender: TObject);

procedure BitBtn15Click(Sender: TObject);

procedure PageControl1Change(Sender: TObject);

procedure FormShow(Sender: TObject);

procedure BitBtn6Click(Sender: TObject);

procedure BitBtn11Click(Sender: TObject);

procedure FormCreate(Sender: TObject);

procedure FormDestroy(Sender: TObject);

private

public

procedure SaveProgress(Count: Integer);

function LoadProgress: Integer;

end;

var

Form6: TForm6;

implementation

{$R \*.dfm}

uses nastroyki, otchet, web, zastavka1, pol2;

procedure TForm6.BitBtn10Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы опыт.htm');

end;

procedure TForm6.BitBtn11Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело продв.htm');

end;

procedure TForm6.BitBtn12Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки продв.htm');

end;

procedure TForm6.BitBtn13Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс продв.htm');

end;

procedure TForm6.BitBtn14Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги продв.htm');

end;

procedure TForm6.BitBtn15Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы продв.htm');

end;

procedure TForm6.BitBtn1Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело новичок.htm');

end;

procedure TForm6.BitBtn2Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn3Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ягодицы новичок.htm');

end;

procedure TForm6.BitBtn4Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\новичок ноги.htm');

end;

procedure TForm6.BitBtn5Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки новичок.htm');

end;

procedure TForm6.BitBtn6Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\все тело опытный.htm');

end;

procedure TForm6.BitBtn7Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\руки опыт.htm');

end;

procedure TForm6.BitBtn8Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\пресс опытный.htm');

end;

procedure TForm6.BitBtn9Click(Sender: TObject);

begin

Form6.Hide;

Form9.Show;

Form9.sWebBrowser1.Navigate(extractFilePath(paramstr(0))+'странички\ноги опыт.htm');

end;

procedure TForm6.FormCreate(Sender: TObject);

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

procedure TForm6.FormShow(Sender: TObject);

begin

if FirstTime then

begin

Form2.ShowModal;

FirstTime := False;

end;

end;

procedure TForm6.Image2MouseEnter(Sender: TObject);

begin

Label2.Caption := 'Главная';

end;

procedure TForm6.Image2MouseLeave(Sender: TObject);

begin

Label2.Caption := '';

end;

procedure TForm6.Image3Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form7.Show;

end;

procedure TForm6.Image3MouseEnter(Sender: TObject);

begin

Label3.Caption := 'Отчёт';

end;

procedure TForm6.Image3MouseLeave(Sender: TObject);

begin

Label3.Caption := '';

end;

procedure TForm6.Image4Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form8.Show;

end;

procedure TForm6.Image4MouseEnter(Sender: TObject);

begin

Label4.Caption := 'Настройки';

end;

procedure TForm6.Image4MouseLeave(Sender: TObject);

begin

Label4.Caption := '';

end;

procedure TForm6.PageControl1Change(Sender: TObject);

begin

Form1.PlayClickSound;

end;

procedure TForm6.SaveProgress(Count: Integer);

var

TextFile: TStringList;

FilePath: string;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

TextFile.Add(IntToStr(Count));

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

function TForm6.LoadProgress: Integer;

var

TextFile: TStringList;

FilePath: string;

TimerExpired: Boolean;

begin

FilePath := ExtractFilePath(Application.ExeName) + 'отчет/user data.txt';

TextFile := TStringList.Create;

try

if TimerExpired then

Result := 1 // Таймер вышел, записываем 1

else

Result := 0; // Таймер не вышел, записываем 0

// Записываем значение в файл

TextFile.Text := IntToStr(Result);

TextFile.SaveToFile(FilePath);

finally

TextFile.Free;

end;

end;

procedure TForm6.FormDestroy(Sender: TObject);

begin

var font:string;

begin

font:=extractfilepath(application.ExeName);

AddFontResource(PChar(font + 'шрифты\ofont.ru\_Capture it.ttf'));

AddFontResource(PChar(font + 'шрифты\ofont.ru\_SAIBA-45.ttf'));

end;

end;

end.

unit otchet;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.Imaging.jpeg, Vcl.ExtCtrls,

