

AppsMarche User Guide

For

Gym App and Dashboard



Table of Contents

Document Control.....	5
1. AppsMarche Gym App	5
2. How to Get a Gym APP	5
3. Web Dashboard Walkthrough	6
4. Admin Mobile App Walkthrough	29
5. Trainer Mobile App Walkthrough	40
6. GYM User Mobile App Walkthrough	50
Figure 1 Login Screen.....	6
Figure 2 Admin Dashboard	7
Figure 3 Change Language	7
Figure 4 All Assigned Plans.....	8
Figure 5 Details of the clients.....	8
Figure 6 Assign Diet Plan.....	9
Figure 7 custom diet plan	9
Figure 8 Assign Work Plan.....	10
Figure 9 Adding new clients	10
Figure 10 All Diet Plans	11
Figure 11 Edit Diet Plan.....	11
Figure 12 Add new Diet Plan.....	12
Figure 13 All Workout Plans.....	12
Figure 14 Add new Workout Plan.....	13
Figure 15 All Trainers	13
Figure 16 Edit Trainers	14
Figure 17 Add New Trainers.....	14
Figure 18 show detail.....	15
Figure 19 All Personal Trainers	15
Figure 20 Change Personal Trainer	16
Figure 21 All Clients	16
Figure 22 Client's Details.....	17
Figure 23 Edit client	17
Figure 24 Add Client.....	18
Figure 25 All Categories	18
Figure 26 Edit Category.....	19

Figure 27Add new Category.....	19
Figure 28All Sub Categories	20
Figure 29Edit Sub Category.....	20
Figure 30Add new Sub Category.....	21
Figure 31Banners	21
Figure 32Add new Banner.....	22
Figure 33Transactional Report.....	22
Figure 34Customer Report.....	23
Figure 35Send Notifications.....	23
Figure 36 help	24
Figure 37 packages.....	24
Figure 38add packages.....	25
Figure 39 edit package.....	25
Figure 40 promotion	26
Figure 41 edit promotion.....	26
Figure 42 add promotion	27
Figure 43 services.....	27
Figure 44 edit service	28
Figure 45 add services.....	28
Figure 46 feedback.....	29
Figure 47 profile.....	29
Figure 48 splash screen.....	30
Figure 49 home screen.....	30
Figure 50 navigation menu	31
Figure 51 members	31
Figure 52 member details1	32
Figure 53 members details2.....	32
Figure 54 trainers	33
Figure 55 trainer details.....	33
Figure 56 client under trainer	34
Figure 57 category	34
Figure 58 exercise under category.....	35
Figure 59 services.....	35
Figure 60 diet plan	36
Figure 61 current n past diet plan.....	36
Figure 62 work plan	37
Figure 63 work plan history	37
Figure 64 diet plan	38
Figure 65work plan as per day.....	38
Figure 66 work plan	39
Figure 67 about us	39
Figure 68 Trainer App Splash Screen	40
Figure 69 login.....	40
Figure 70 Trainer App Dashboard	41

Figure 71 navigation menu	41
Figure 72 Trainer Profile	42
Figure 73 Trainer Client Details.....	42
Figure 74 Client Details	43
Figure 75 Client Details	43
Figure 76 Available Workout Plans	44
Figure 77 Day Selection.....	44
Figure 78 Day Work out Details	45
Figure 79 assign workout	45
Figure 80 workout plan details	46
Figure 81 Diet Plan Details (My Diet).....	46
Figure 82 Diet plan detail (All Diet).....	47
Figure 83 Assigning Plan	47
Figure 84 Plan Details.....	48
Figure 85 Assigning Plan	48
Figure 86 choose language	49
Figure 87 About App	49
Figure 88 about app.....	50
Figure 89 split screen	50
Figure 90 Login Screen.....	51
Figure 91 forgot password	51
Figure 92 sign up	52
Figure 93 User Home Screen	53
Figure 94 navigation menu	53
Figure 95 Work out Details	54
Figure 96 Diet Plan.....	54
Figure 97 Services Details	55
Figure 98 promotions.....	55
Figure 99 BMI Screen.....	56
Figure 100 Diet history.....	56
Figure 101 Edit User Profile	57
Figure 102 Setting Alarm.....	57
Figure 103 Available alarm screen.....	58
Figure 104 Set Alarm Screen.....	58
Figure 105 Alarm Day Selection	59
Figure 106 rate us	59
Figure 107about App Information	60
Figure 108choose language	60
Figure 109 logout	61

Document Control

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AppsMarche Gym App User Manual with new features	AppsMarche (sales@AppsMarche.com)	1.0	3-July-2017

1. AppsMarche Gym App

AppsMarche Gym App is a unique approach for the gym trainers and the clients who want to manage the workouts and diet plans, trainers and clients in a tech friendly and innovative manner. The app contains various features in it which makes the work to be managed properly and efficiently. Through this app the gym trainer can manage all the data of their staff which includes the trainers, personal trainers and clients. The trainers can assign the diet and workout plans to their clients easily through the gym app. The clients can see their diet and workout plans on the gym app and can work accordingly. All the functionalities of app like sending notifications, managing the diet and workout plans, adding clients and trainers, etc. are managed by Web Dashboard.

2. How to Get a Gym APP

To get a gym app, user has to sign up with us with below URL.

<http://www.AppsMarche.com/gym-app-AppsMarche>, and select option to Get APP.

By providing, few basic details, and making payment, user can register with us. Once payment is done, a confirmation email will be sent on registered email id which will contain the details on how to access web dashboard and credentials to access the same.

App will be uploaded on Play Store within 30-60 min duration after payment. We will send a confirmation email once it is uploaded on Play Store. Also App can be downloaded from Web Dashboard as well.

3. Web Dashboard Walkthrough

Access web dashboard with the URL shared on registered email id.

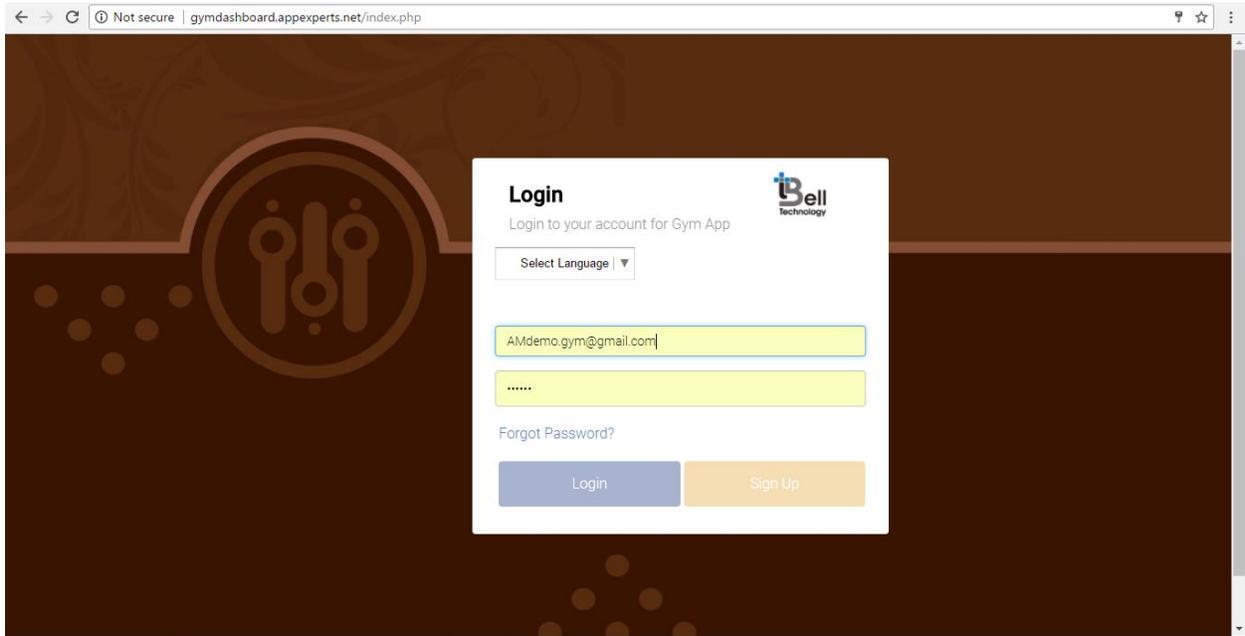


Figure 1 Login Screen

Admin will see below screen after login into web dashboard.

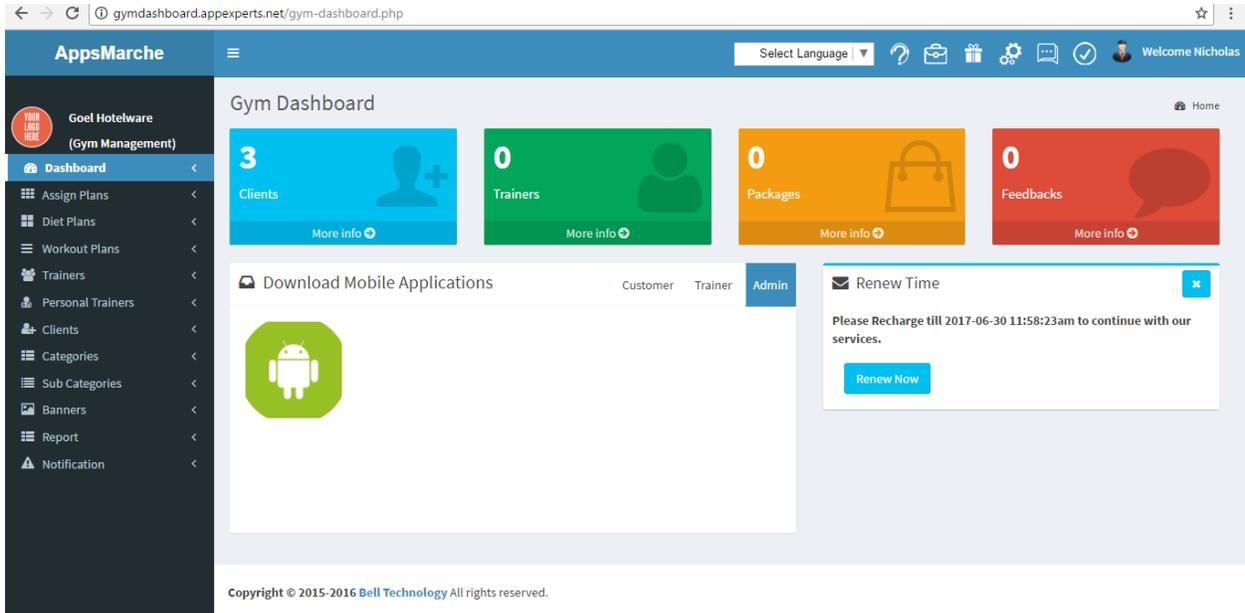


Figure 2 Admin Dashboard

Admin can change language of web dashboard by selecting the required language from the drop down available on top right corner.

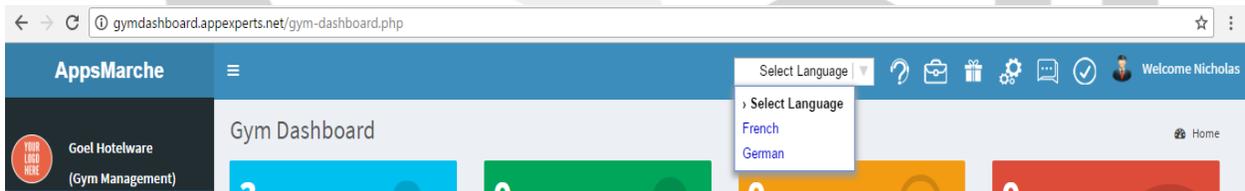


Figure 3 Change Language

Note: A new feature is added in the dashboard to keep track, maintain and store all the data for every entry in order to take backup or recovery in future. No data should be deleted rather it can be either activate or deactivate from admin's end. Only activated details will be shown to user but both to admin. It is applicable for all the tabs such as assign plan, diet plan, workout plan, trainers, personal trainers, promotion, feedback, banners and so on.

To view all the assigned plans to the clients, Admin can select **Assign Plans** from the navigation menu on left

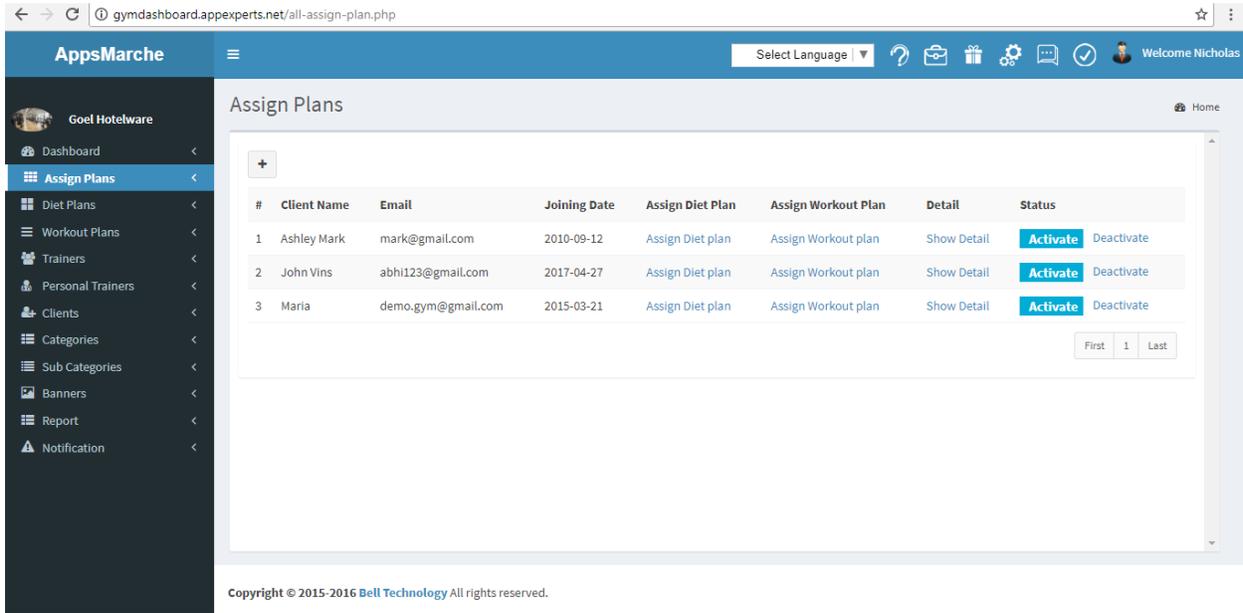


Figure 4 All Assigned Plans

To view the details of the clients, Admin can click on the show detail option.

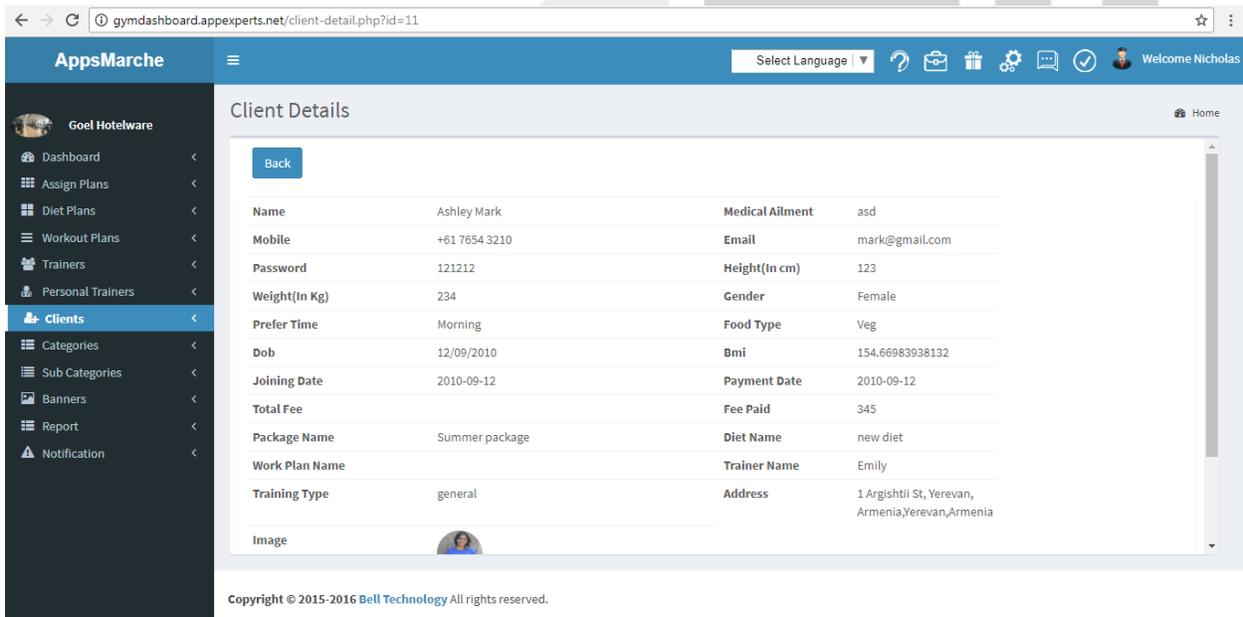


Figure 5 Details of the clients

The Admin can assign the diet plan to the client by clicking on the **Assign Diet Plan** option available on the screen.

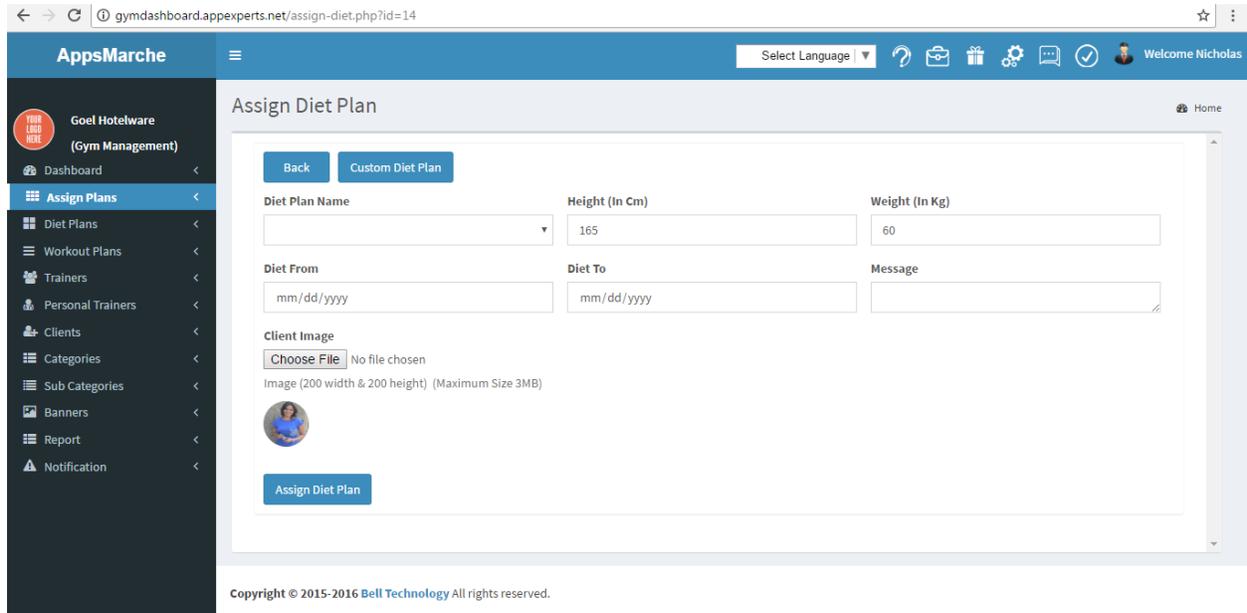


Figure 6 Assign Diet Plan

The admin can customize the diet plan by clicking on the + icon given there.

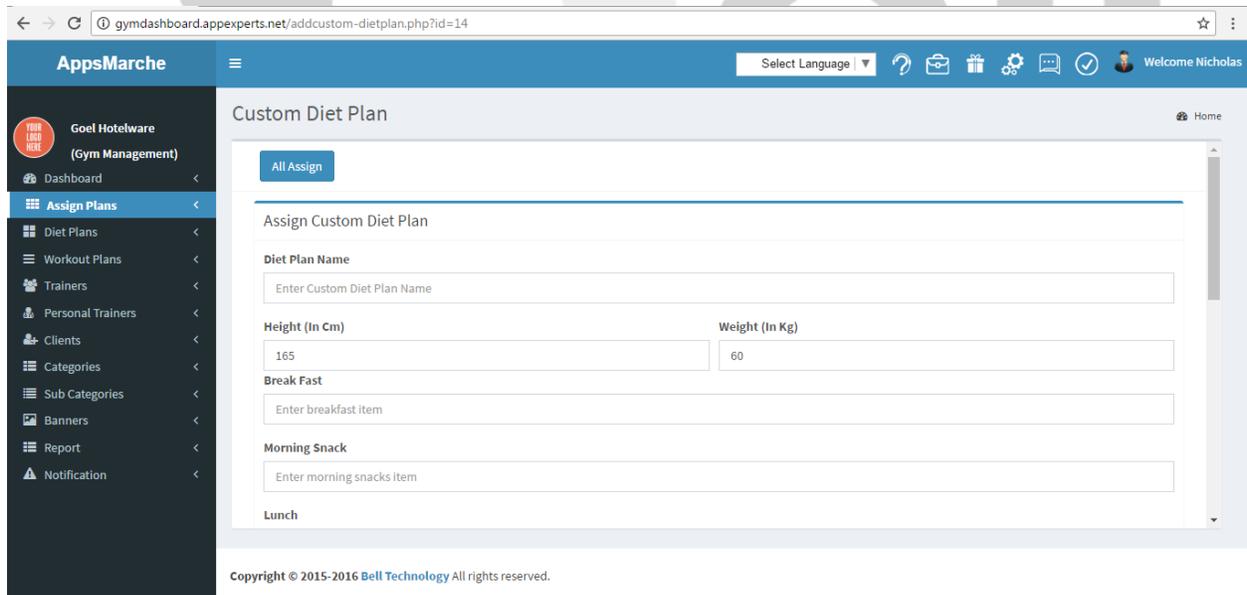


Figure 7 custom diet plan

The Admin can assign the workout plan to the client by clicking on the **Assign Workout Plan** option available on the screen.

