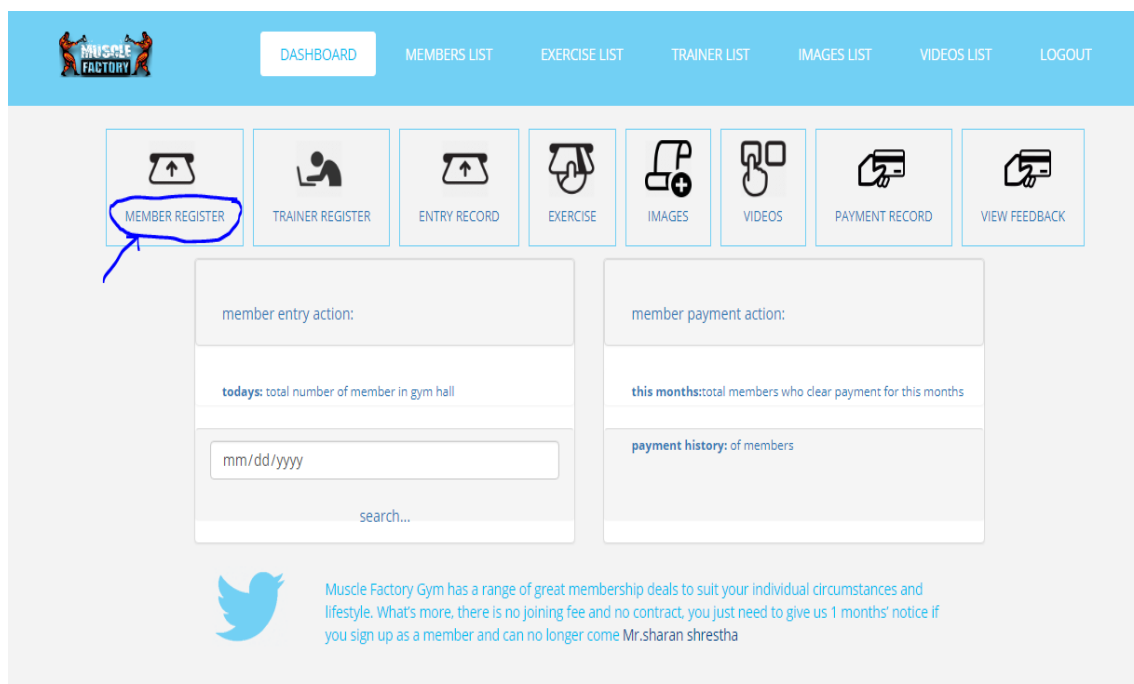


User guide:

How to register member by admin:

- 1) Go to login form enter username and password (there is separate username and password for admin and trainer)
- 2) If username and password of admin is correct admin dashboard will appear.



- 3) There is member register tab and click on that tab registration form will appear.

Member Name: <input type="text" value="please enter member name"/>	Date of birth: <input type="text" value="mm/dd/yyyy"/>
member image: <input type="button" value="Choose File"/> No file chosen	weight(in kg): <input type="text" value="please enter member weight"/>
Member Address: <input type="text" value="please enter member address"/>	height(feet): <input type="text" value="please enter feet"/>
Member Email: <input type="text" value="please enter member email"/>	height(inch): <input type="text" value="please enter inch"/>
Username: <input type="text" value="please enter username"/>	Member Contact: <input type="text" value="please enter member contact"/>
Password: <input type="text" value="please enter password"/>	Join Date: <input type="text" value="mm/dd/yyyy"/>
Re-password: <input type="text" value="please re-enter password"/>	Package: <input type="text" value="gym"/>
	BMI: <input type="text" value="please enter body mass index"/>
<input type="button" value="submit"/>	

- 4) After filling all the field click on submit button then message will display at top of form if register is successful.

Member Name:

Date of birth:

member image:

weight(in kg):

Member Address:

height(feet):

Member Email:

height(inch):

valid uname

Username:

valid uname

Password:

Package:

Re-password:

Member Contact:

Join Date:

password match

BMI:

5) If register is successful message will display at top of form like this

member registration form: data sucessfully insert in table registration

How to edit and delete registered member:

1) After register, admin can see list of member by clicking on member list.