Vcl.StdCtrls, Vcl.Imaging.pngimage, acPNG, VclTee.TeeGDIPlus, VCLTee.TeEngine,

VCLTee.TeeProcs, VCLTee.Chart, VCLTee.Series, Vcl.ComCtrls, acProgressBar,

Vcl.Grids, sPanel, sMonthCalendar;

type

TForm7 = class(TForm)

Image3: TImage;

Label1: TLabel;

StringGrid1: TStringGrid;

sProgressBar1: TsProgressBar;

Button1: TButton;

sMonthCalendar1: TsMonthCalendar;

Label2: TLabel;

Label3: TLabel;

Label4: TLabel;

procedure FormShow(Sender: TObject);

procedure Button1Click(Sender: TObject);

procedure sMonthCalendar1Change(Sender: TObject);

private

{ Private declarations }

public

{ Public declarations }

procedure UpdateStringGridAndProgressBar;

procedure UpdateStringGrid(StringGrid1: TStringGrid; CompletedWorkouts: Integer);

procedure UpdateProgressBar(sProgressBar1: TsProgressBar; CompletedWorkouts: Integer; TotalWorkouts: Integer);

end;

var

Form7: TForm7;

implementation

{$R \*.dfm}

uses glavnaya, zastavka1;

procedure TForm7.Button1Click(Sender: TObject);

begin

Form6.Show;

Form7.Close;

end;

procedure TForm7.FormShow(Sender: TObject);

begin

Form6.LoadProgress;

end;

procedure TForm7.sMonthCalendar1Change(Sender: TObject);

begin

var

SelectedDate: TDateTime;

begin

SelectedDate := sMonthCalendar1.CalendarDate;

StringGrid1.Cells[1, 1] := DateToStr(SelectedDate);

end;

end;

procedure TForm7.UpdateStringGridAndProgressBar;

var

CompletedWorkouts: Integer;

TotalWorkouts: Integer;

begin

CompletedWorkouts := Form6.LoadProgress;

TotalWorkouts := StringGrid1.RowCount - 1;

UpdateStringGrid(StringGrid1, CompletedWorkouts);

UpdateProgressBar(sProgressBar1, CompletedWorkouts, TotalWorkouts);

end;

procedure TForm7.UpdateStringGrid(StringGrid1: TStringGrid; CompletedWorkouts: Integer);

var

i: Integer;

begin

for i := 1 to StringGrid1.RowCount - 1 do

begin

if i <= CompletedWorkouts then

StringGrid1.Cells[1, i] := 'Завершено'

else

StringGrid1.Cells[1, i] := 'Не завершено';

end;

end;

procedure TForm7.UpdateProgressBar(sProgressBar1: TsProgressBar; CompletedWorkouts, TotalWorkouts: Integer);

begin

sProgressBar1.Max := TotalWorkouts;

sProgressBar1.Position := CompletedWorkouts;

end;

end.

unit nastroyki;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.Imaging.jpeg, Vcl.ExtCtrls,

Vcl.StdCtrls, Vcl.Menus, Vcl.Imaging.pngimage, sPanel, sMonthCalendar, acPNG,

Vcl.Buttons, sBitBtn, sListBox, Vcl.Mask, sMaskEdit, sCustomComboEdit,

sComboBox, Vcl.MPlayer, Vcl.WinXCalendars, Vcl.ComCtrls,ShellAPI;

type

TForm8 = class(TForm)

Image4: TImage;

Label1: TLabel;

Label2: TLabel;

MainMenu1: TMainMenu;

N1: TMenuItem;

sBitBtn1: TsBitBtn;

sBitBtn2: TsBitBtn;

sBitBtn3: TsBitBtn;

sBitBtn4: TsBitBtn;

Image2: TImage;

Image3: TImage;

RadioButton1: TRadioButton;

RadioButton2: TRadioButton;

sComboBox1: TsComboBox;

MediaPlayer1: TMediaPlayer;

Label3: TLabel;

RadioButton3: TRadioButton;

