University of zakho

Computer science 4th stage department

Group "A"

"Gym management system"

"mobile Application"

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Abstract

Any business that does not have a app is missing out on one of the most powerful marketing tools available to them. The main reason that it is important for businesses to have a app is how people are likely to find you. These days most people will go online and research products and companies before they make a purchase. For this reason of dependency on online, we develop an App for a training in which customer can get all information about the gymnasium and he/she can access or enroll at the gym via online.

Table of Contents

Introduction

We all know health is a wealth. We do not need a fancy car, big apartment, a doctor degree without a health. Being healthy is a first thing we need to keep in mind. Because most of time our attitude depends on how we feel. Being healthy and fit gives us energy to do anything. Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

Overview of the Project

" Gym Management System" this app created for a people who cannot go to gym, or don't have their own trainer and want to build a muscles or lose a weight, so we decided to build an app that help theirs needs, the app contain many sections which help them to train by themselves easily and confidence, whiteout need a real trainer and the app contain mane pictures and videos that will help them , The main objective of the project is to design and develop a user friendly efficient computerized Gym Management System. An accurate system without any data redundancy. Secured data storage for Authority end. A flexible system which can maneuver the customer-staff relationship in an effective manner to provide better graphical user interface, Computerization can be helpful as means of saving time & money.

Why Training Programs?

Whether you want to burn fat, build muscle, get stronger or reshape your body completely, we have a pre-designed plan for you. Developed by professional trainers and fitness experts, the training programs are structured with exercise videos, pictures and guidance. This is to make it as easy as possible for you to reach your goals.

Benefits with Training Programs

Why should you have an exercise program? Isn't it just to freestyle a little as long as you break a sweat? No, it's not that simple. Below we have listed 6 reasons why you should use an exercise program.

1. **Structure.** Achieving major changes requires a good and clear plan. Even the most creative football teams have a clear structure and make a plan in the locker room to then be able to be creative during the match. If you follow a fixed plan with exercises no matter how you feel about the day, you will do the job even if you are tired. If it says Squat in the program, you will run and get the effect of that exercise even if you for the day have no desire at all with such a large and heavy exercise. If you train depending on what you are feeling that day, you might choose a much easier leg exercise that day, and the results would have been lacking.
2. **Good training distribution**. A good program ensures that you do not overtrain one body part and miss another. In a good program, the parts you focus on are trained, and the body is given enough rest between sessions. If you did chest one day, a good program will not include chest exercises immediately the next day.
3. **Goal.** Easy to follow your progress. By implementing a fixed plan of exercises for a couple of weeks, you will follow your improvement in each exercise. You will see and clearly measure your results, which is very fun and gives increased exercising joy.
4. **Expertise.** Let someone who can anatomy and exercise think on your behalf, which exercises train which muscle is not always easy to track. Are you going to train with a lot of reps or heavy weights? Everything around the body requires knowledge. Let an expert guide you depending on your goal.
5. **Variation.** Your muscles need to be trained at different angles and in different ways to grow. A program often trains a body part in different ways during different workouts to increase your results. Do not do the same exercises over and over again in the gym.

6. **Shock the body.** You cannot run a program for too long because then the body gets used to it, and you will stop growing. You will need to replace the programs from time to time. Therefore, it is good that there are several programs o chooses from.

How Do I Decide on What Training Program to Do?

First, you need to think about what you want to achieve from the workout. If it is a generally better physique, maybe a full-body program is a good choice and if it is to build legs and buttocks, you should choose a program with more exercises focused on the lower body. If you want to lose weight, workouts that train large muscle areas but at the same time give a higher heart rate are good.
Another very important aspect is how many times a week you have time to train. If you only train twice a week, a full-body program is preferable because all muscles are trained twice a week, but if you can reach volumes of 3-5 sessions a week, there are more options. Be honest with yourself and do not make unreasonable demands

When Should I Change Training Programs?

Most training programs have a set end date of 6-10 weeks. When the program is over, you can select another or run the program one more time. As long as you see good growth and good results, you can continue with the same program, it works! When the results begin to decline and each week begins to resemble the previous one, it is time to shock the body with a new program. Just to switch it up!

Scope of Gym and Fitness Management System Project

As the technology and the passion of being muscular and healthy is increasing day by day. So, the need for a well-organized, trainer gym Management System has become the need of society and the gymnasium industry.