MUSCLE FACTORY

DASHBOARD **MEMBERS LIST** EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT

MEMBER REGISTER TRAINER REGISTER ENTRY RECORD EXERCISE IMAGES VIDEOS PAYMENT RECORD VIEW FEEDBACK

member entry action:

today's: total number of member in gym hall

mm/dd/yyyy

search...


member payment action:

this month's: total members who clear payment for this months

payment history: of members

Muscle Factory Gym has a range of great membership deals to suit your individual circumstances and lifestyle. What's more, there is no joining fee and no contract, you just need to give us 1 months' notice if you sign up as a member and can no longer come Mr.sharan shrestha

2) Then there is edit button on list of member. Click on edit to edit member

<div>  <div> DASHBOARD MEMBERS LIST EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT </div> </div>							
Member list							
Member ID	Member name	Member address	Member email	Member contact	joinDate	package ID	actions
14	mm	mm	m@gmail	9841599093	2017-07-19	gym	delete edit view details
15	mm	mm	mm@gmail.com1	9841599093	2017-07-24	gym	delete edit view details
16	mm	mm	mmmm@gmail.com	9841595593	2017-07-20	gym	delete edit view details
17	mm	mm	jpt@gmail.com	9841599093	2017-07-01	gym	delete edit view details
18	savin	gokarneshwor-12	saran@gmail.com	9841599093	2017-07-05	gym	delete edit view details


3) Then new form will appear with current data and can edit from that form.

Member Name:	weight(in kg):
<input type="text" value="mm"/>	<input type="text" value="45"/>
Member Address:	height(feet):
<input type="text" value="mm"/>	<input type="text" value="15"/>
Member Email:	height(inch):
<input type="text" value="m@gmail"/>	<input type="text" value="5"/>
Username:	Member Contact:
<input type="text" value="m"/>	<input type="text" value="9841599093"/>
Password:	Join Date:
<input type="password" value="....."/>	<input type="text" value="07/19/2017"/>
Re-password:	Package:
<input type="text" value="please re-enter password"/>	<input type="text" value="gym"/>
Date of Birth:	BMI:
<input type="text" value="07/01/2017"/>	<input type="text" value="1.9919429008239518"/>
<input type="button" value="submit"/>	

4) After completing edit of data click on submit to update successfully and then message will display at top of form.

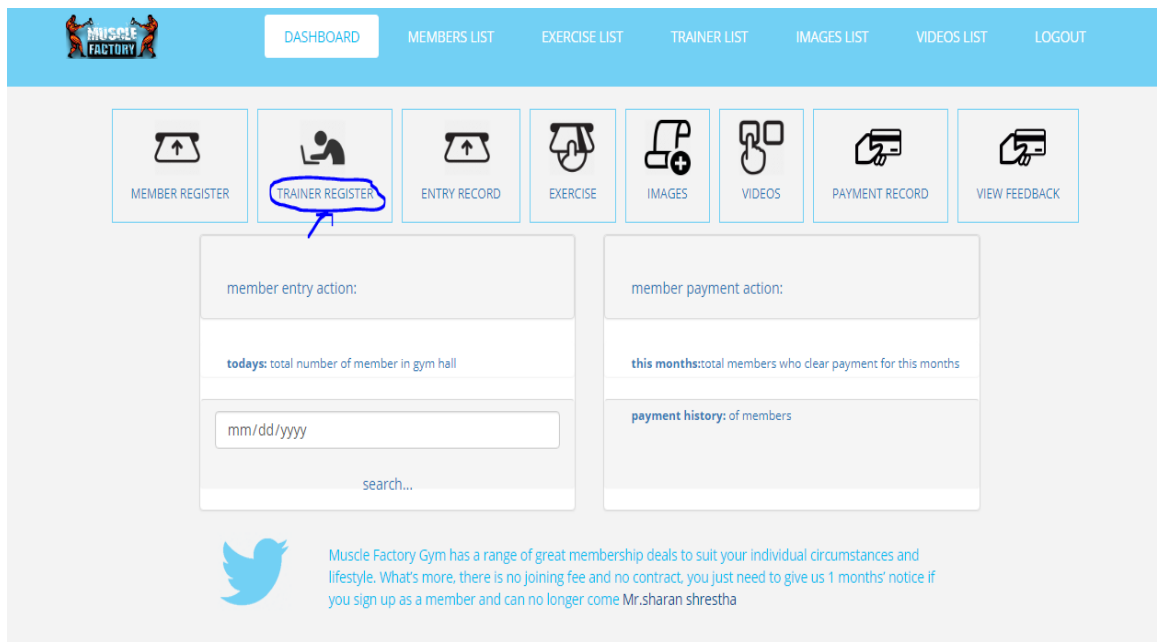
edit user registration form: data successfully update