CalendarPicker1: TCalendarPicker;

procedure Label2Click(Sender: TObject);

procedure sBitBtn1Click(Sender: TObject);

procedure sBitBtn2Click(Sender: TObject);

procedure sBitBtn3Click(Sender: TObject);

procedure Image3Click(Sender: TObject);

procedure Image2Click(Sender: TObject);

procedure sBitBtn4Click(Sender: TObject);

procedure FormCreate(Sender: TObject);

procedure RadioButton2Click(Sender: TObject);

procedure RadioButton1Click(Sender: TObject);

procedure Label3Click(Sender: TObject);

procedure N4Click(Sender: TObject);

procedure RadioButton3Click(Sender: TObject);

procedure CalendarPicker1Change(Sender: TObject);

procedure N1Click(Sender: TObject);

private

{ Private declarations }

public

{ Public declarations }

end;

var

Form8: TForm8;

implementation

{$R \*.dfm}

uses glavnaya, zastavka1, web, spravka;

procedure TForm8.CalendarPicker1Change(Sender: TObject);

var

SelectedDateTime: TDateTime;

begin

SelectedDateTime := CalendarPicker1.Date;

// Проверка, что время находится в интервале 21:07 - 21:09

if (SelectedDateTime >= EncodeTime(21, 9, 0, 0)) and (SelectedDateTime <= EncodeTime(21, 11, 0, 0)) then

ShowMessage('Напоминание: Время для чего-то важного! Для тренировки');

end;

procedure TForm8.FormCreate(Sender: TObject);

begin

sComboBox1.Items.Add('музыка\chime-adam-tell-whole-rob-gasser-remix.mp3');

sComboBox1.Items.Add('музыка\skandr-summer-booty.mp3');

sComboBox1.Items.Add('музыка\liqwyd-scandinavianz-odessa.mp3');

sComboBox1.Items.Add('музыка\markvard-push.mp3');

sComboBox1.Items.Add('музыка\shiiva-raw-ill-stay-at-home.mp3');

end;

procedure TForm8.Image2Click(Sender: TObject);

begin

Form9.MediaPlayer2.Play;

end;

procedure TForm8.Image3Click(Sender: TObject);

begin

Form9.MediaPlayer2.Stop;

end;

procedure TForm8.Label2Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form6.Show;

RadioButton1.Visible := false;

RadioButton2.Visible := false;

RadioButton3.Visible := false;

Image2.Visible := false;

Image3.Visible := false;

sComboBox1.Visible := false;

CalendarPicker1.Visible := false;

Form8.Close;

end;

procedure TForm8.Label3Click(Sender: TObject);

begin

Form9.Show;

Form8.Close;

end;

procedure TForm8.N1Click(Sender: TObject);

begin

ShellExecute(0,PChar('Open'),PChar('spravka.chm'),nil,nil,SW\_SHOW);

end;

procedure TForm8.N4Click(Sender: TObject);

begin

Form10.show;

end;

procedure TForm8.RadioButton1Click(Sender: TObject);

begin

Form1.sSkinManager1.SkinName := 'Steam2';

end;

procedure TForm8.RadioButton2Click(Sender: TObject);

begin

Form1.sSkinManager1.SkinName := 'Calcium';

end;

procedure TForm8.RadioButton3Click(Sender: TObject);

begin

Form1.sSkinManager1.SkinName := 'Garnet II';

end;

procedure TForm8.sBitBtn1Click(Sender: TObject);

begin

Image2.Visible := true;

Image3.Visible := true;

end;

procedure TForm8.sBitBtn2Click(Sender: TObject);

begin

sComboBox1.Visible := true;

end;

procedure TForm8.sBitBtn3Click(Sender: TObject);

begin

RadioButton1.Visible := true;

RadioButton2.Visible := true;

RadioButton3.Visible := true;

end;

procedure TForm8.sBitBtn4Click(Sender: TObject);

begin

CalendarPicker1.Visible := true;

end;

end.

unit web;

interface

uses

Winapi.Windows, Winapi.Messages, System.SysUtils, System.Variants, System.Classes, Vcl.Graphics,