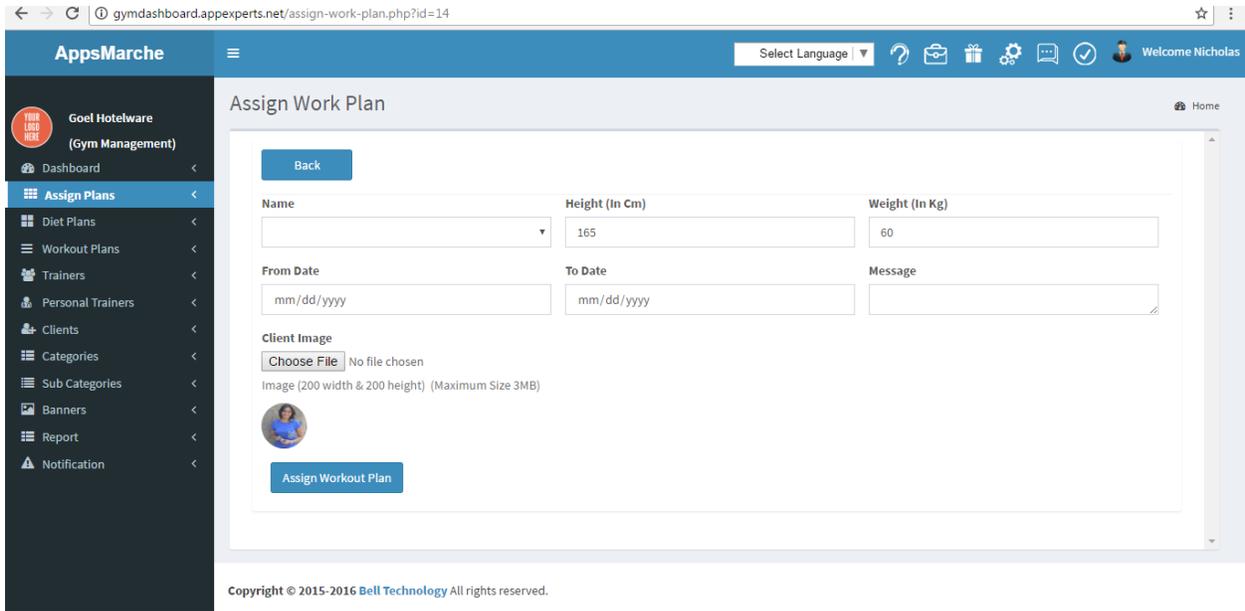


Figure 8 Assign Work Plan

To add new client, Admin has to use + button given on screen

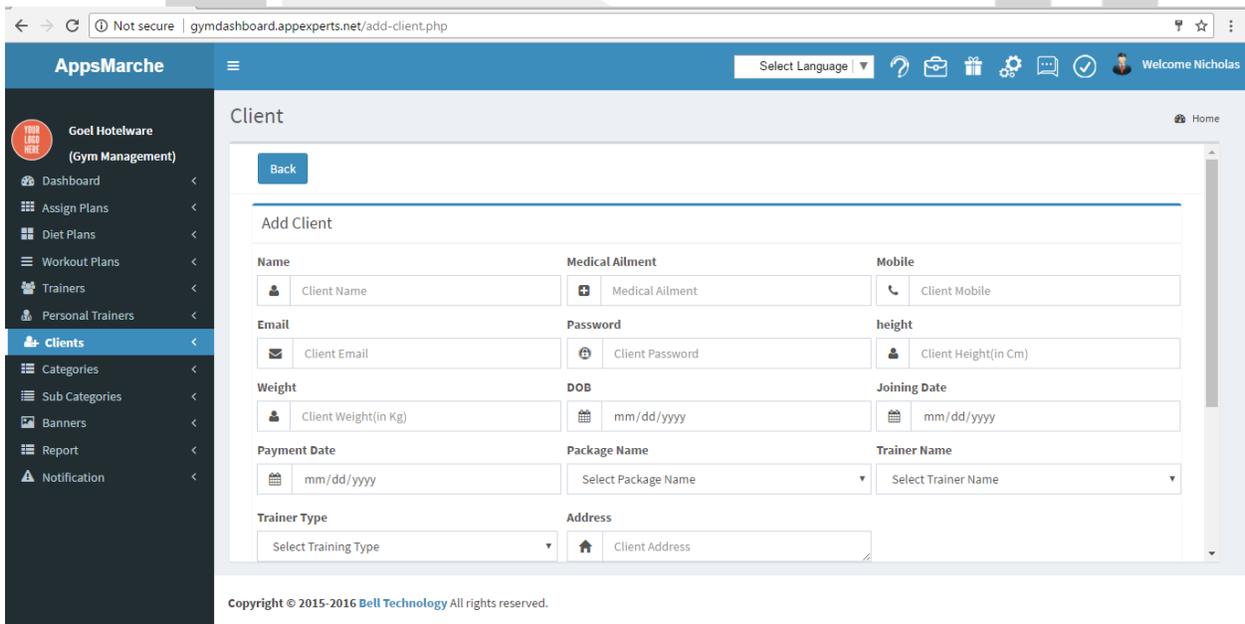


Figure 9 Adding new clients

To view all the Diet plans, Admin can select **Diet Plans** from the navigation menu on left

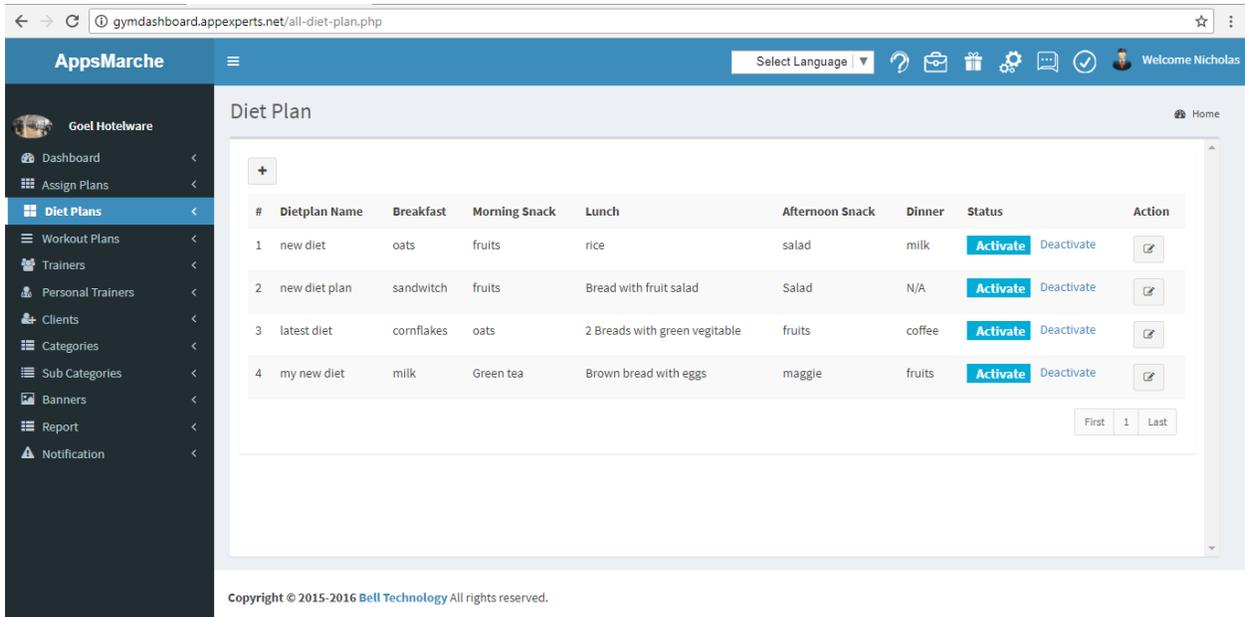


Figure 10 All Diet Plans

The Admin can edit or update the diet plan by clicking on the **edit icon**.

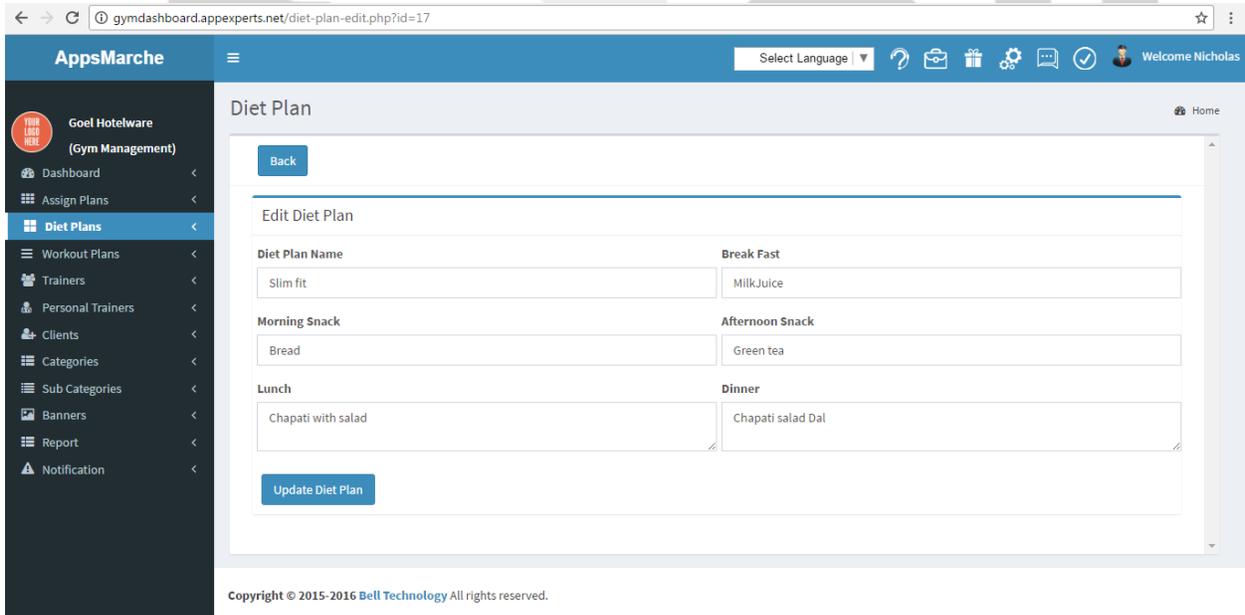


Figure 11 Edit Diet Plan

To add new diet plans, Admin has to select **+ button** from the diet screen

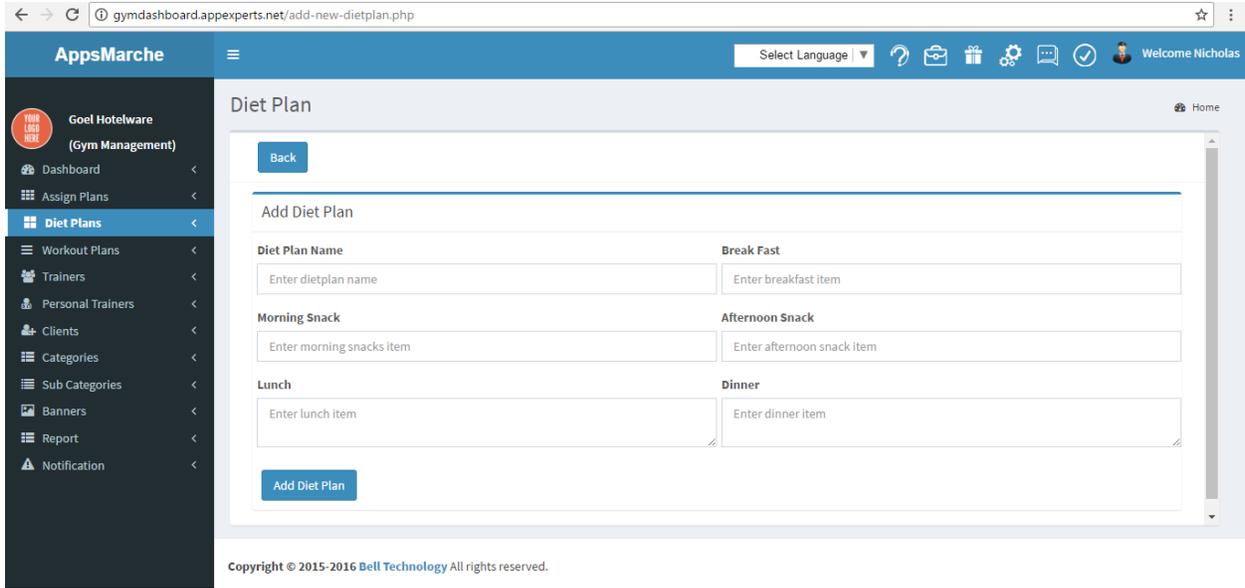


Figure 12 Add new Diet Plan

To view the workout plans, Admin has to select **Workout Plans** from the navigation menu on left

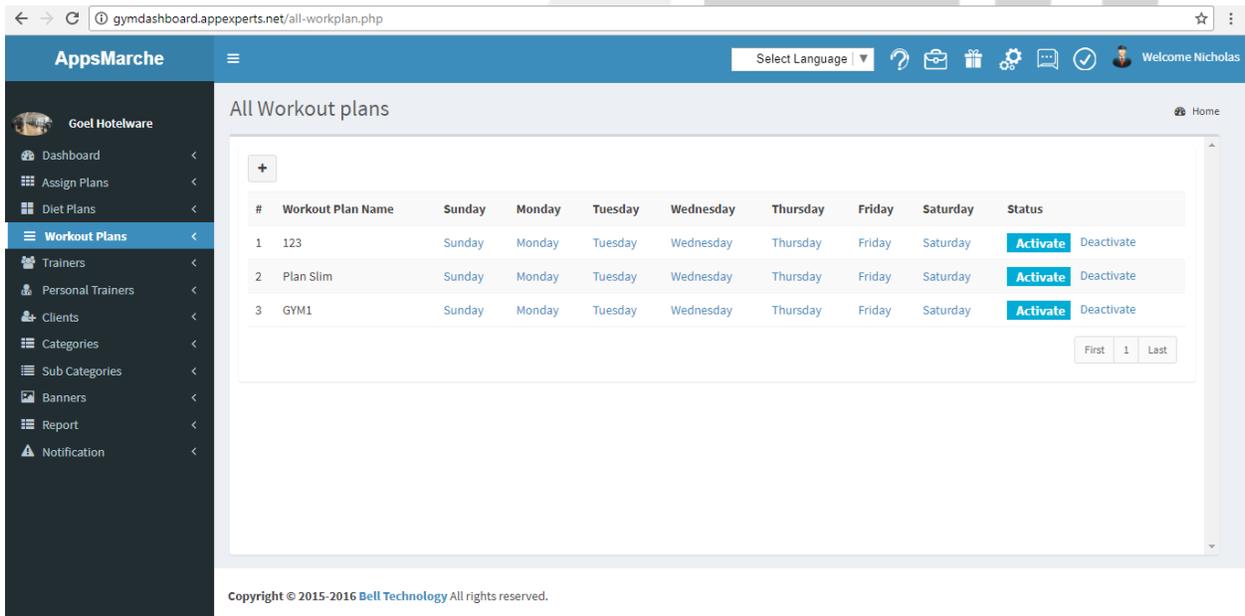


Figure 13 All Workout Plans

To add new workout plan, Admin has to click on the **+ icon** available on the workout plan screen.

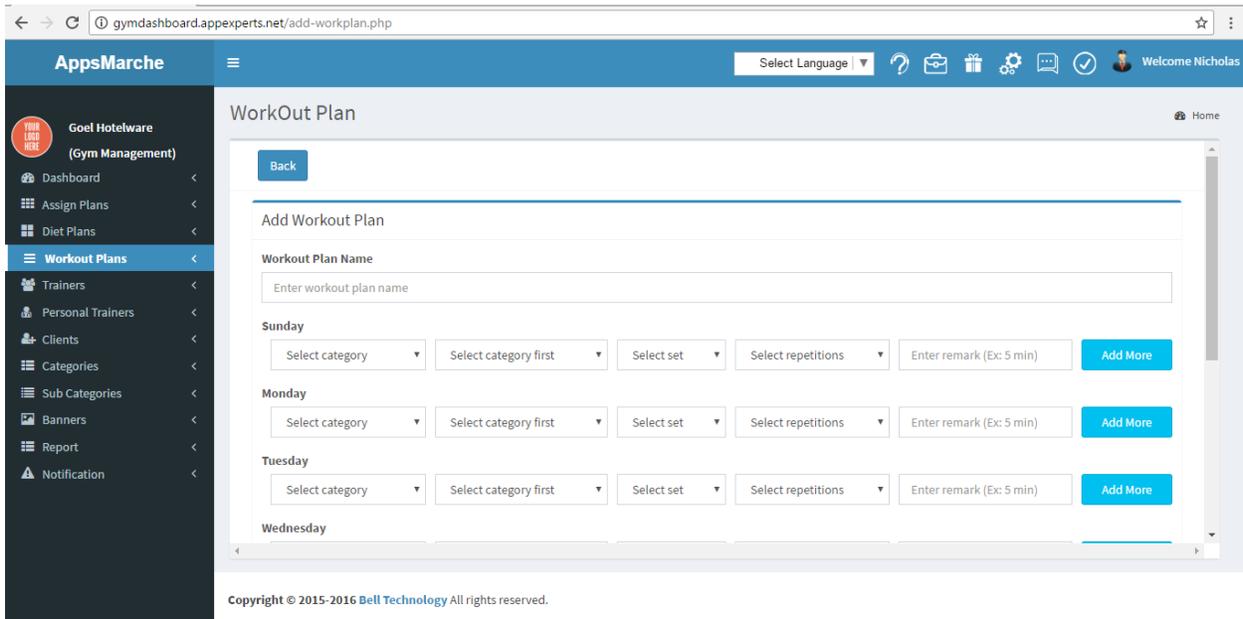


Figure 14 Add new Workout Plan

NOTE: The admin can see the workout plan of each day by clicking on the day name given there.

To view the trainers, Admin has to select **Trainers** from the navigation menu on left

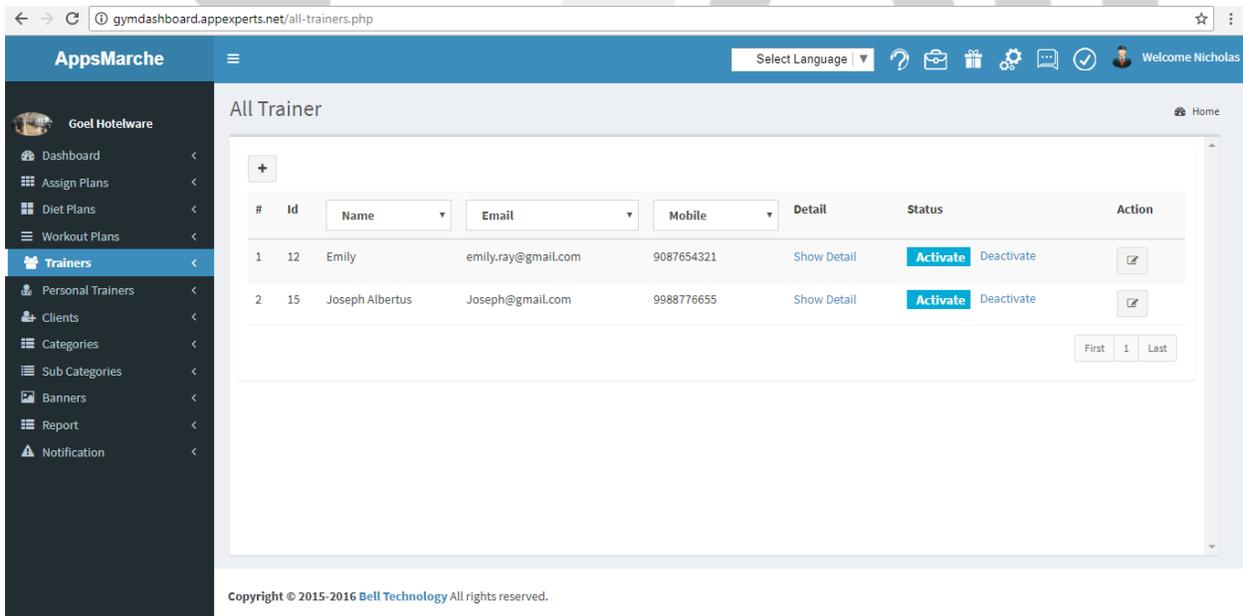


Figure 15 All Trainers

To edit or update the trainer's information, the admin can click on the **edit icon**

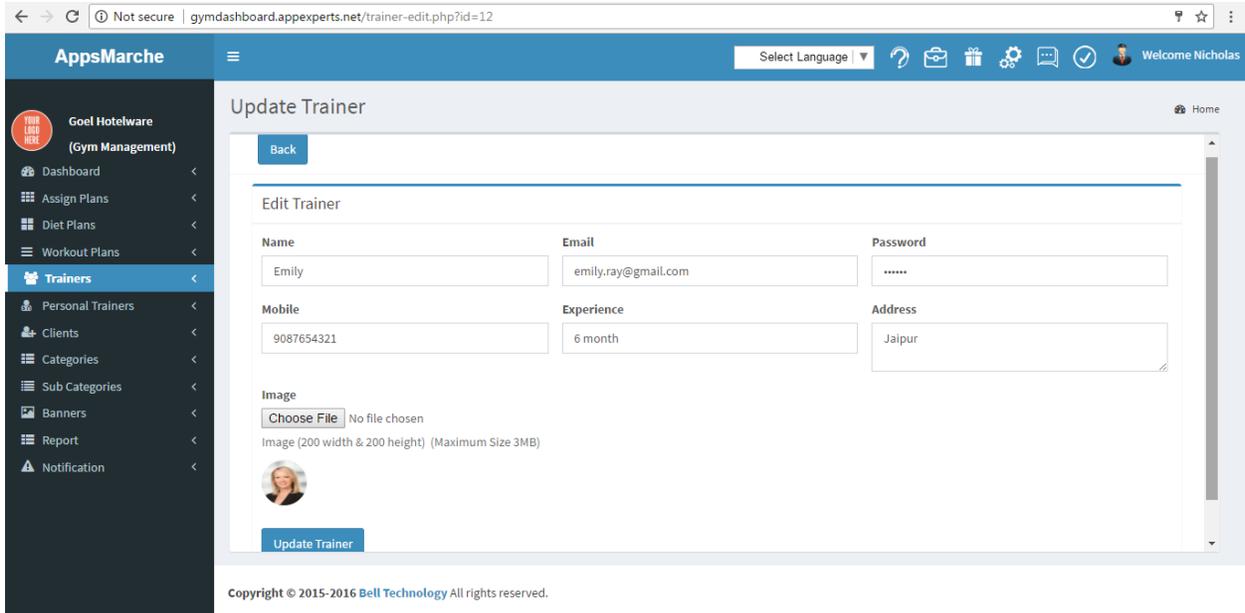


Figure 16 Edit Trainers

The admin can add the new trainers by clicking on the + icon available on the trainer screen.