5) And to delete member click on delete button left to edit button.

<div>  <div> DASHBOARD MEMBERS LIST EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT </div> </div>							
Member list							
Member ID	Member name	Member address	Member email	Member contact	joinDate	package ID	actions
14	mm	mm	m@gmail	9841599093	2017-07-19	gym	delete edit view details
15	mm	mm	mm@gmail.com1	9841599093	2017-07-24	gym	delete edit view details
16	mm	mm	mmmm@gmail.com	9841595593	2017-07-20	gym	delete edit view details
17	mm	mm	jpt@gmail.com	9841599093	2017-07-01	gym	delete edit view details
18	savin	gokarneshwor-12	saran@gmail.com	9841599093	2017-07-05	gym	delete edit view details

How to register trainer by admin:

- 1) Click on button trainer register to open trainer register form.



- 2) After clicking on that button trainer registration form will appear.


[Trainer registration form:](#)


Trainer Name: <input type="text" value="please enter trainer name"/>	Password: <input type="password" value="please enter password"/>
trainer image: <input type="button" value="Choose File"/> No file chosen	Re-password: <input type="password" value="please re-enter password"/>
Trainer Address: <input type="text" value="please enter member address"/>	Date of birth: <input type="text" value="mm/dd/yyyy"/>
Trainer Contact: <input type="text" value="please enter member contact"/>	Join Date: <input type="text" value="mm/dd/yyyy"/>
Trainer Email: <input type="text" value="please enter member email"/>	Package: <input type="text" value="gym"/>
Username: <input type="text" value="please enter username"/>	<input type="button" value="submit"/>

- 3) After entering all valid data click on submit button then message will display at top of form.


How to edit and delete registered trainer:

- 1) There is trainer list button at top of main admin page. Click on trainer list to display all trainers.



DASHBOARD
MEMBERS LIST
EXERCISE LIST
TRAINER LIST
IMAGES LIST
VIDEOS LIST
LOGOUT




MEMBER REGISTER




TRAINER REGISTER




ENTRY RECORD




EXERCISE




IMAGES



VIDEOS



PAYMENT RECORD



VIEW FEEDBACK

member entry action:

today's: total number of member in gym hall


mm/dd/yyyy

search...

member payment action:




this months:total members who clear payment for this months

payment history: of members



Muscle Factory Gym has a range of great membership deals to suit your individual circumstances and lifestyle. What's more, there is no joining fee and no contract, you just need to give us 1 months' notice if you sign up as a member and can no longer come Mr.sharan shrestha

- 2) After clicking that button page of list of trainer will appear. And click on edit button to edit and new form will appear with present data and after changing data click on submit. Similarly to delete trainer click on delete button which is in left side of edit button.

<div>  DASHBOARD MEMBERS LIST EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT </div>											
Member list											
Trainer ID	Trainer name	Trainer picture	Trainer address	Trainer email	Trainer username	Trainer password	Trainer contact	date of birth	joinDate	package ID	actions
9	savin	 <div>Choose File N...</div> <div>click to change image</div>	gokarneshwor-12	savin@gmail.com	savin	123456789	9841599093	2017-06-29	2017-06-29	1	<div>delete</div> <div>edit</div>
10	5555	 <div>Choose File N...</div>	555	sadad@gmail.com	adadad	123456789	9841599093	2017-07-19	2017-07-06	0	<div>delete</div> <div>edit</div>

- 3) Then message will display at top of form for each action.

