**Software Engineering I**

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**Gym system**

FOR coaches WHO need a way to train members using web-based training application, THE Gym system is a training environment THAT allows the set of exercises and products used by members to be easily configured for these members by coaches themselves. UNLIKE virtual training environments, the focus of Gym is the plan and diet process and you can train with the coach you want then you can go to the gym and follow the plan and instructions that the coach wrote for you. OUR product enables coaches to create specific exercises for members using the web-based resources, such as videos, simulations and written instructions.