So our app will help the user, save the money and time, and be more knowledge about the fitness training, feel more comfortable with app

Project tools need?

1-Xarmarin.form

2-XAML and c#

Graphical user interface(GUI) Here we have the last step of this long tour implementation of GUI app of this system, we will show the GUI designed, so after implementing the GUI of the gym management system (training) application. Here are the interface requirements: Interface Requirement Various interfaces could be- **1. Login Page 2. Registration Form 3- dash board which is contain sections**

1- Login page: user's logins to the system by entering valid user name and password for the training. Here this page is for the security between the user and dashboard the user who have an account will access by entering their name and

password and the users who don't have an account he/she will create one to themselves by clicking to the link which is beside the login button which will open the registration page for them.

2- Registration page: after the user (who don't have an account and want to create one) clicking to the link a registration form will be displayed for them. then a user will enter his/her information in those fields such as: If user don't have account and want to register themselves then should follow following steps: -

• **Must enter his/her username.**

• **Must enter his/her password.**
• **Must enter his/her E-mail.**

• **must enter his/her address.**

• **Must enter his/her phone number.**

 after that the user will click to the submit button then the user will be registered to the system and the will return to the login page and inter his or her name with password then the user will access to the system .

3- Dashboard: this page allows all users to understand the analytics that matter that how to train, we part our projects into departments. Even for non-technical users, dashboards allow them to participate and understand. This page includes many tabs and each of them have its own task and which they are:

- bench-press

- Deadlift

- Fitness

- Plank

- Pullu psskin

- situps

fitness: after the user become registered within the system, the user will be in the dash board and many choices will appear to them then if he/she clicked to fitness for example then a button will appear named **"start"** it is the timer for training .
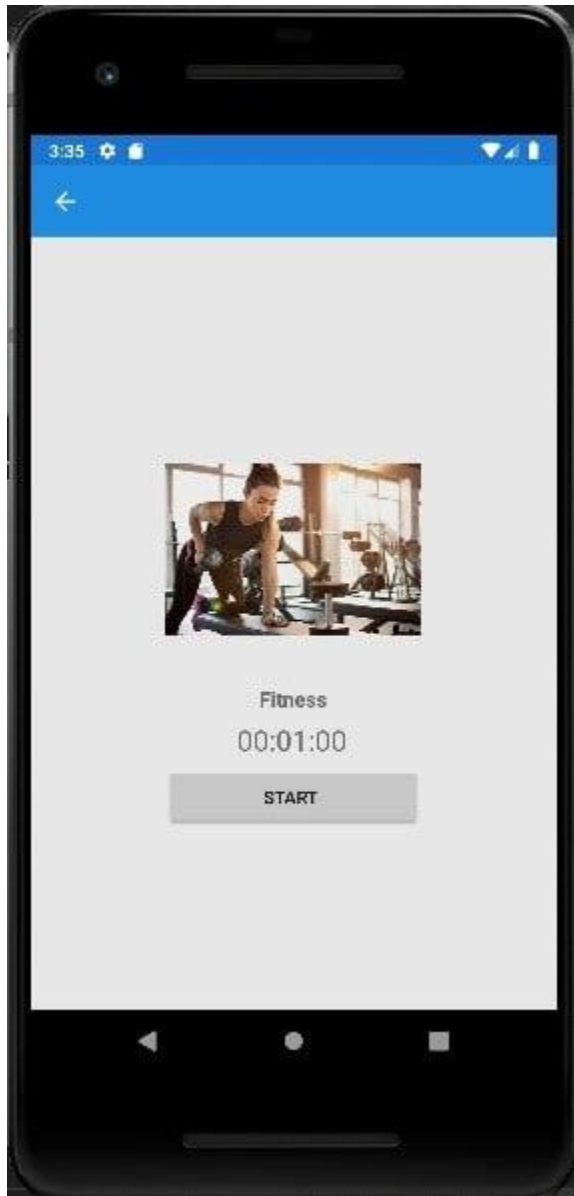
Conclusion

As we know Nowadays, the lifestyle of the people is different from before, People feel uncomfortable, to go to gyms and have their own trainer and spend money and time for gyms, because One of the biggest potential disadvantages of training employees is the **cost of the process**. If you handle the training internally, it costs money because you have to pay one of your employees for training instead of doing productive work. If you use an outside trainer, you have to pay him for his time so this app is one of the perfect choice for them and make them feel comfortable and more scheduled day.