How to make entry of members:
Click on entry record tab of admin dashboard.

member entry action:

todays: total number of member in gym hall

mm/dd/yyyy

search...

member payment action:

this months:total members who clear payment for this months

payment history: of members

Muscle Factory Gym has a range of great membership deals to suit your individual circumstances and lifestyle. What's more, there is no joining fee and no contract, you just need to give us 1 months' notice if you sign up as a member and can no longer come Mr.sharan shrestha

There is entry form in left side and left form in right side. First fill up entry form by choosing member id and fill left form who are inside gym hall

member entry record Form:

member id

please select member id

member Name:

please get member name

entry date:

2017/07/06

entry time:

please enter entry time

submit

member left record Form:

member id

please select member id

left time:

please enter left time

submit

How to make payment of members:
Click on payment record

member entry action:

todays: total number of member in gym hall

mm/dd/yyyy

search...

member payment action:

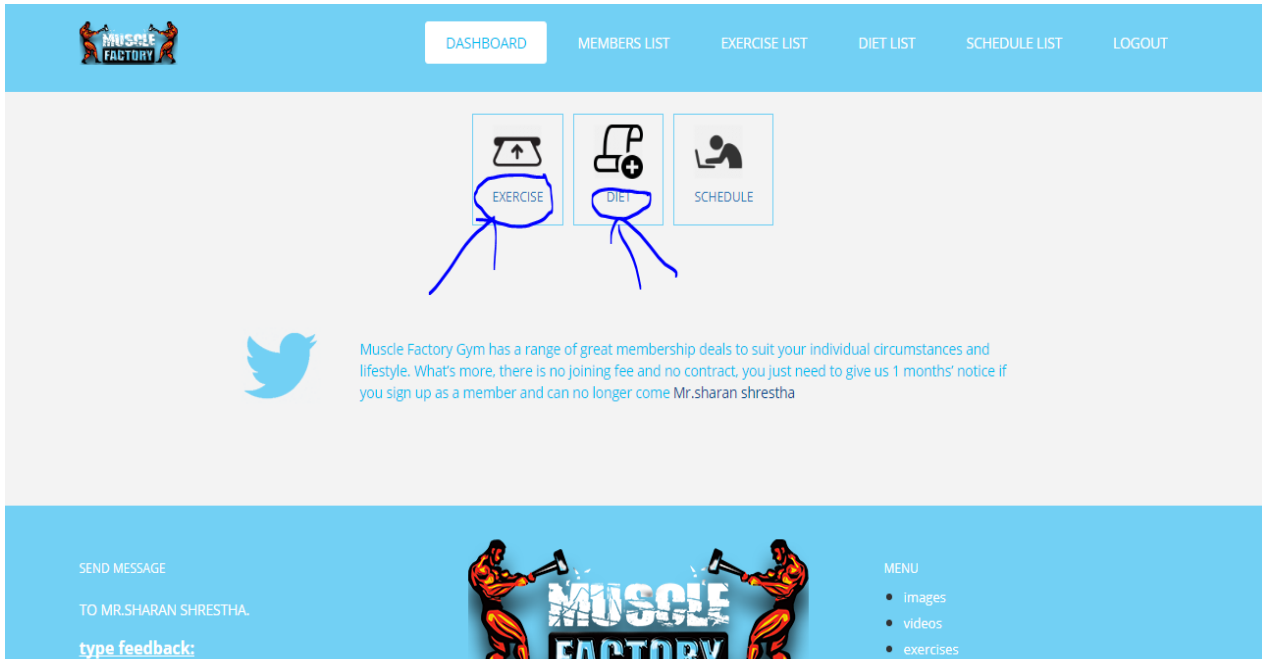
this months:total members who clear payment for this months

payment history: of members

Muscle Factory Gym has a range of great membership deals to suit your individual circumstances and lifestyle. What's more, there is no joining fee and no contract, you just need to give us 1 months' notice if you sign up as a member and can no longer come Mr.sharan shrestha

How to upload exercise and diet details:

- 1) Open trainer dashboard. Click on exercise button to add exercise or click on diet button to add diet.



- 2) If exercise button is clicked then exercise uploading form will appear and after filling valid data in form click on submit to submit. And then if successful message will display at top of form.

- 3) If diet button is clicked then diet uploading form will appear and after filling valid data in form click on submit to submit. And then if successful message will display at top of form.