Vcl.Controls, Vcl.Forms, Vcl.Dialogs, Vcl.OleCtrls, SHDocVw, acWebBrowser,

Vcl.StdCtrls, Vcl.Buttons, Vcl.MPlayer, Vcl.ExtCtrls, acPNG, MMSystem;

type

TForm9 = class(TForm)

sWebBrowser1: TsWebBrowser;

BitBtn1: TBitBtn;

MediaPlayer1: TMediaPlayer;

Label1: TLabel;

BitBtn2: TBitBtn;

Timer1: TTimer;

Image1: TImage;

Image2: TImage;

Image3: TImage;

MediaPlayer2: TMediaPlayer;

procedure BitBtn1Click(Sender: TObject);

procedure Timer1Timer(Sender: TObject);

procedure BitBtn2Click(Sender: TObject);

procedure FormClose(Sender: TObject; var Action: TCloseAction);

procedure BitBtn3Click(Sender: TObject);

procedure Image3Click(Sender: TObject);

procedure FormShow(Sender: TObject);

procedure Image2Click(Sender: TObject);

procedure Image1Click(Sender: TObject);

procedure MediaPlayer2Notify(Sender: TObject);

private

{ Private declarations }

public

{ Public declarations }

var SelectedSong: string;

end;

var

Form9: TForm9;

TimeLeft: TDateTime;

implementation

{$R \*.dfm}

uses glavnaya, zastavka1, nastroyki, otchet;

procedure TForm9.BitBtn1Click(Sender: TObject);

begin

Form1.PlayClickSound;

Form9.Close;

Form6.Show;

Timer1.Enabled := False;

Label1.Caption := ' ';

end;

procedure TForm9.BitBtn2Click(Sender: TObject);

begin

Form1.PlayClickSound;

TimeLeft := EncodeTime(0, 15, 0, 0); // устанавливаем начальное время в 15 минут

Timer1.Interval := 1000; // интервал в 1 секунду

Timer1.Enabled := True;

Image1.Visible := true;

end;

procedure TForm9.BitBtn3Click(Sender: TObject);

begin

Form8.show;

end;

procedure TForm9.MediaPlayer2Notify(Sender: TObject);

begin

if (MediaPlayer2.Mode = mpStopped) and (MediaPlayer2.Position = MediaPlayer2.Length) then

begin

MediaPlayer2.Play;

end;

end;

procedure TForm9.Timer1Timer(Sender: TObject);

begin

TimeLeft := TimeLeft - EncodeTime(0, 0, 1, 0);

Label1.Caption := FormatDateTime('nn:ss', TimeLeft);

if TimeLeft <= 0 then

begin

Timer1.Enabled := False;

Form6.SaveProgress(Form6.LoadProgress + 1);

Form7.UpdateStringGridAndProgressBar;

ShowMessage('Поздравляем! Вы успешно завершили тренировку!');

end;

if Assigned(Form7) then

begin

Form7.sProgressBar1.Position := Form7.sProgressBar1.Position + 1;

end;

end;

procedure TForm9.FormClose(Sender: TObject; var Action: TCloseAction);

begin

MediaPlayer2.Stop;

end;

procedure TForm9.FormShow(Sender: TObject);

begin

Image1.Visible := false;

Image2.Visible := false;

end;

procedure TForm9.Image1Click(Sender: TObject);

begin

Image1.Visible := false;

Image2.Visible := true;

if Form8.sComboBox1.ItemIndex <> -1 then // проверка

Form9.SelectedSong := Form8.sComboBox1.Items.Strings[Form8.sComboBox1.ItemIndex]

else

Form9.SelectedSong := (ExtractFilePath(Application.ExeName)+'музыка\Dj Luis Mares - Piano In The Club.mp3');

MediaPlayer2.FileName := SelectedSong;

MediaPlayer2.Open;

MediaPlayer2.OnNotify := MediaPlayer2Notify;

MediaPlayer2.Play;

end;

procedure TForm9.Image2Click(Sender: TObject);

begin

Image2.Visible := false;

Image1.Visible := true;

MediaPlayer2.Stop;

end;

procedure TForm9.Image3Click(Sender: TObject);

begin

Form8.show;

end;

end.