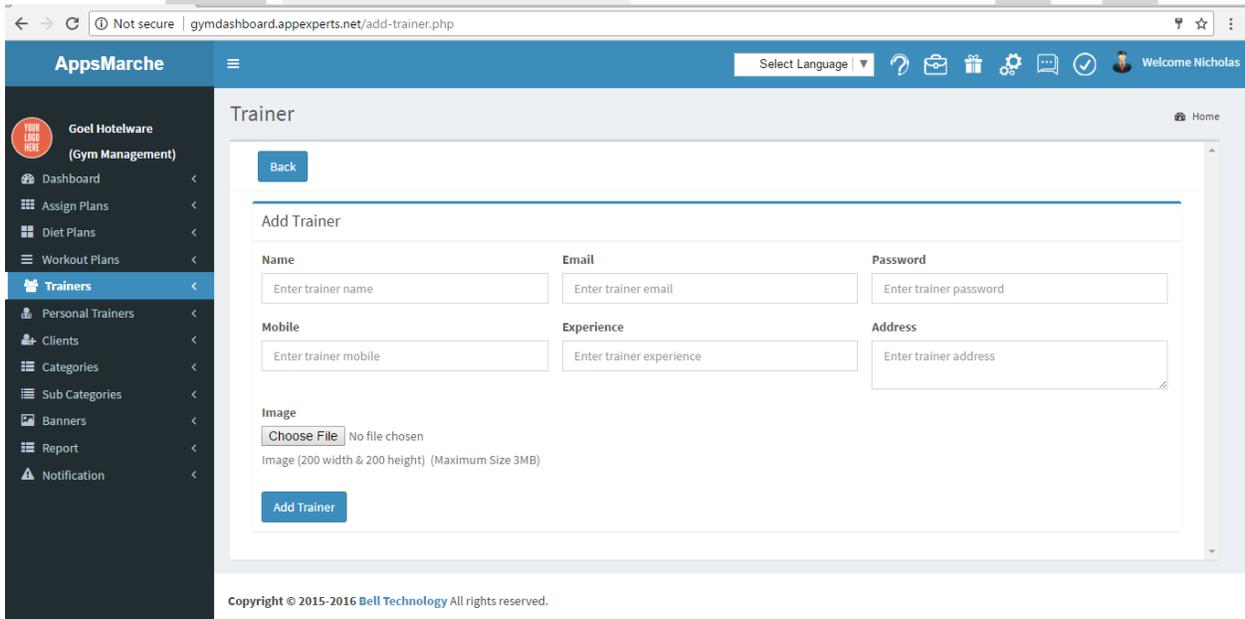


Figure 17 Add New Trainers

The admin can see the trainers detail by clicking on the **show detail** option given there.

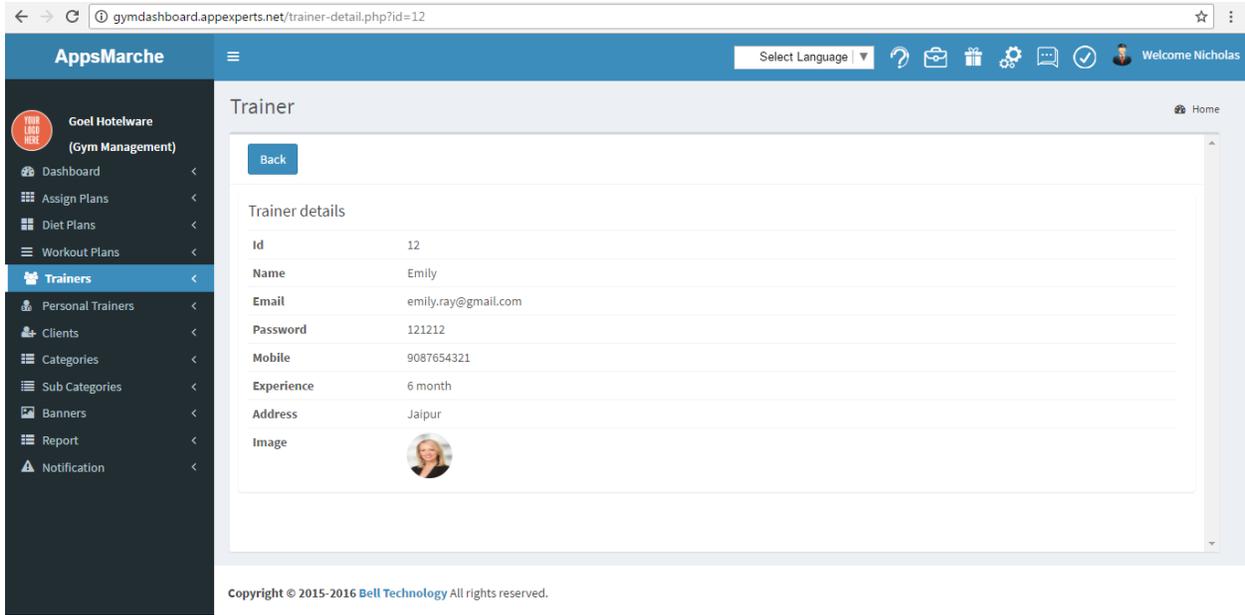


Figure 18 show detail

To view Personal Trainers, the admin can click on **Personal Trainers** from the navigation menu on left.

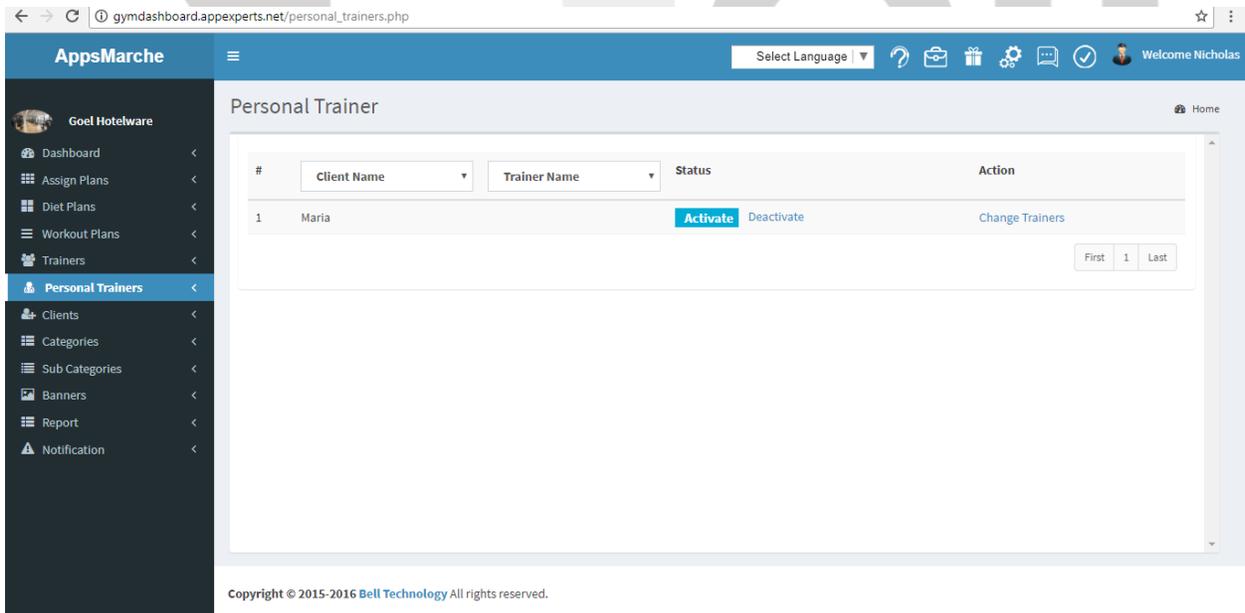


Figure 19All Personal Trainers

The Admin can change the trainer by clicking on the **change trainer** option available on the personal trainer screen and then selecting the trainer name from the drop down list

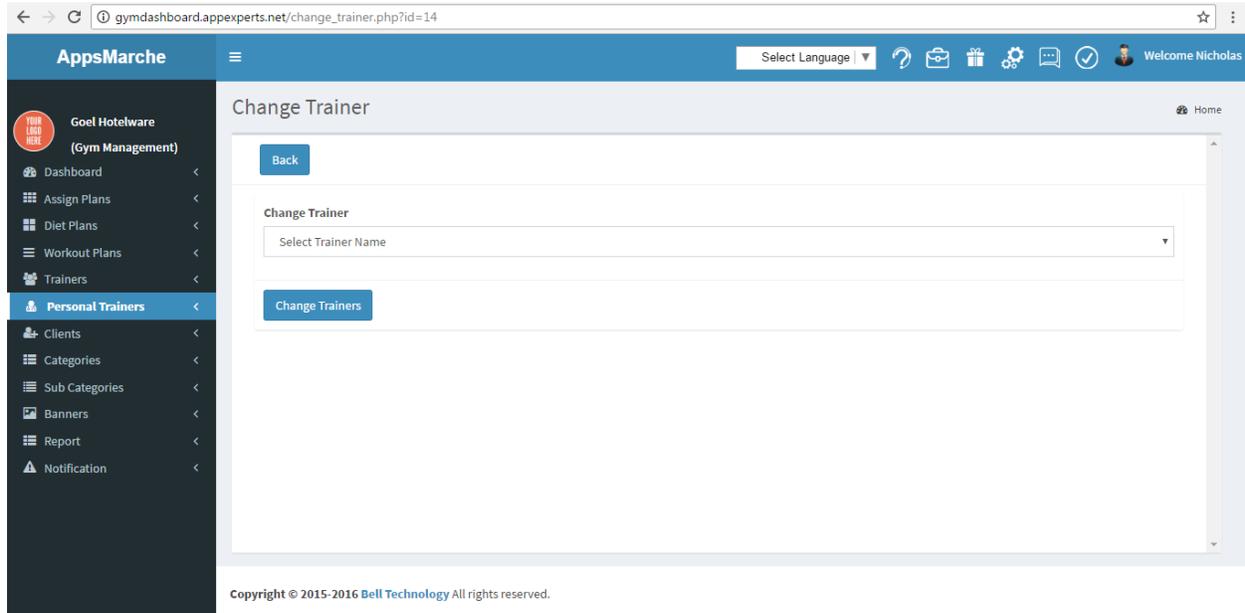


Figure 20 Change Personal Trainer

To view Clients, the admin can click on **Clients** from the navigation menu on left.

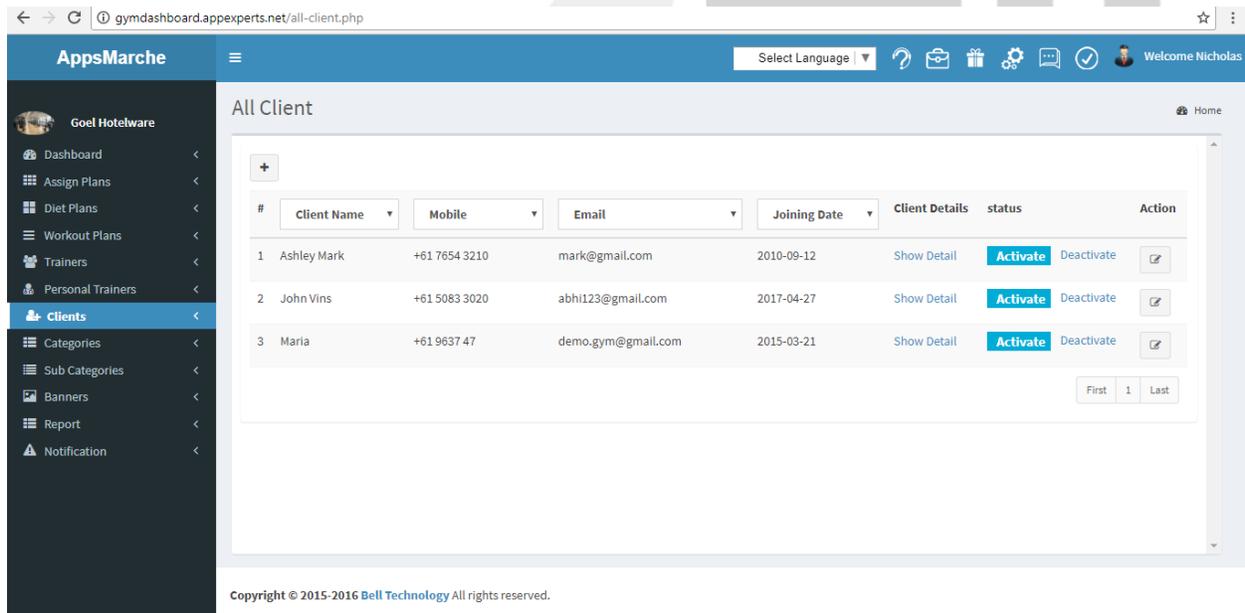


Figure 21 All Clients

To view the details of the specific client, the admin can click on the **show detail** option available on the client screen.

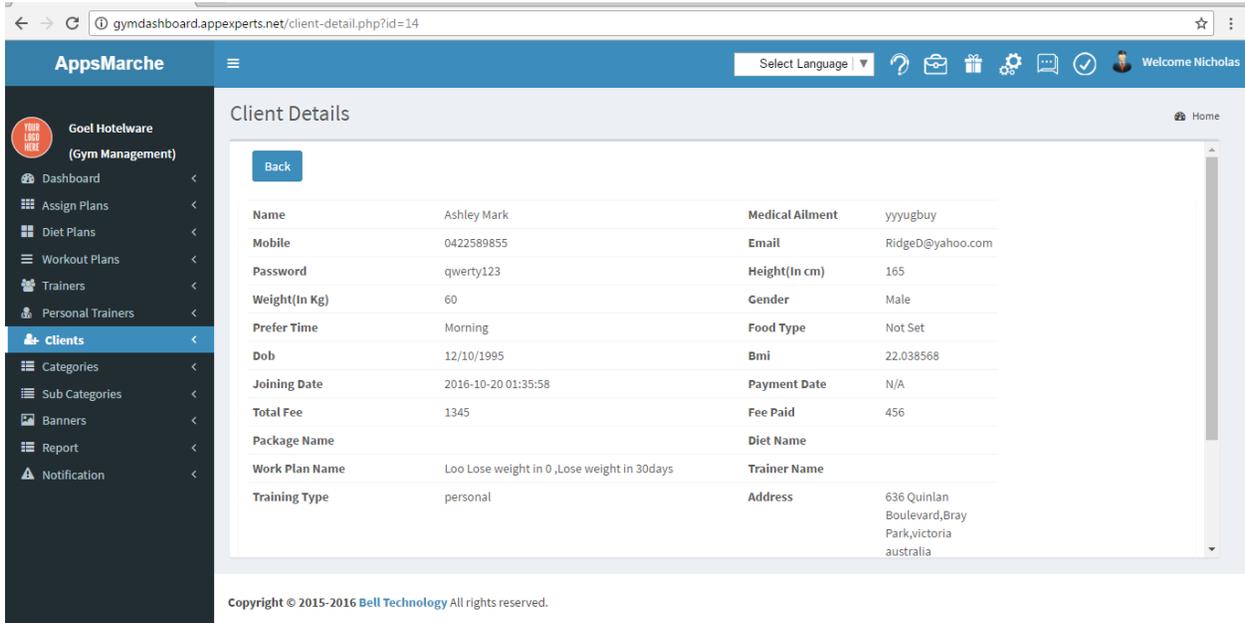


Figure 22 Client's Details

To edit the details of the specific client, click on the **edit icon** available on the clients screen.

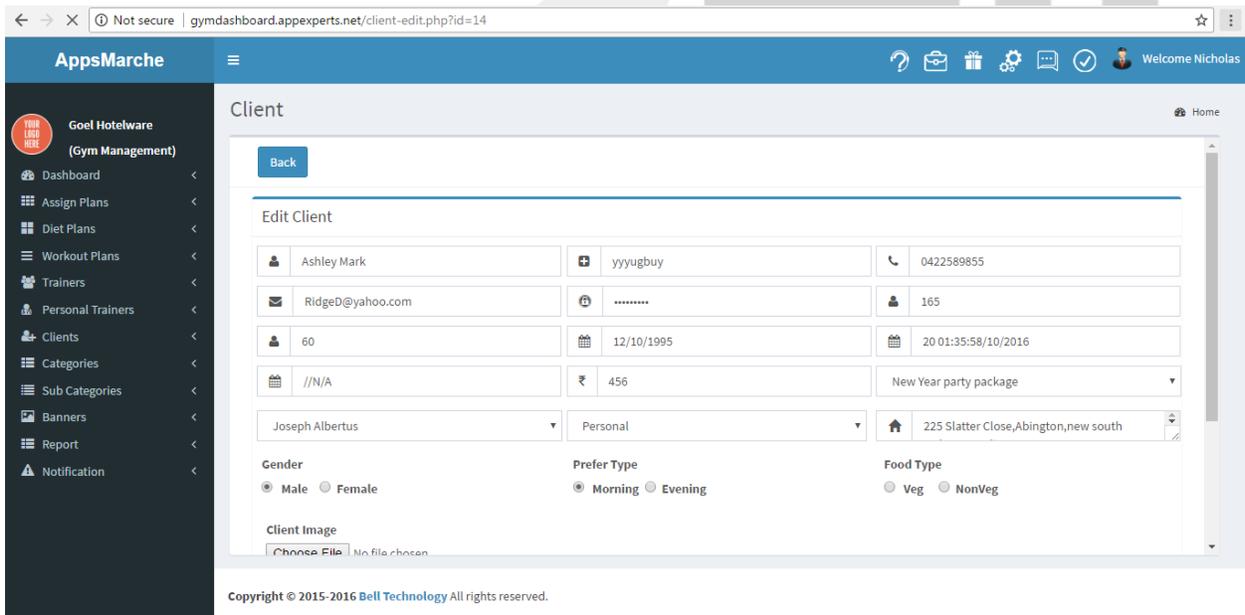


Figure 23 Edit client

The new client can be added by selecting **+ icon** available on the clients screen.

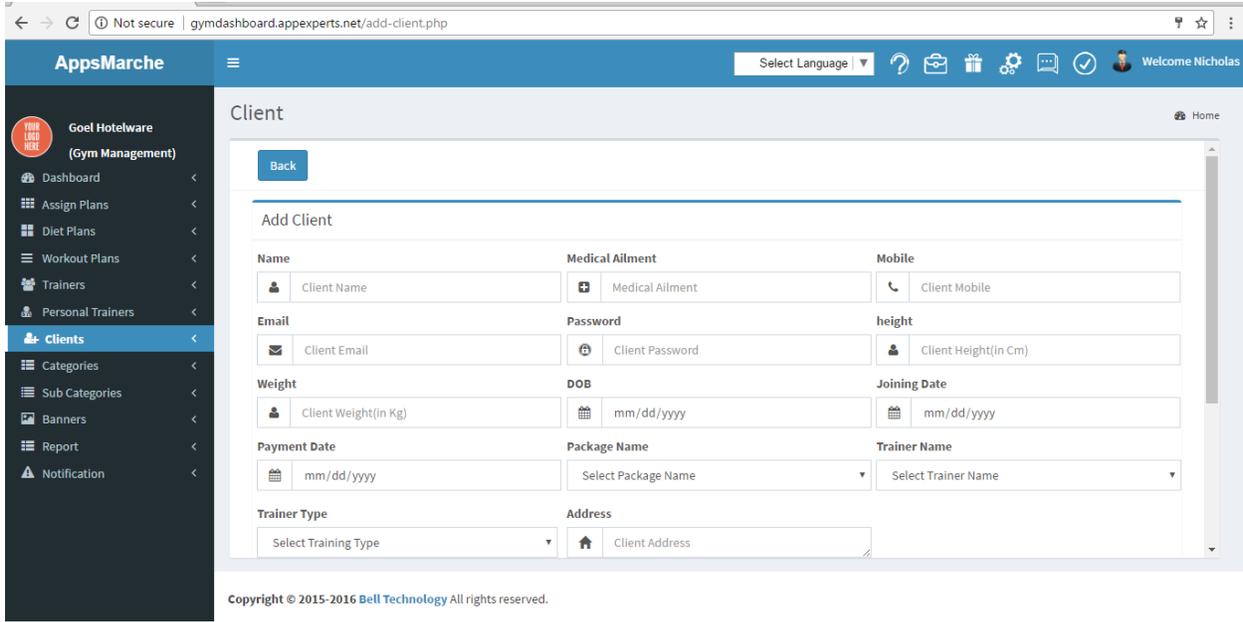


Figure 24 Add Client

To view Categories, the admin can click on **Categories** from the navigation menu on left.