Diet registration form:

Diet Name:
please enter diet name

Diet category:
please select category

diet image:
Choose File No file chosen

diet video:
Choose File No file chosen

diet details:
please describe about exercise

submit

How to view schedule of exercises:

Member can see exercise schedule by choosing its id. At home page there is schedule div.

login to get exercise schedule:

id:
please select member ID ▼

submit

Click on submit after selecting id then schedule page will appear.

member id:18
member name:savin
exercise start date:2017-07-05
exercise end date:2017-07-19

day:sunday

exercise category:chest
ex 1:category not available
ex 2:category not available
ex 3:category not available
ex 4:category not available
ex 5:category not available
ex 6:category not available

day:monday

exercise category:legs
ex 1:category not available
ex 2:category not available
ex 3:category not available
ex 4:category not available
ex 5:category not available
ex 6:category not available

day:please select day

exercise category:please select category
ex 1:please select exercise
ex 2:please select exercise
ex 3:please select exercise
ex 4:please select exercise
ex 5:please select exercise
ex 6:please select exercise

day:please select day

exercise category:please select category
ex 1:please select exercise
ex 2:please select exercise
ex 3:please select exercise
ex 4:please select exercise
ex 5:please select exercise
ex 6:please select exercise

day:please select day

exercise category:please select category
ex 1:please select exercise
ex 2:please select exercise
ex 3:please select exercise
ex 4:please select exercise
ex 5:please select exercise
ex 6:please select exercise

day:please select day

exercise category:please select category
ex 1:please select exercise
ex 2:please select exercise
ex 3:please select exercise
ex 4:please select exercise
ex 5:please select exercise
ex 6:please select exercise

day:please select day

exercise category:please select category
ex 1:please select exercise
ex 2:please select exercise
ex 3:please select exercise
ex 4:please select exercise
ex 5:please select exercise
ex 6:please select exercise

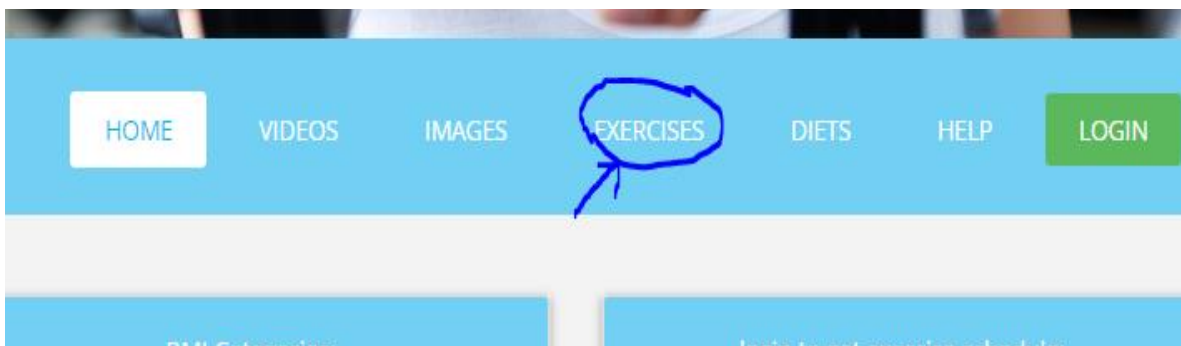
How to view images and videos:

Click on image tab to view images and click on videos to view videos. These tab is in home page.




How to view exercises:

There is exercise tab in menu bar of home page




Or there is exercise div and can get exercise of its own category


EXERCISES




CHEST EXERCISE
[VIEW MORE](#)




BICEPS EXERCISE
[VIEW MORE](#)



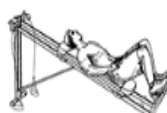
SHOULDER EXERCISE
[VIEW MORE](#)




TRICEPS EXERCISE
[VIEW MORE](#)



BACK EXERCISE
[VIEW MORE](#)



LEGS EXERCISE
[VIEW MORE](#)



ABS EXERCISE
[VIEW MORE](#)

How to send feedback:

There are div at footer of page to send feedback

SEND MESSAGE

TO MR.SHARAN SHRESTHA.

type feedback:

submit message