A Literature Survey On

Gym Management System

Third Year of Engineering

In

Computer Engineering

By

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**Abstract**

In RFID-enabled gym management system, the manager of gym can track and trace the exercise status of member. For the purpose of gym, it can apply an exercise prescription for each member when they come in gym. The system not only can reduce the waste of human resources and enhance the efficiency of management levels, but also to enhance the welfare of members of gym.

Working out at the gym is the favorite pastime many people these days. To gain the competitive edge, many gym has installed the system to log exercise data. An individual’s exercise data can track personal progress as well as provide positive feedback and motivation. The majority of this recorded data comes from the rotation based exercise such as stationary bike, treadmills and rowing machines, because it is easy to log data with rotational sensors. To the best of our knowledge there is currently no method for recording exercise data from gym equipment that utilize weight, stack and pulley as a resistance . An objective of this work is to propose an exercise dada logging that collect data from retrofitted weight stack equipment using off-the –self sensors and microcontroller. This data been designed and implemented with a simple wed-based interface.

**Introduction**

Owing to the rapid development of city, busier modern life and lived in urban area without space to exercise, the gymnasium lead to exercise development. When people go to the gym, they don’t know training which part to choose the right equipment, where the fitness equipment, or should spend how much time to exercise this part when start fitness. With RFID technology’s development, many innovative and sweet applications for our life, food, clothing, housing, transportation, education, and recreation are more convenient. The RFID system mainly contains three major parts tags, antenna, readers and the computer application system. This study proposes a RFID-enabled gym management system, through this system when member enter the gym, it will according to personal situation give exclusive exercise prescription. According to exercise prescription recommendation, members do relative fitness. In whole process of exercise, the RFID tag on the member’s wrist automatically collect and record the related fitness data of membership. When the member leaves, according to the content of exercise prescription and actual exercise to inform member whether reaches the recommendation of exercise prescription to meet the purpose of fitness; furthermore, can know the number of times of using equipment to control the equipment used times and as the maintenance basis for enhancing the management efficiency.