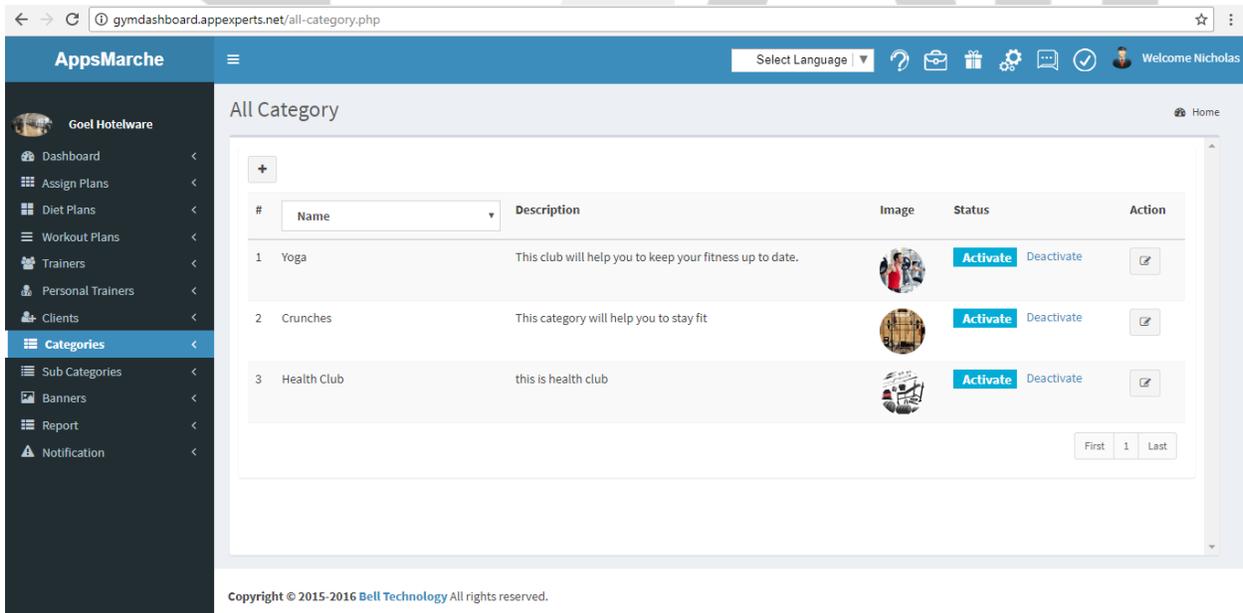


Figure 25 All Categories

The Admin can edit the categories by clicking on the **edit icon** available on the categories screen.

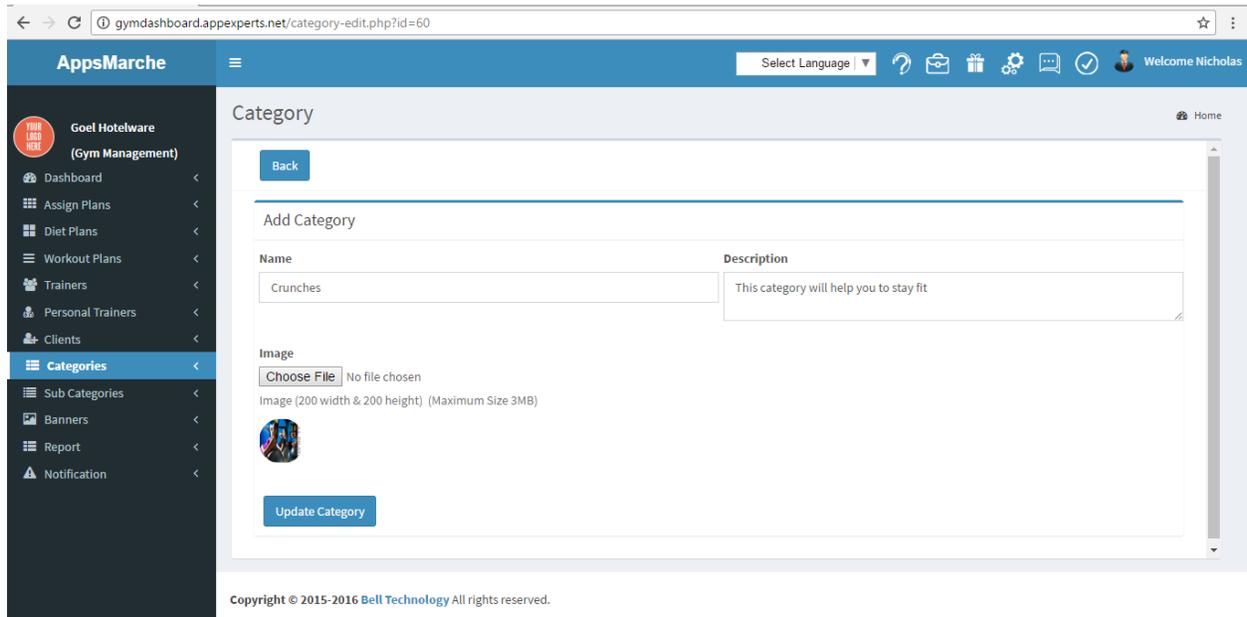


Figure 26 Edit Category

The new category can be added by selecting **+ icon** available on the categories screen.

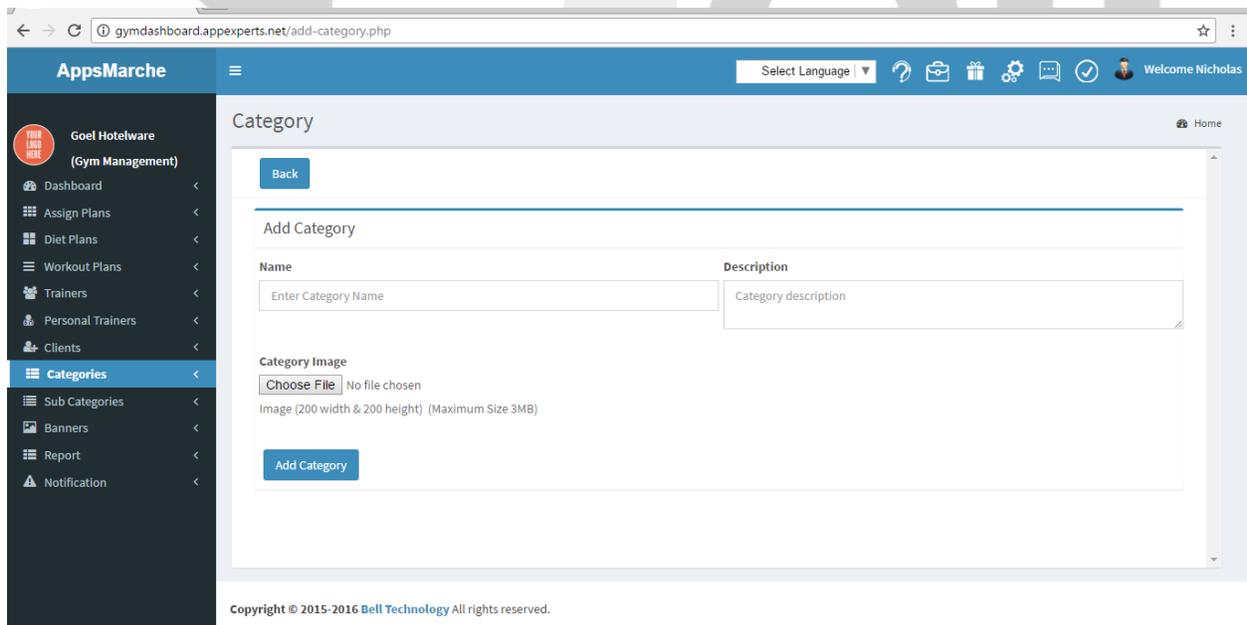


Figure 27 Add new Category

To view Sub Categories, the admin can click on **Subcategories** from the navigation menu on left.

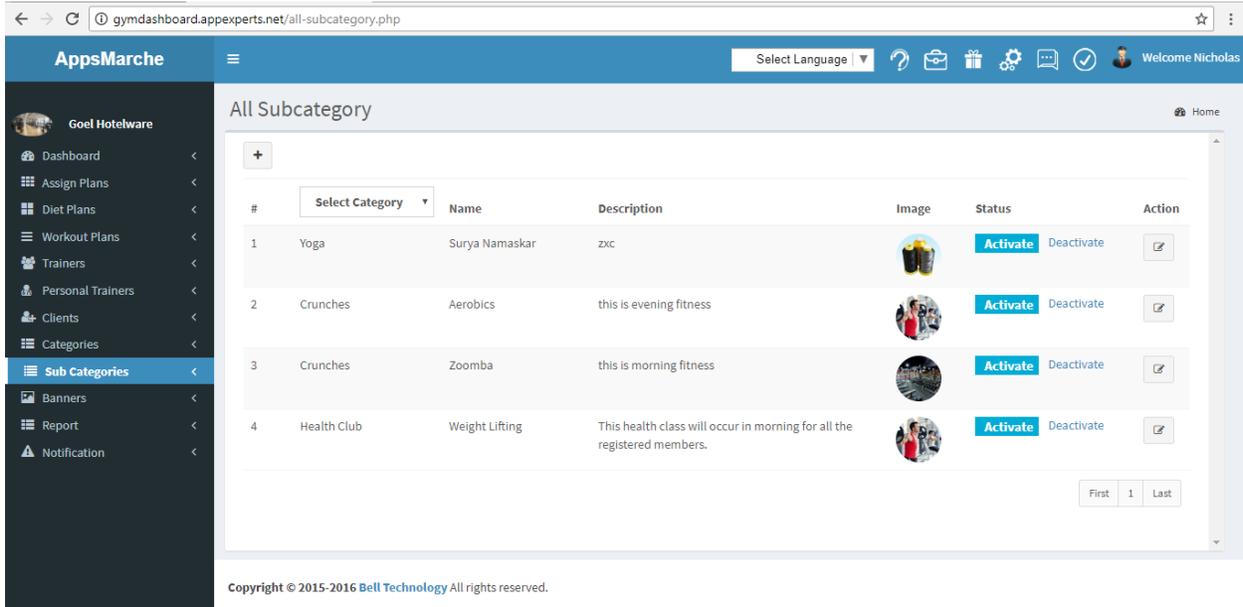


Figure 28 All Sub Categories

The Admin can edit the sub categories by clicking on the **edit icon** available on the sub categories screen.

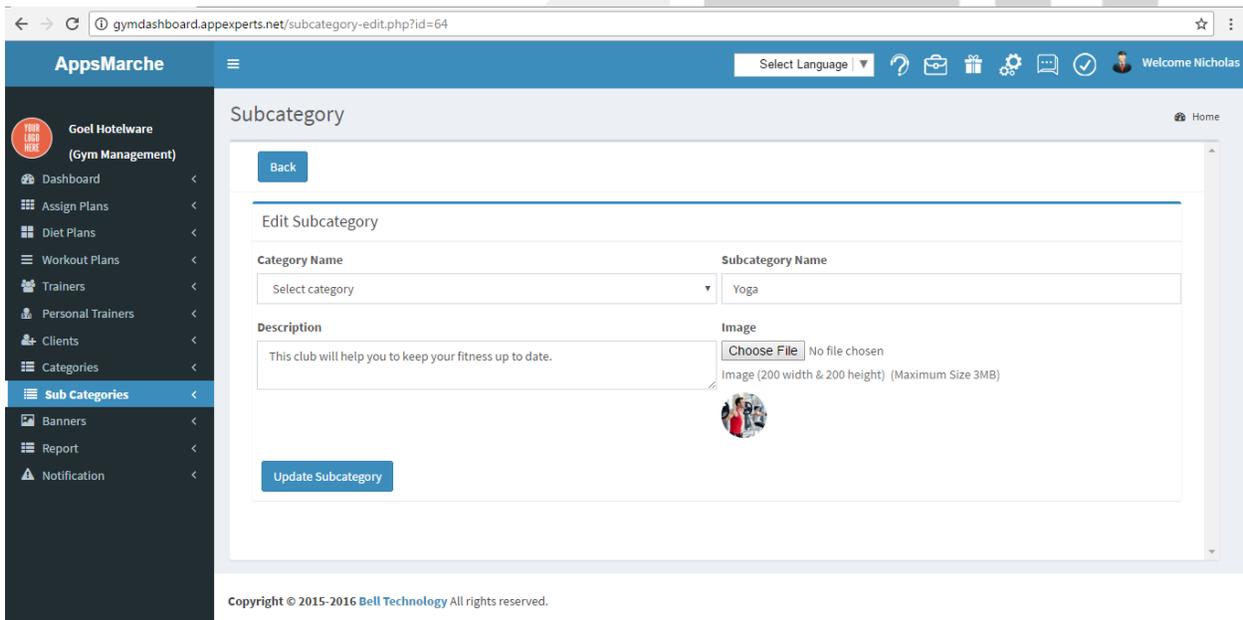


Figure 29 Edit Sub Category

The new sub category can be added by selecting **+ icon** available on the sub categories screen.

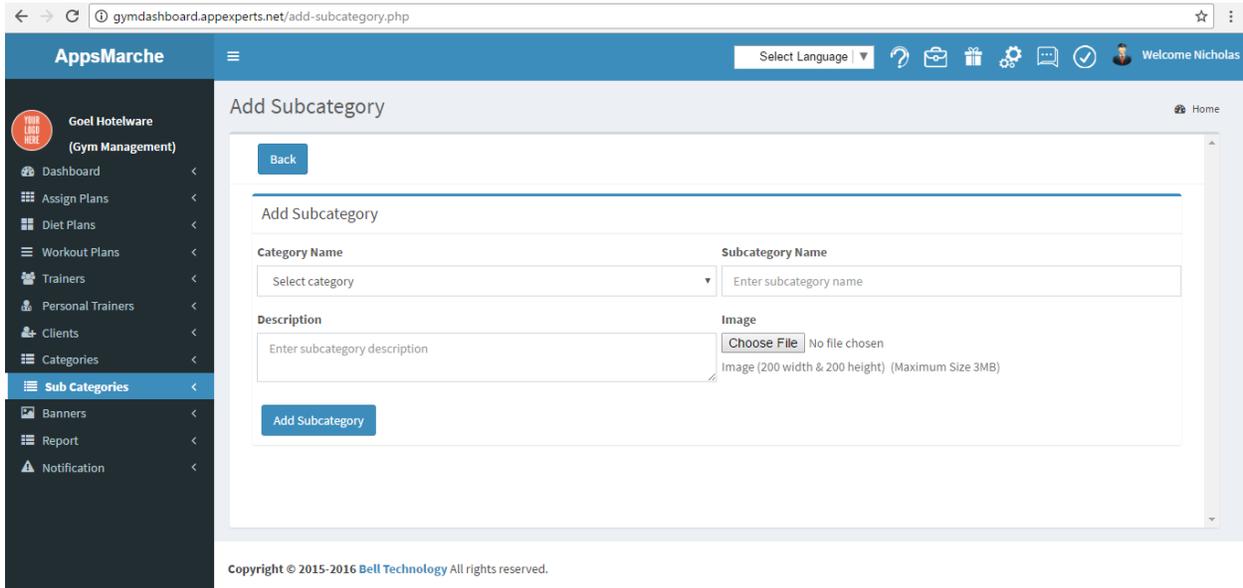


Figure 30 Add new Sub Category

To view Banners, the admin can click on **Banners** from the navigation menu on left.

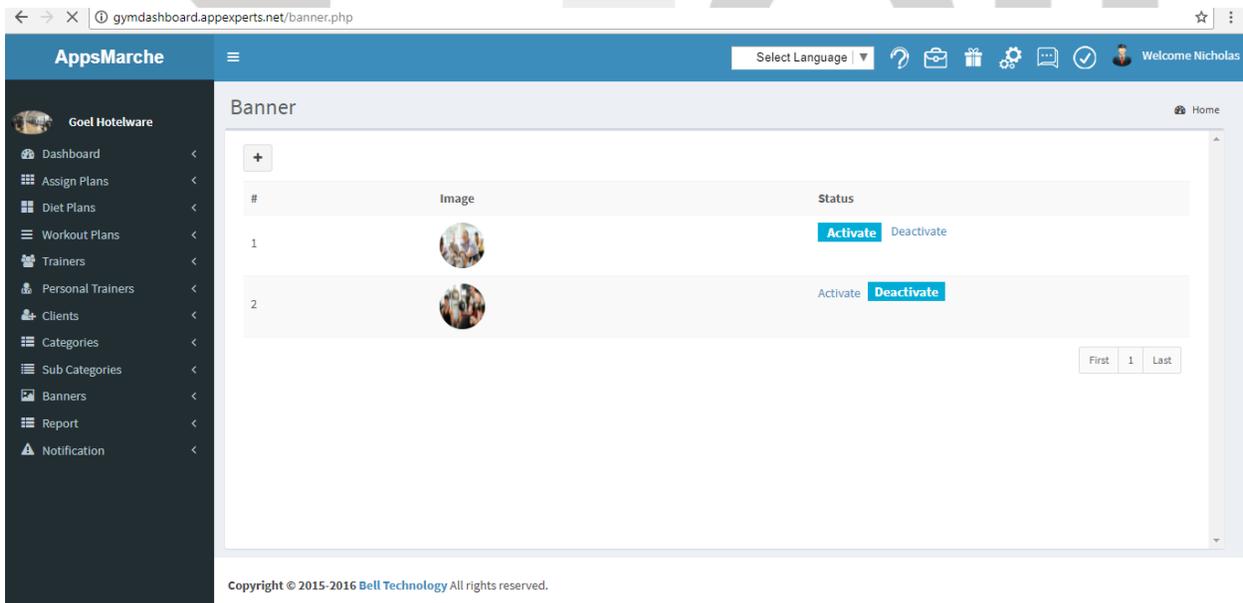


Figure 31 Banners

The new banner can be added by selecting **+ icon** available on the banner screen.

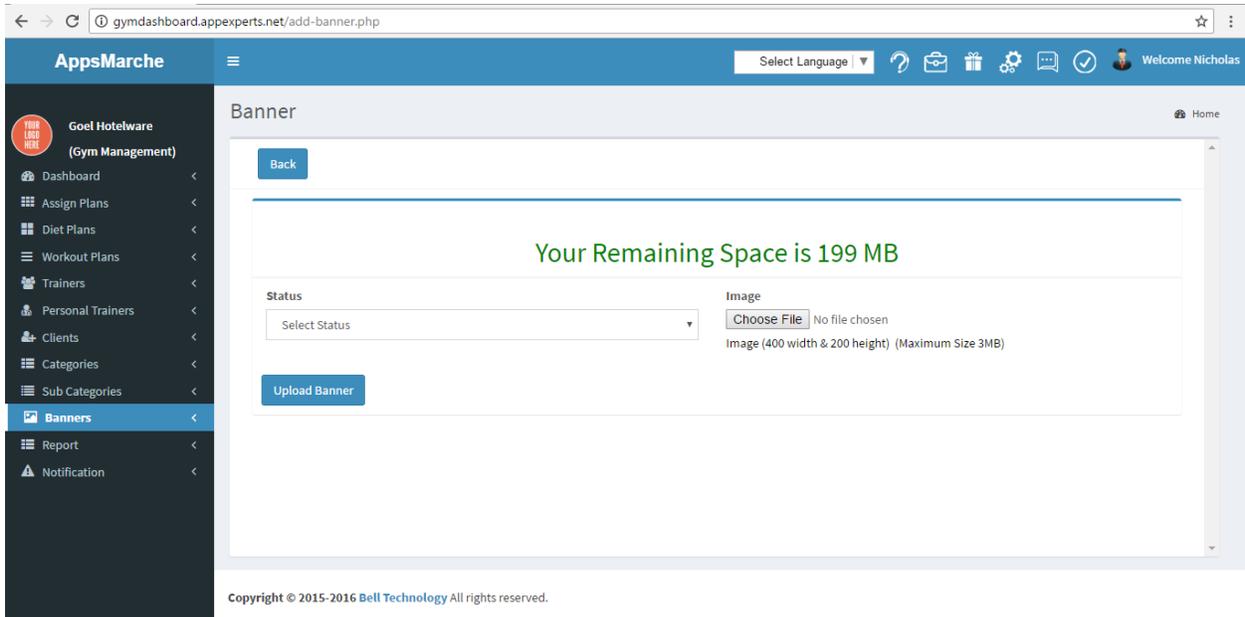


Figure 32 Add new Banner

The admin can generate the transactional report by selecting **Report** then **Transaction Report**

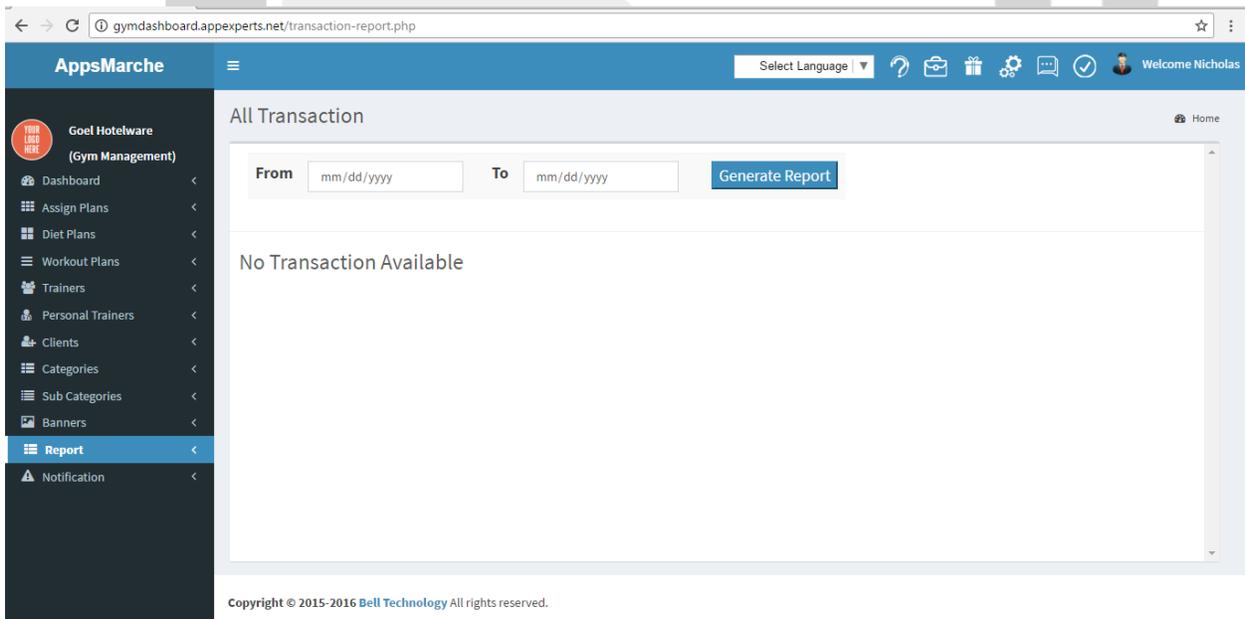


Figure 33 Transactional Report

*The admin can generate the transactional report for the specific months and years.

The admin can generate the customer report by selecting **Report** then **Customer Report**

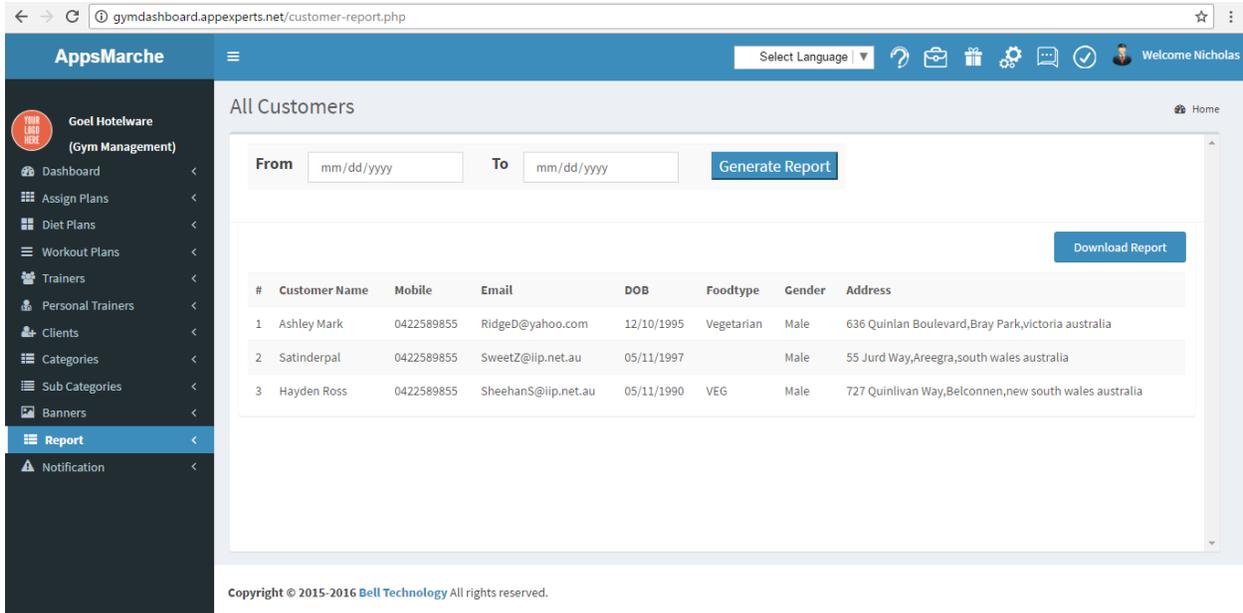


Figure 34 Customer Report

*The admin can generate the customer report for the specific months and years.

To send Notifications to registered users, Admin can select **Notifications** from the navigation menu on left

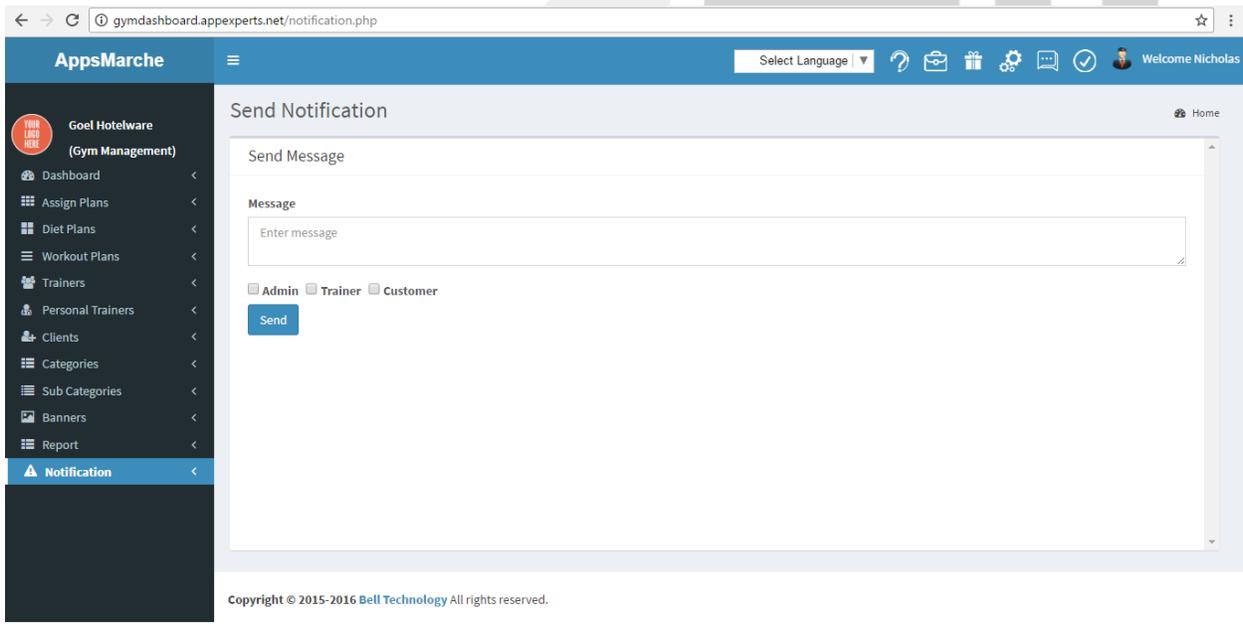


Figure 35 Send Notifications

The admin can take help for accessing the web dashboard by clicking on the **help icon**  given on the top menu of the dashboard.

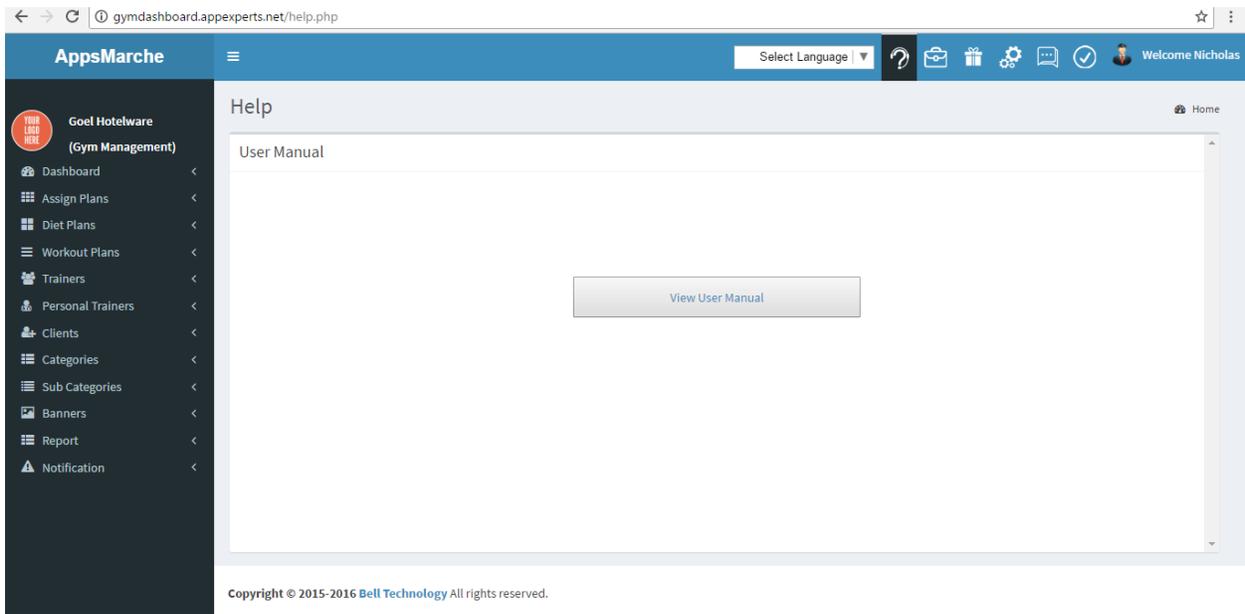


Figure 36 help

The admin can see all the packages by clicking on the **packages icon**  given at the top of the screen

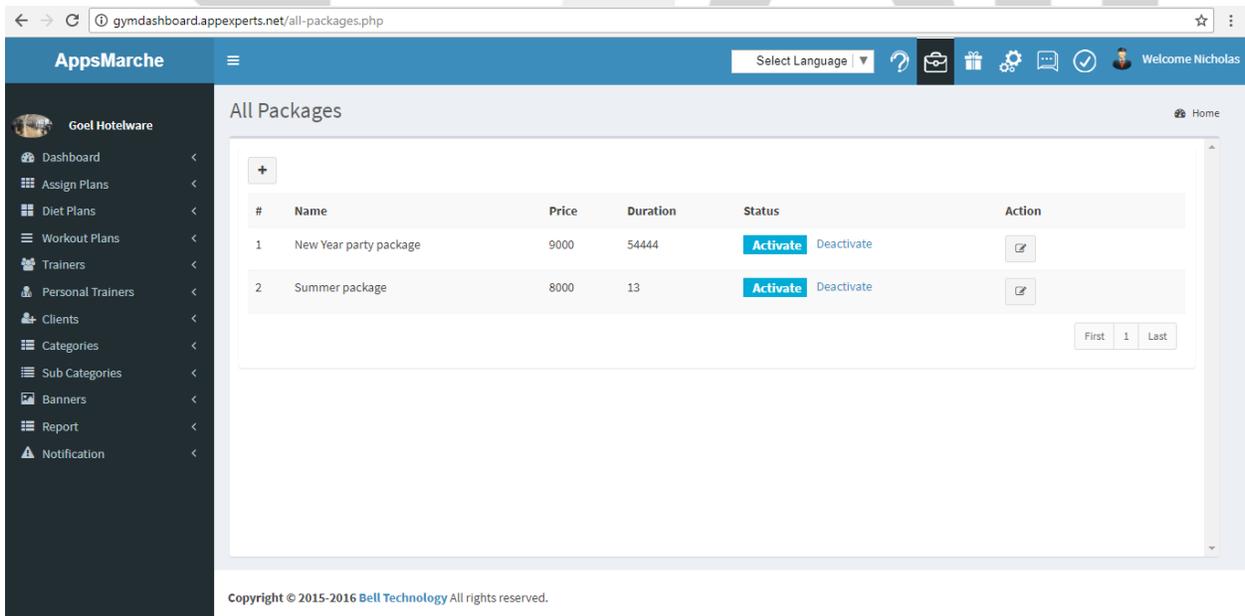


Figure 37 packages

The admin can add the new package in the list by clicking on the **+ icon** given there.

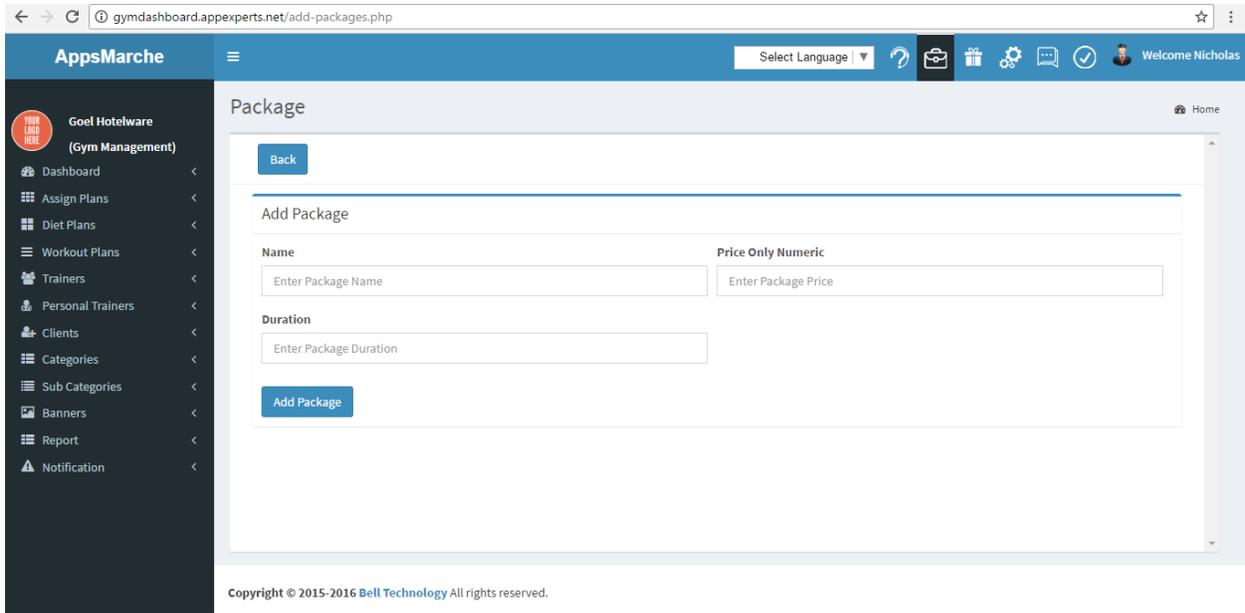


Figure 38 add packages

The admin can edit or update the package information by clicking on the **edit icon** given there.

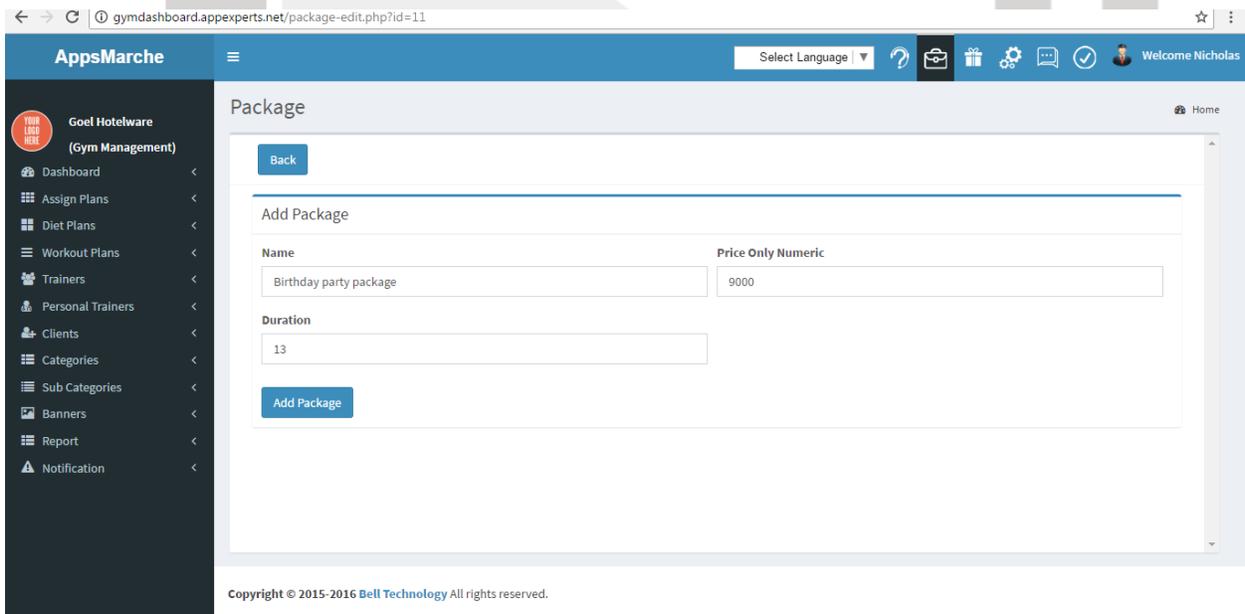


Figure 39 edit package

The admin can see the promotions by clicking on the **promotion icon**  at the top menu.

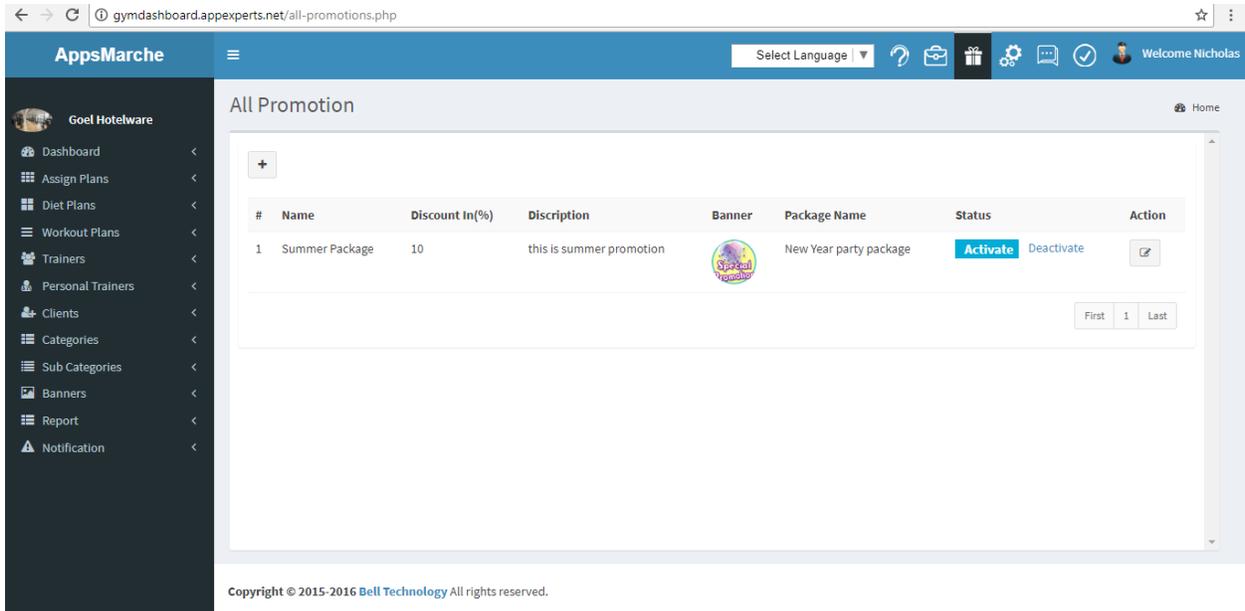


Figure 40 promotion

The can edit the promotion by clicking on the **edit icon** given on the promotion page.

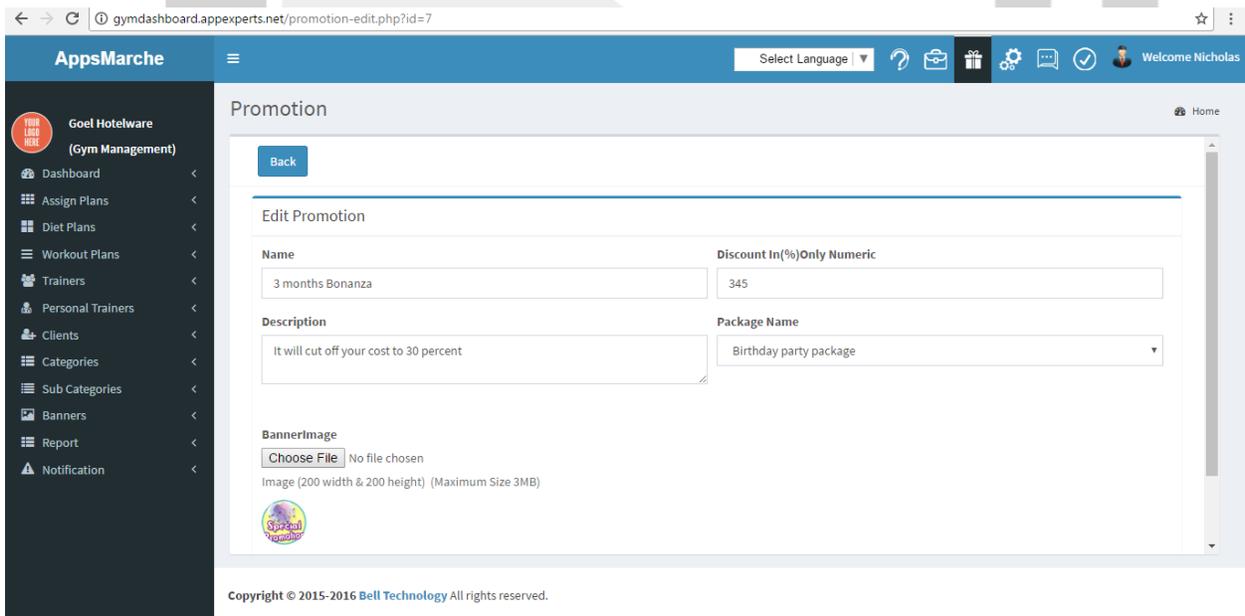


Figure 41 edit promotion

They can add the new promotion by clicking on the **+ button** given there.

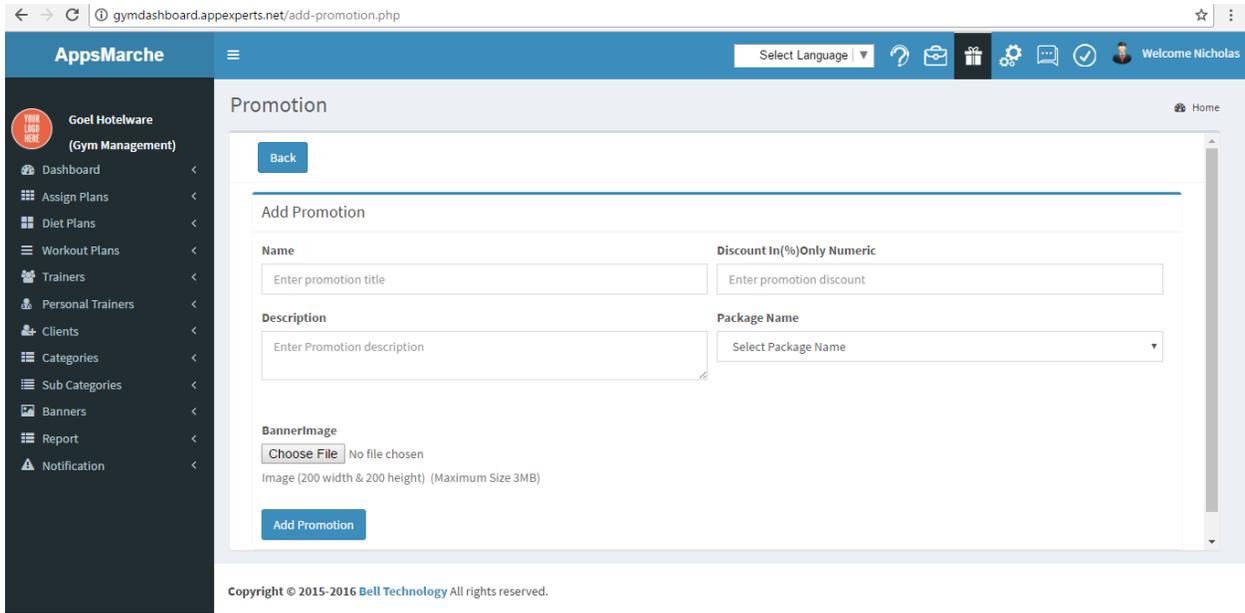


Figure 42 add promotion

The admin can see the services list by clicking on the **services icon**  given there.

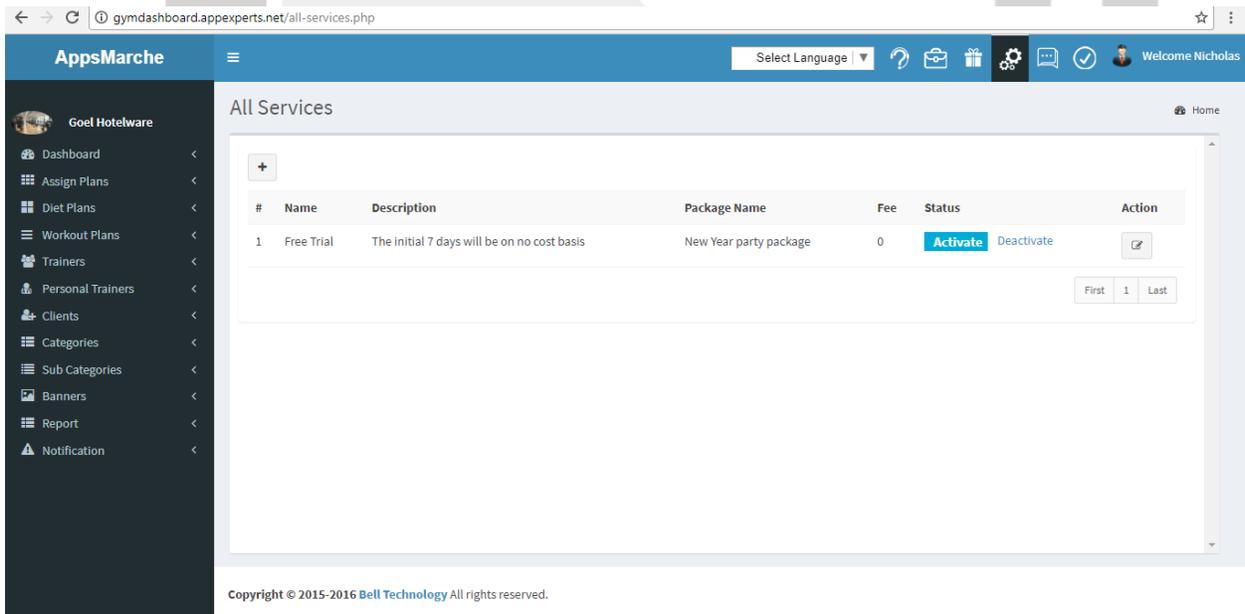


Figure 43 services

They can edit the services information by clicking on the **edit icon** given there.

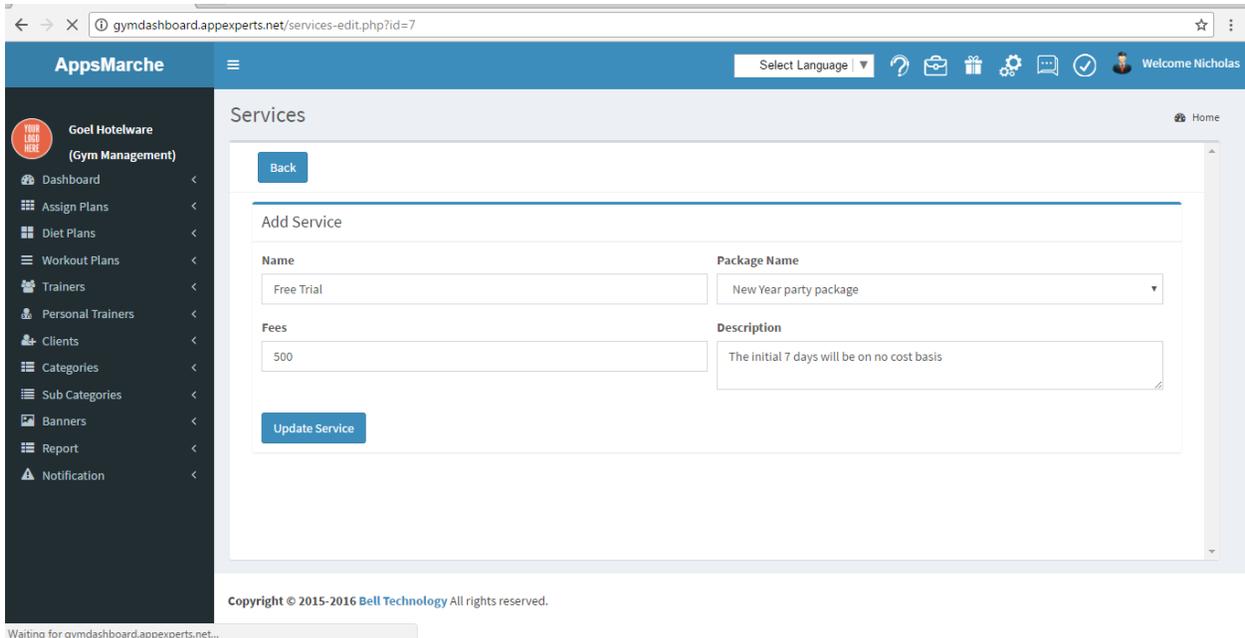


Figure 44 edit service

They can add the new services by clicking on the **+ button** given there.

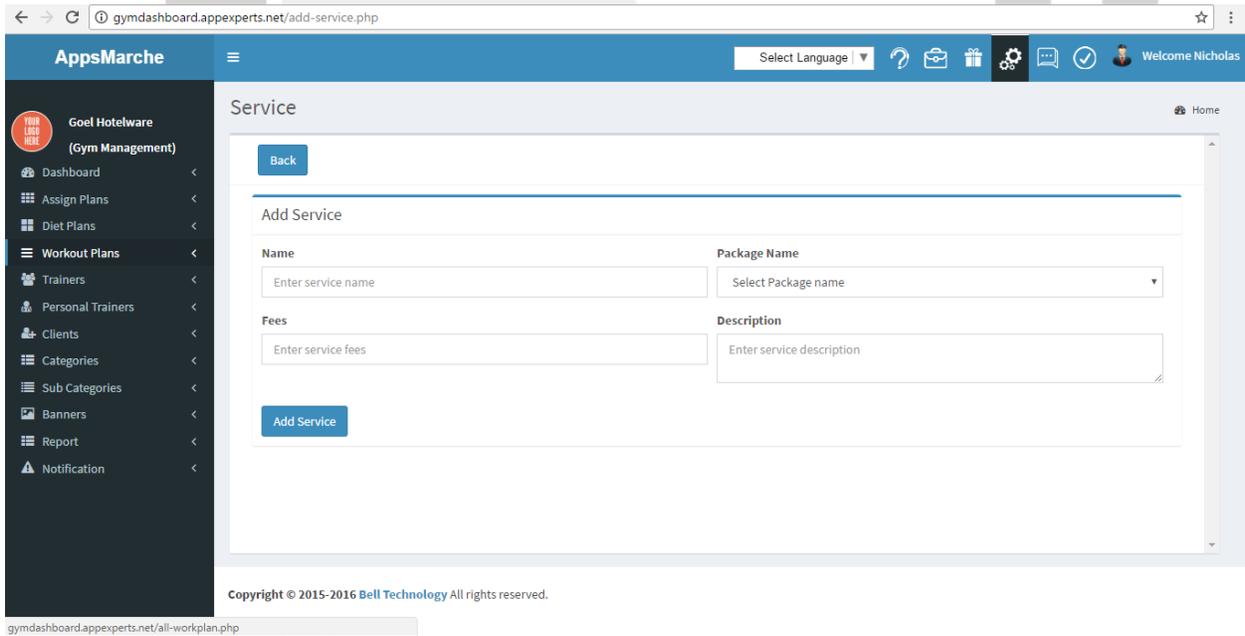


Figure 45 add services

The admin can see the feedback of the users or trainers by clicking on the **feedback icon**  at the top menu

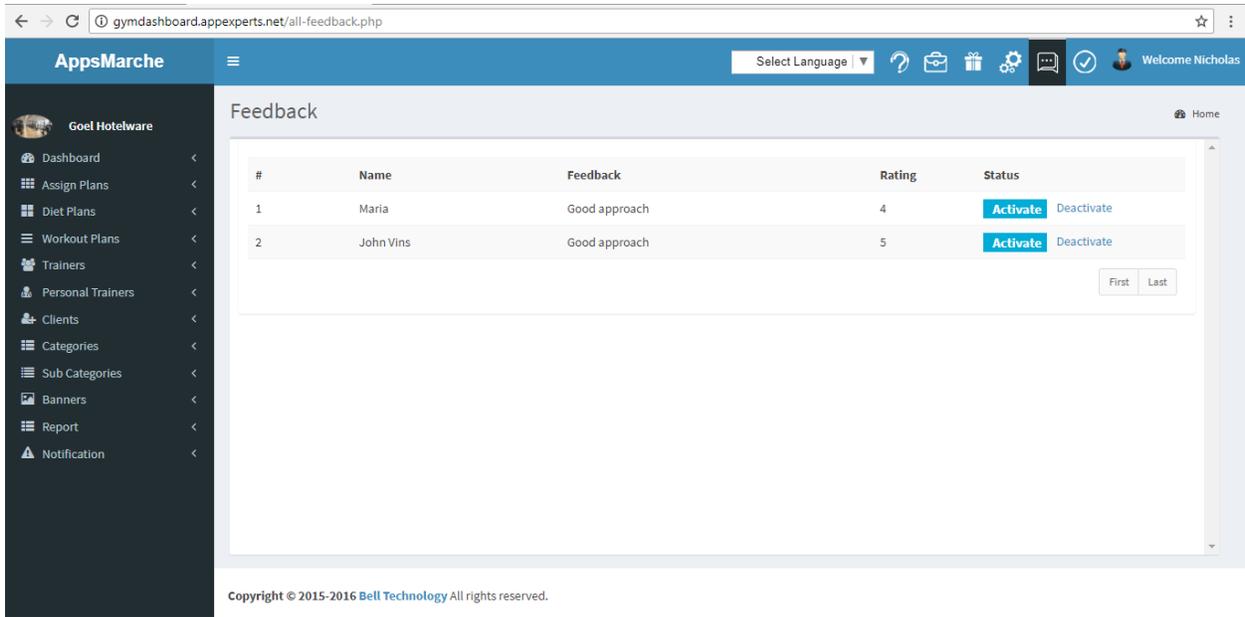


Figure 46 feedback

The admin can view their profile by clicking on **his name** at the top right corner and then selecting the **profile**.

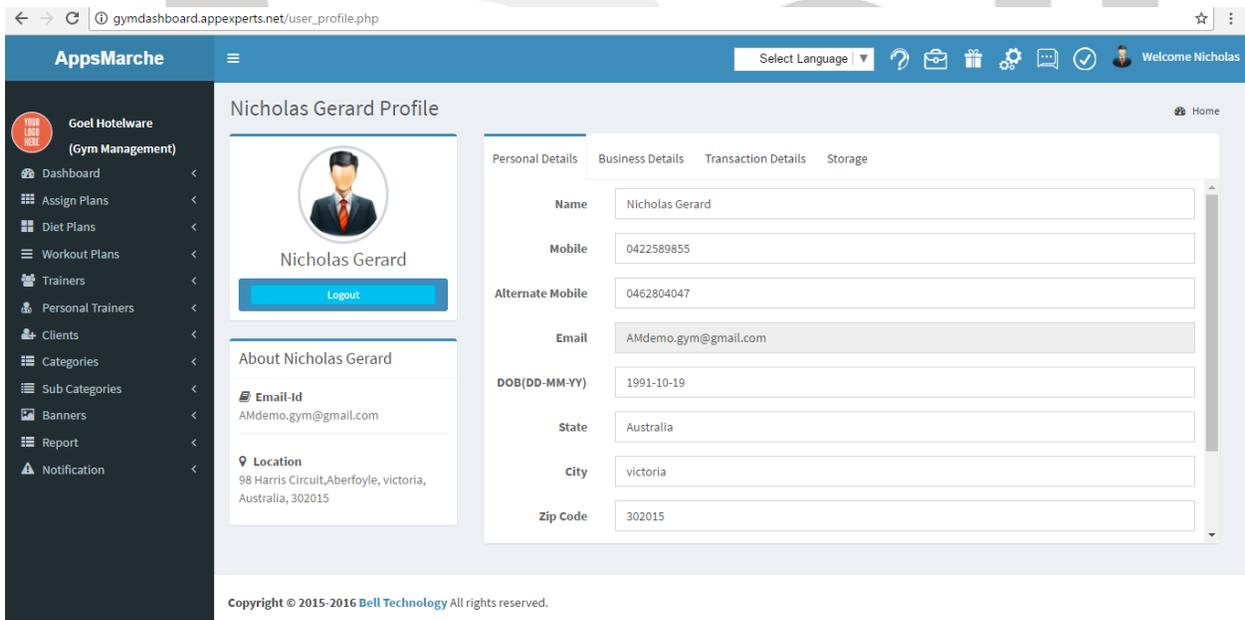


Figure 47 profile

4. Admin Mobile App Walkthrough

Admin mobile app splash screen appears when user open the app

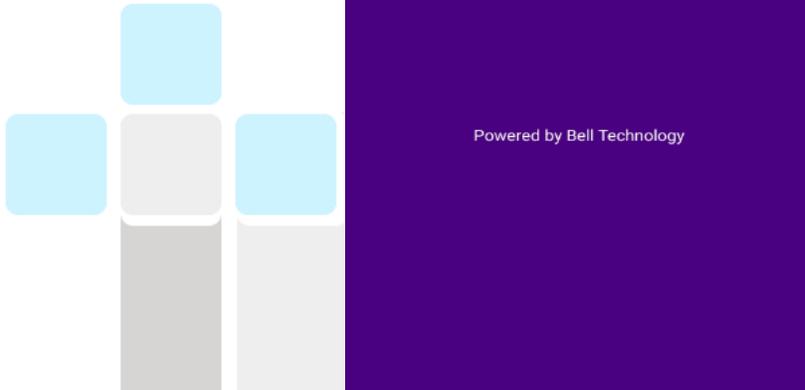


Figure 48 splash screen

Home screen appears after the splash screen when admin open the app



Figure 49 home screen

Navigation menu appears when admin click on the 3 parallel bar icon on the top left of the app.

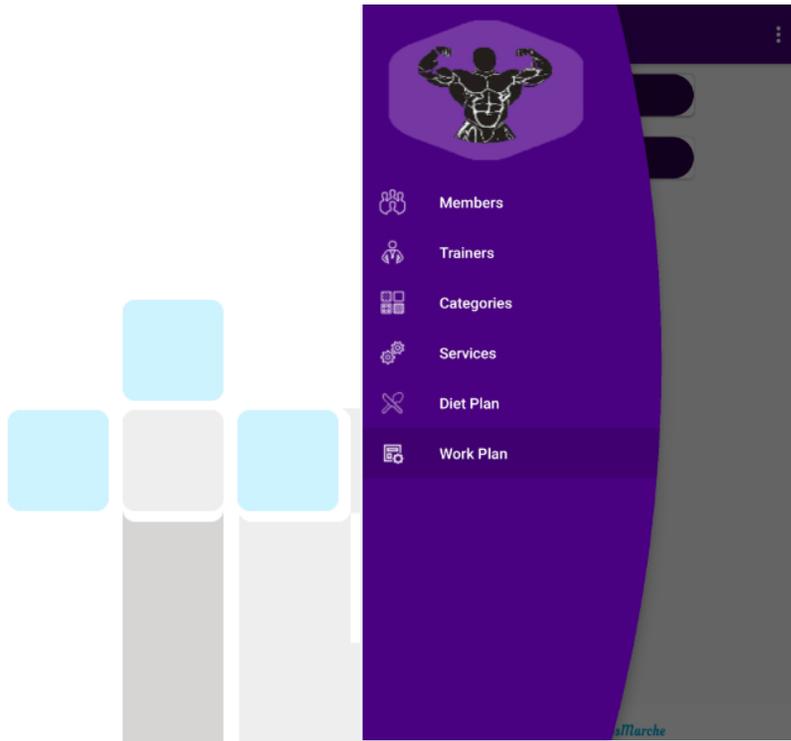
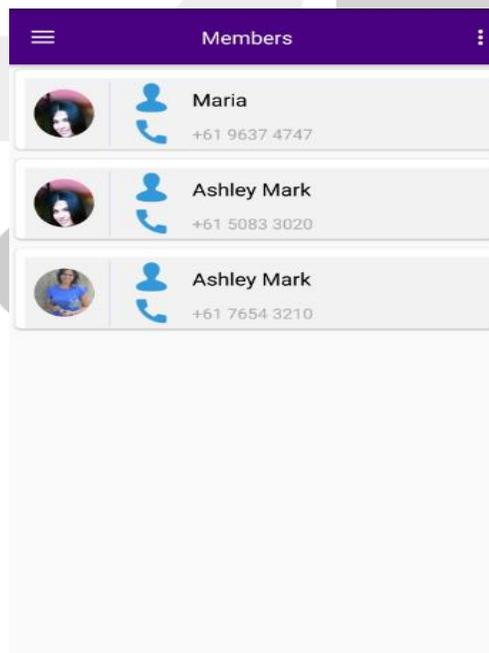


Figure 50 navigation menu

Members list appear when the admin click on the **Members** in the navigation menu.



Developed By 

Figure 51 members

Admin can see the member details by clicking on the members name shown on the list.

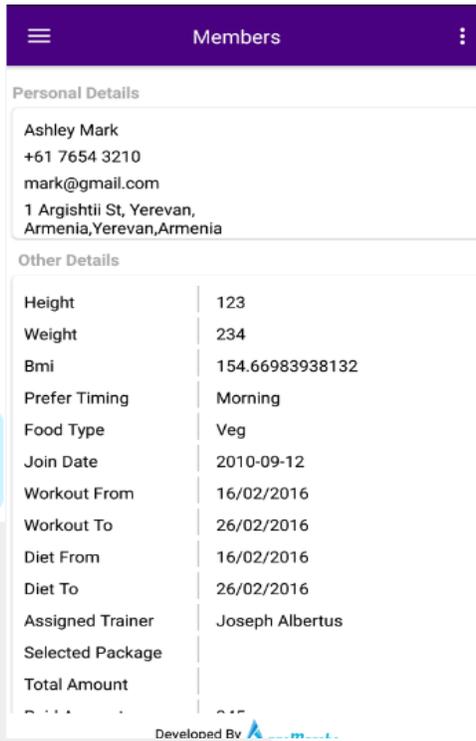


Figure 52 member details1

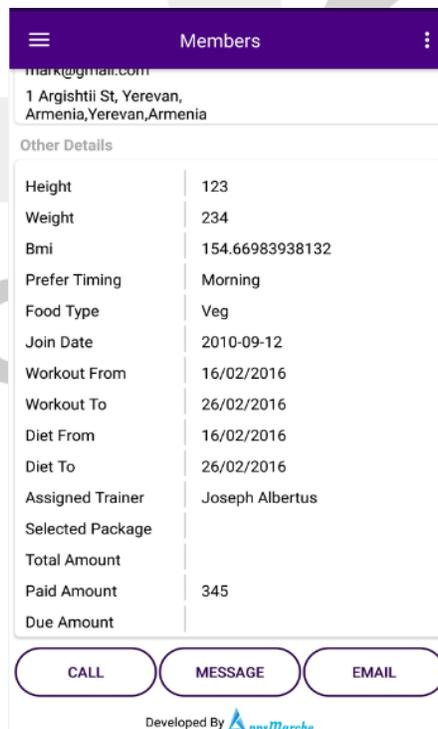


Figure 53 members details2

The admin can see the trainer list by clicking on the **Trainers** in the navigation menu.

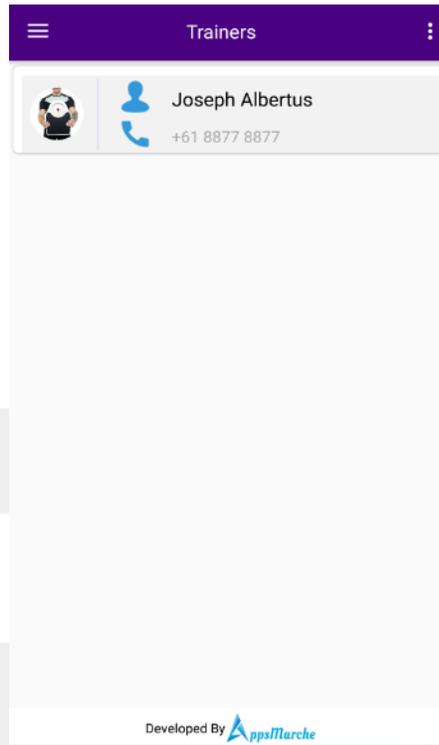


Figure 54 trainers

The admin can see the trainer details by clicking on their name

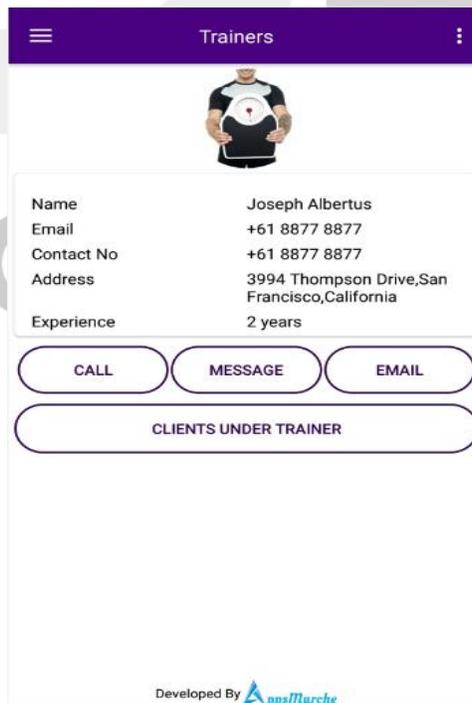


Figure 55 trainer details

The admin can see the clients under that trainer by clicking on the **Clients under Trainer** Button in the above screen.

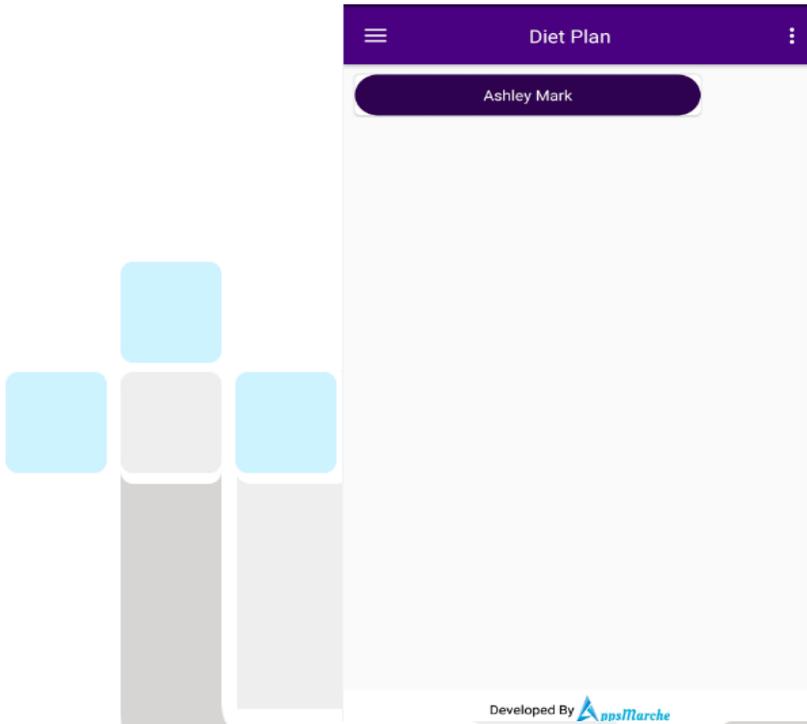


Figure 56 client under trainer

The admin can see the category of different exercise by clicking on the **Category** in the navigation menu.

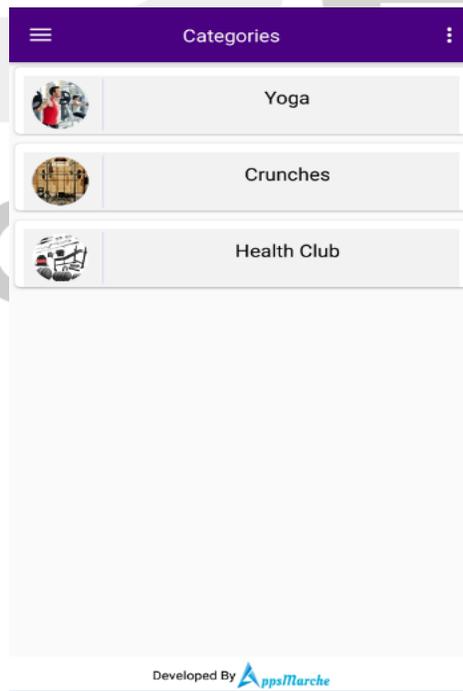


Figure 57 category

They can see the exercise under that category by clicking on the category name

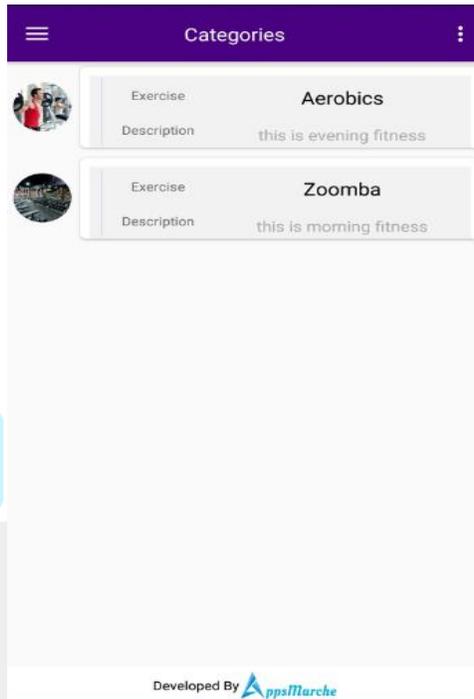


Figure 58 exercise under category

The admin can see the services offered by gym by clicking on the **services** in the navigation menu.

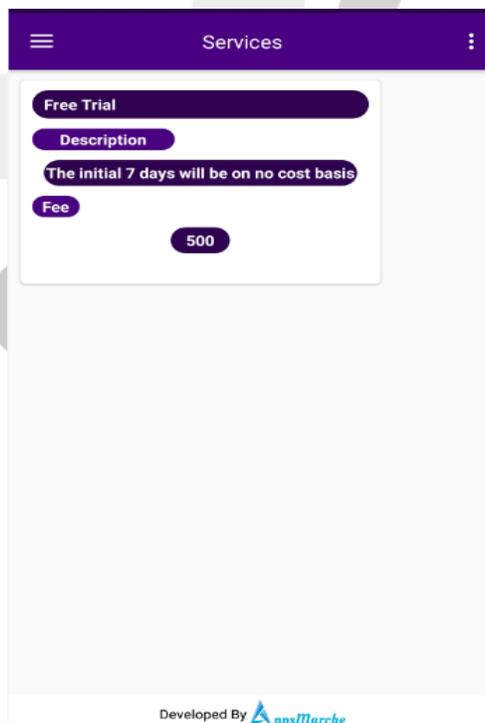


Figure 59 services

The admin can see the diet plan of all the users by clicking on the **Diet plan** in the navigation menu.

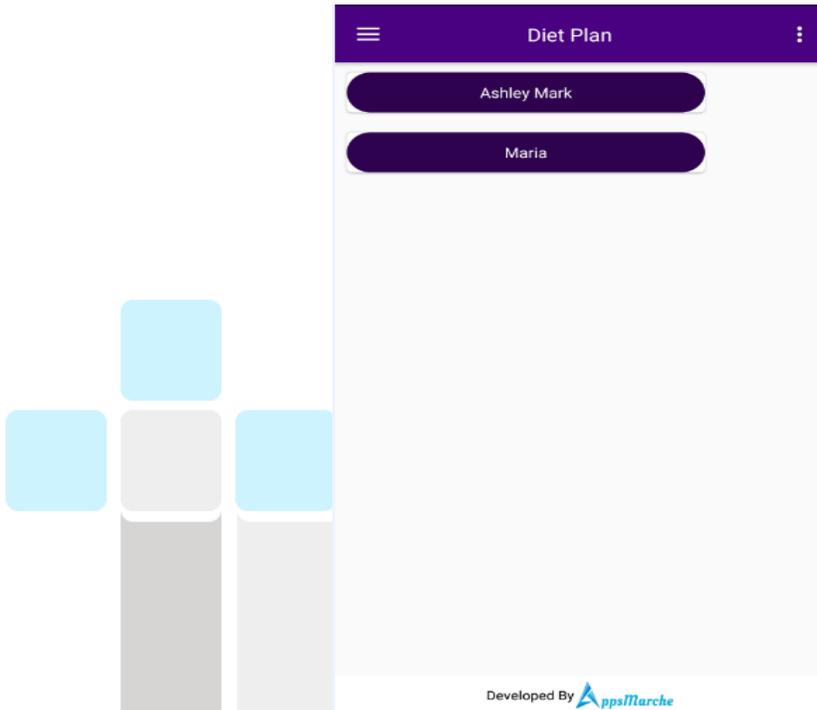


Figure 60 diet plan

By clicking on the users or client name the admin can see their diet plan history and current plan assigned.

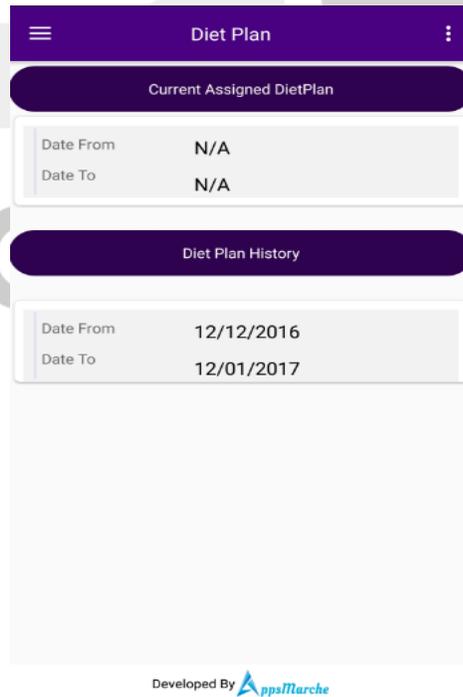


Figure 61 current n past diet plan

The admin can see the workout plan of all the users by clicking on the **work plan** in the navigation menu.

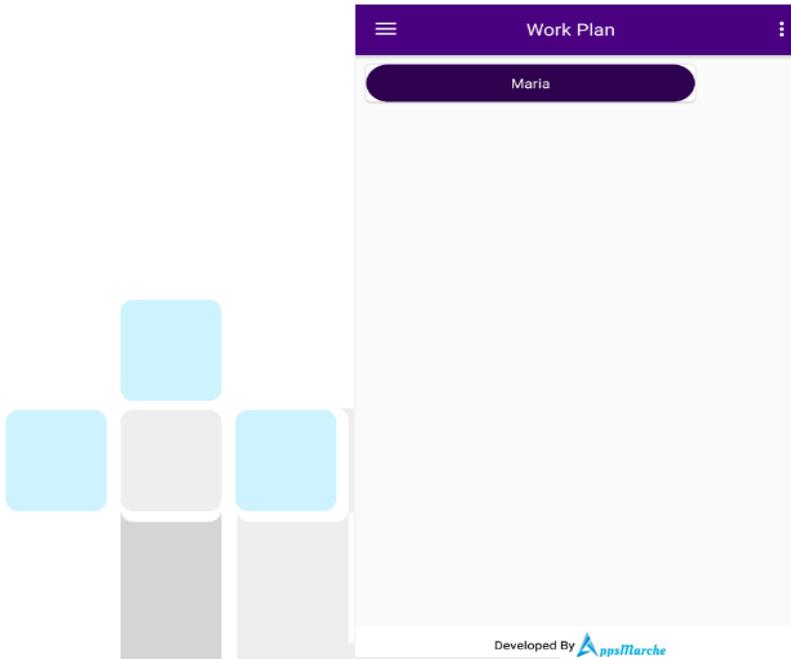


Figure 62 work plan

Work plan history

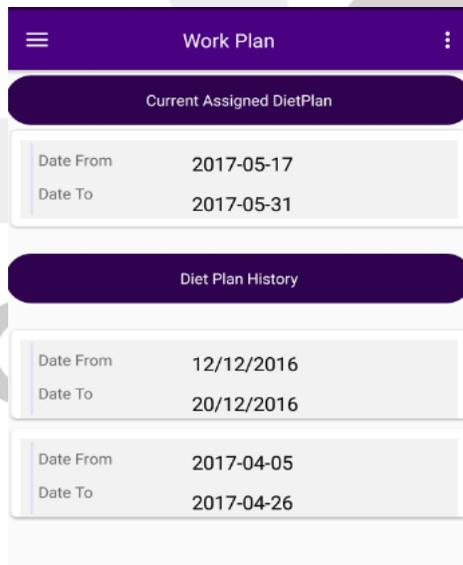


Figure 63 work plan history

They can see the diet plan of each day by clicking on the date

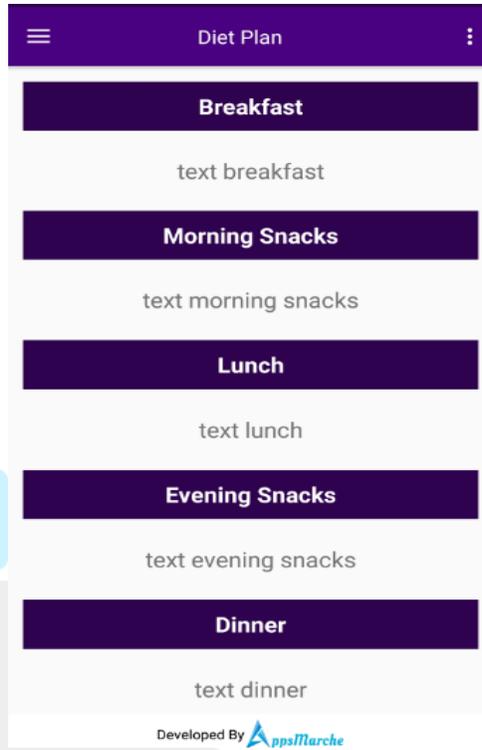


Figure 64 diet plan

By clicking on the date of workout plan history the will be taken to the next screen which categories the diet plan according to different day.

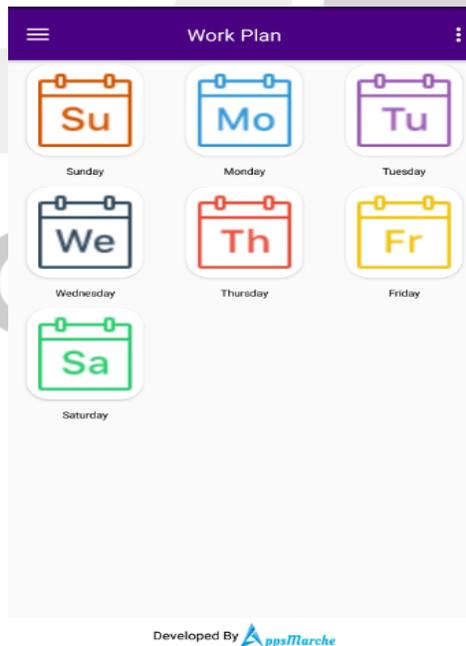


Figure 65work plan as per day

They can see the work plan of any day by clicking on the that they icon

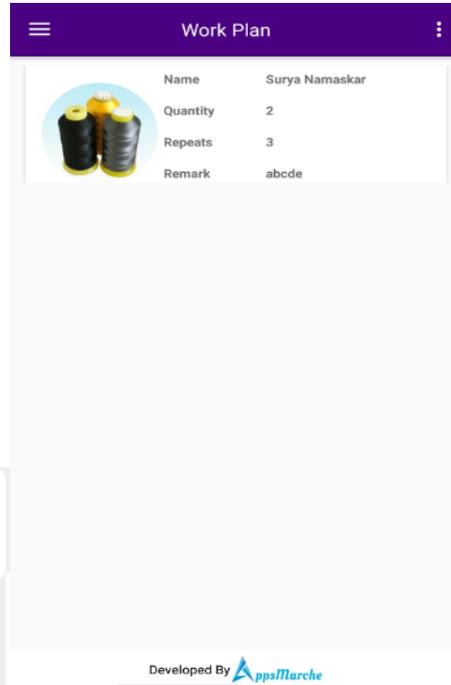


Figure 66 work plan

The admin can change the app language by clicking on the 3 vertical dot icon at the top right of the app and choose the choose language option from there.



Figure 67 about us

5. Trainer Mobile App Walkthrough

Trainer Mobile App Splash Screen.

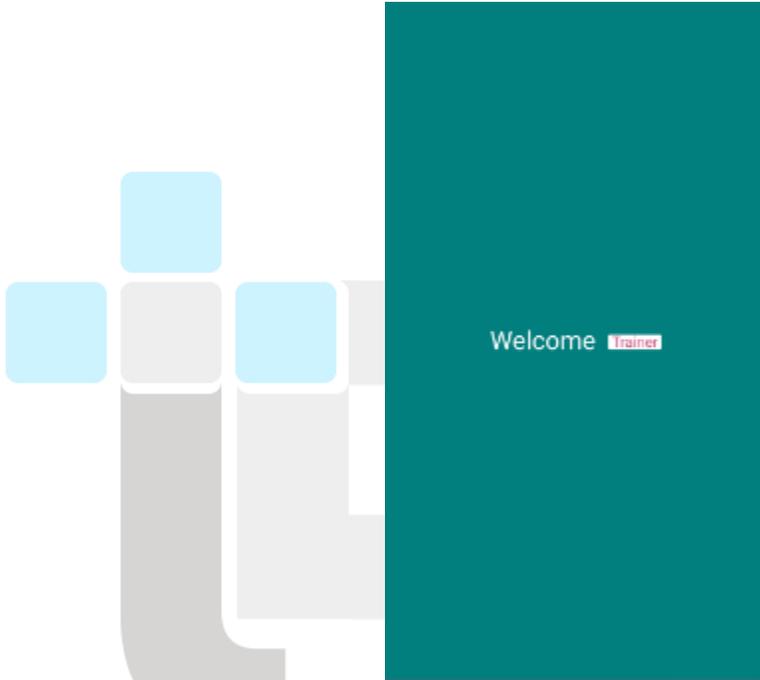


Figure 68 Trainer App Splash Screen

The login screen appear after the splash screen when trainer open the app

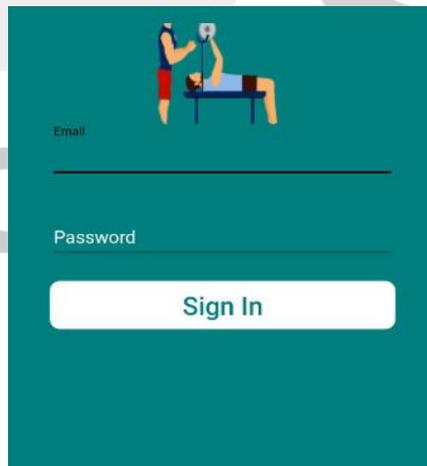


Figure 69 login

Trainer Mobile App Dashboard from where Trainer can access available options.

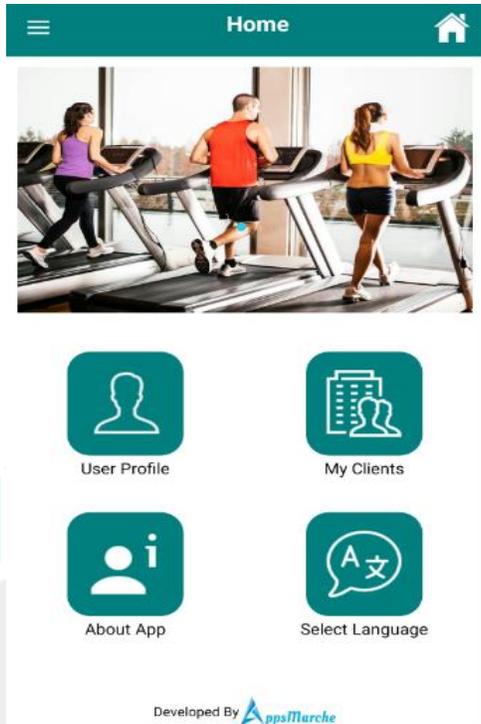


Figure 70 Trainer App Dashboard

Navigation menu appear after clicking on the **three bar icon** of the top left of the app.

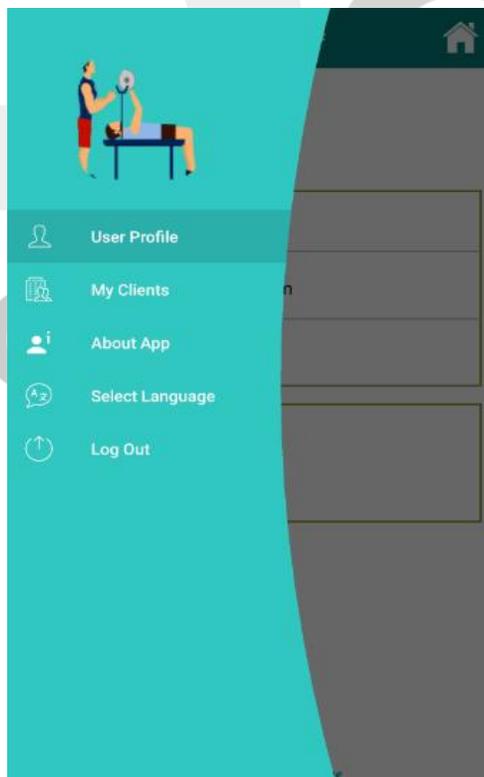


Figure 71 navigation menu

Trainer Profile Screen appears after selecting the user profile in the navigation menu

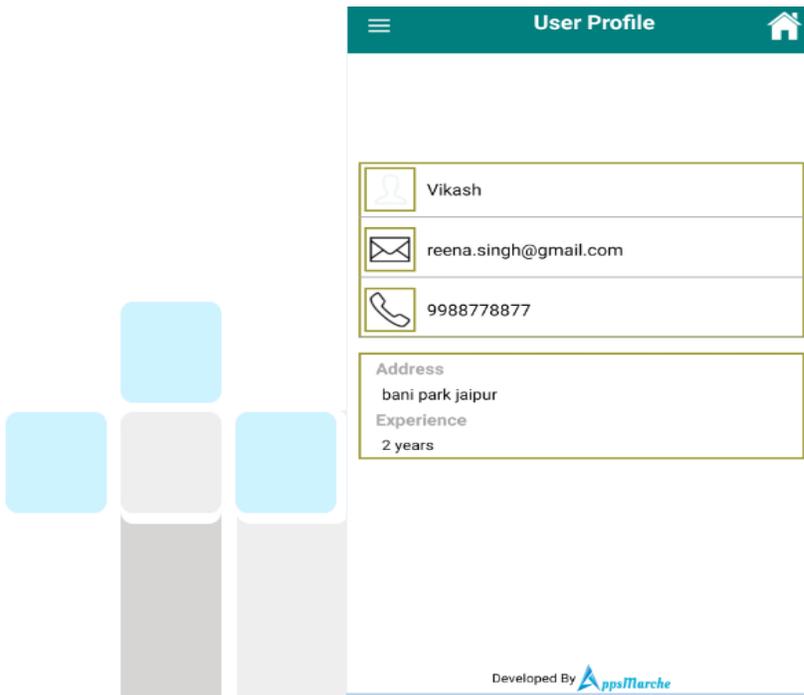


Figure 72 Trainer Profile

The trainer can see the **Clients** Associated with them by clicking on the **My Clients** option in the navigation menu.

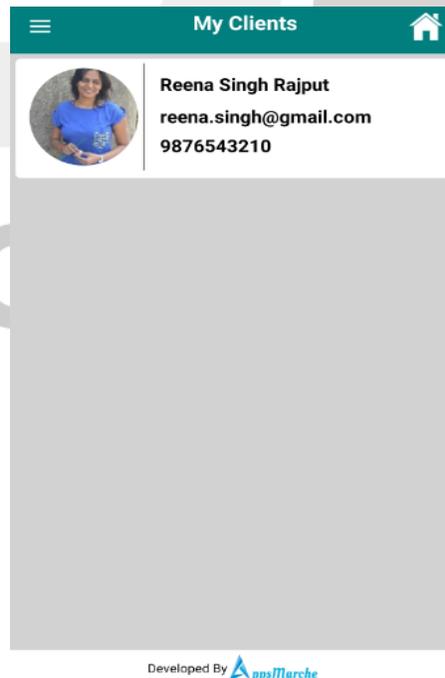


Figure 73 Trainer Client Details

Trainer can view client details by clicking on any client from previous screen.

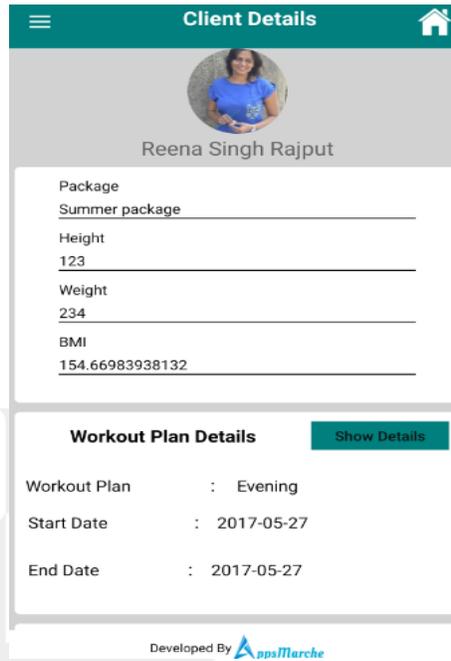


Figure 74 Client Details

Client details continued.

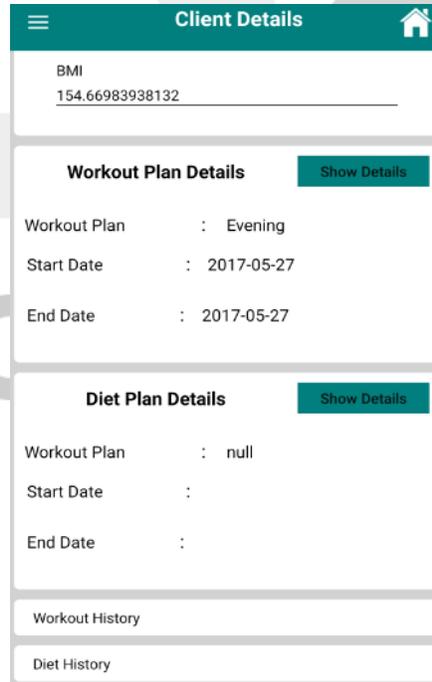


Figure 75 Client Details

Details of available Workout plan which can be assigned to user

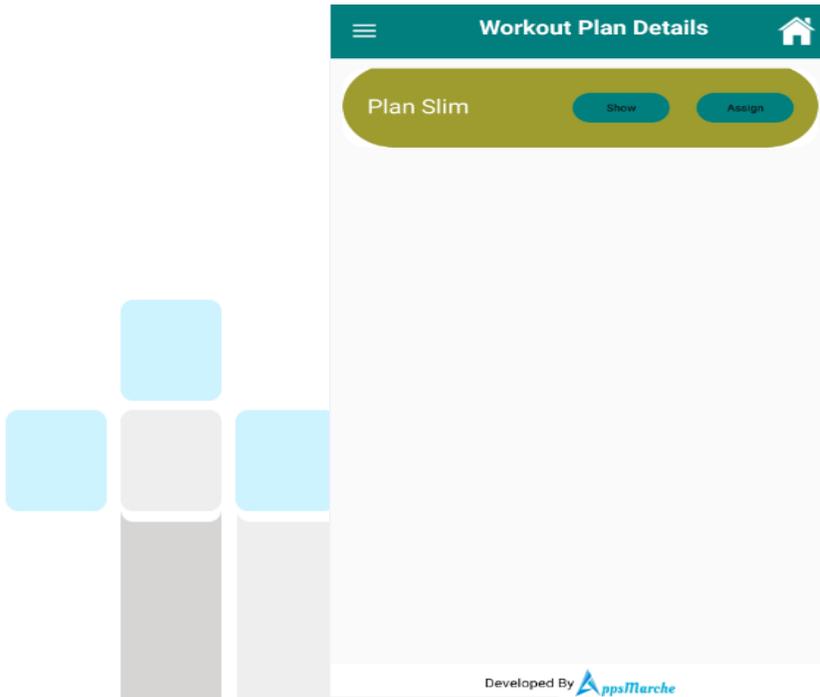


Figure 76 Available Workout Plans

View workout plan details by selecting particular day

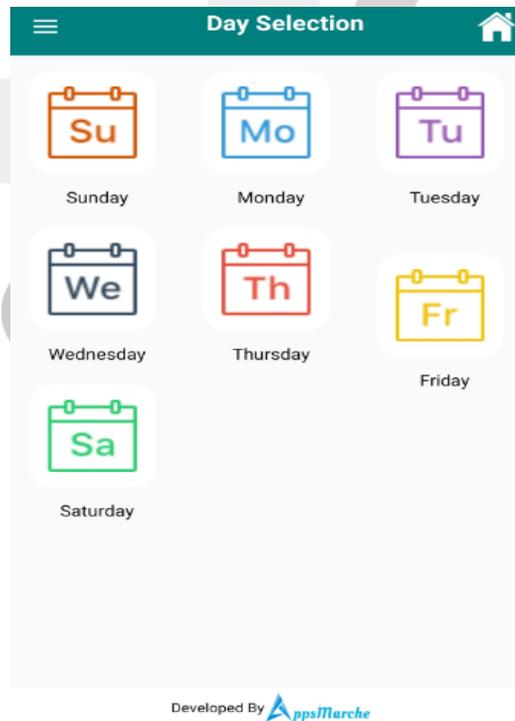


Figure 77 Day Selection

Details of workout plan for the day

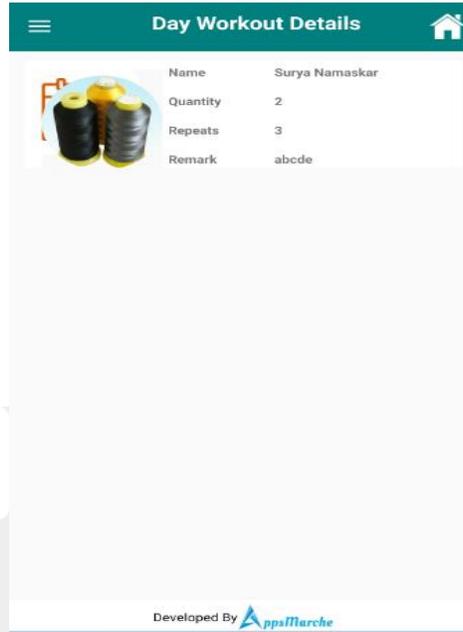
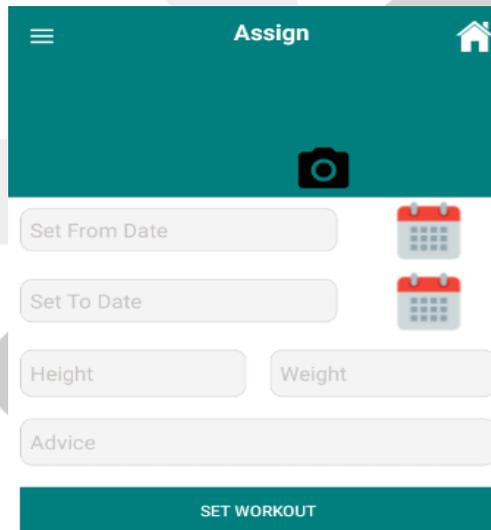


Figure 78 Day Work out Details

The trainer can assign the workout routine to the user



Developed By AppsMarche

Figure 79 assign workout

Workout plan details

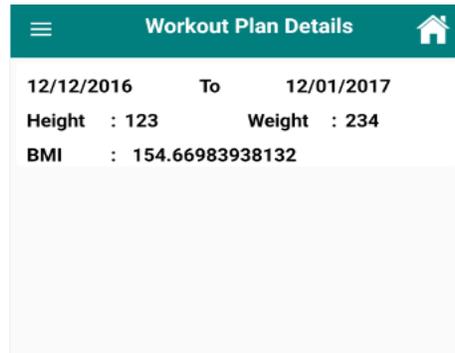
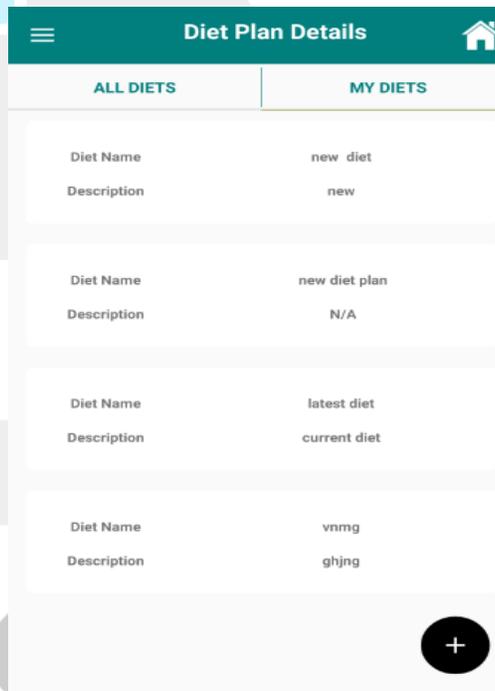


Figure 80 workout plan details

Diet Plan details assigned to user



Developed By AppsMarche

Figure 81 Diet Plan Details (My Diet)

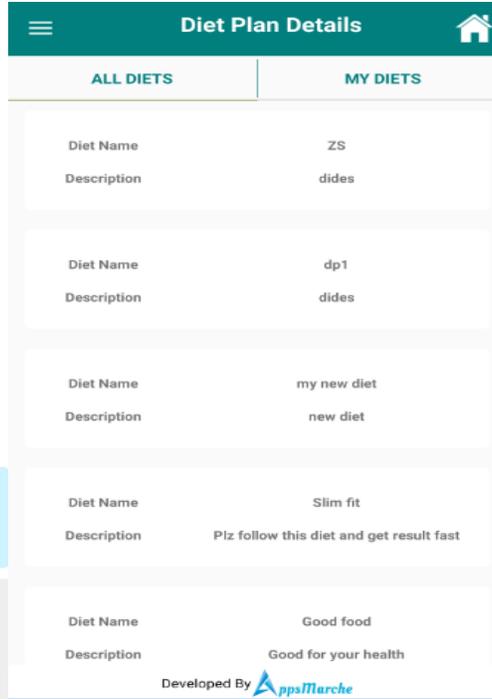


Figure 82 Diet plan detail (All Diet)

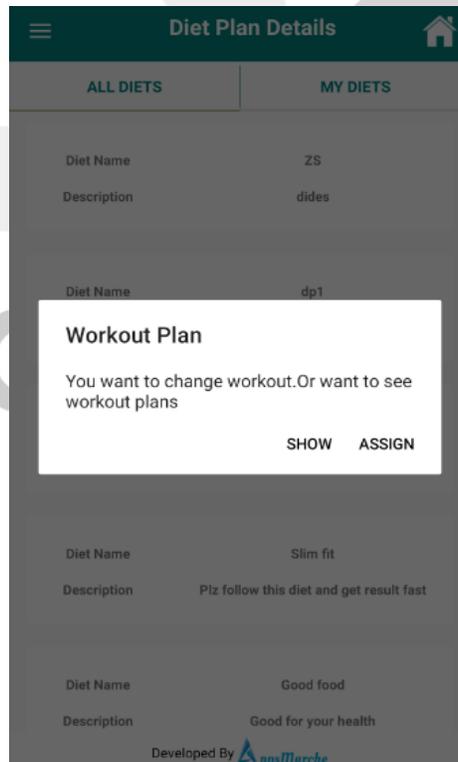


Figure 83 Assigning Plan

Viewing details of plan by clicking on Show Button

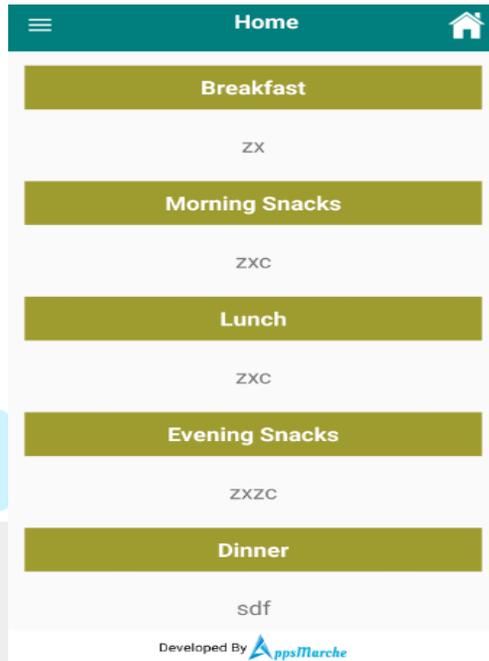


Figure 84 Plan Details

Assign plan by selecting a start and end date, also capture user basic details on that day.

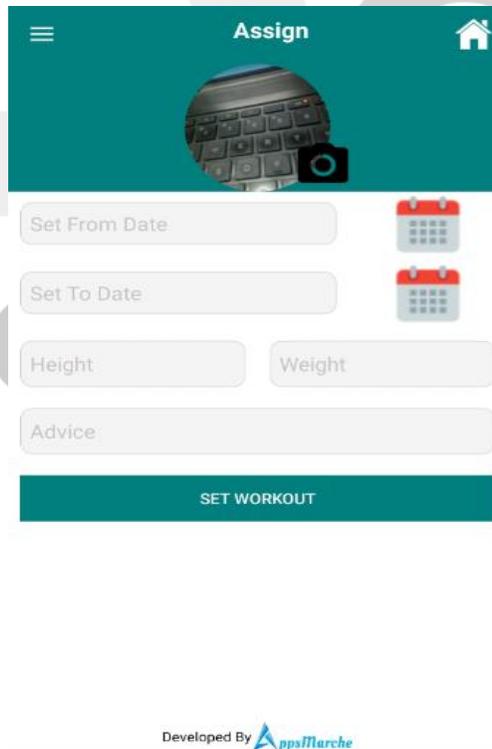


Figure 85 Assigning Plan

Choose language

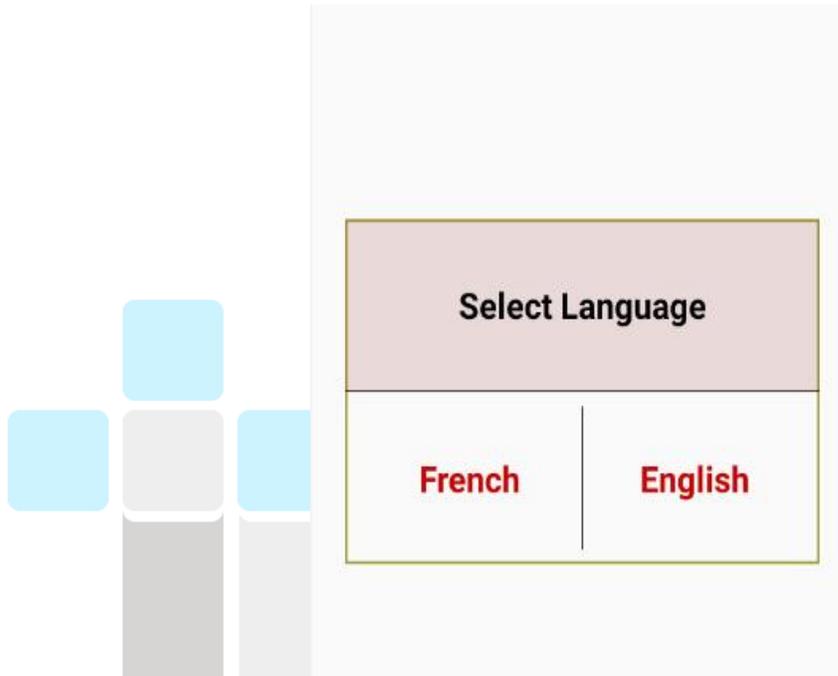
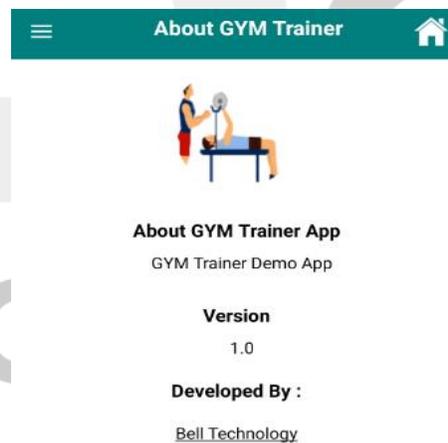


Figure 86 choose language



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Figure 87 About App

Logout

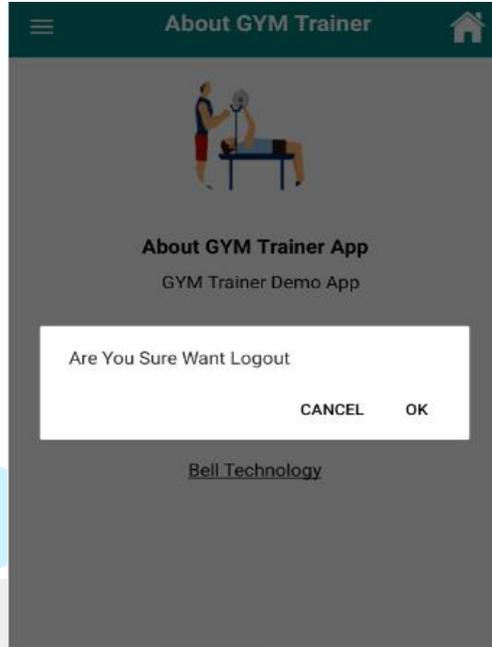


Figure 88 about app

6. GYM User Mobile App Walkthrough

Gym user app split screen



Figure 89 split screen

GYM User App Login Screen

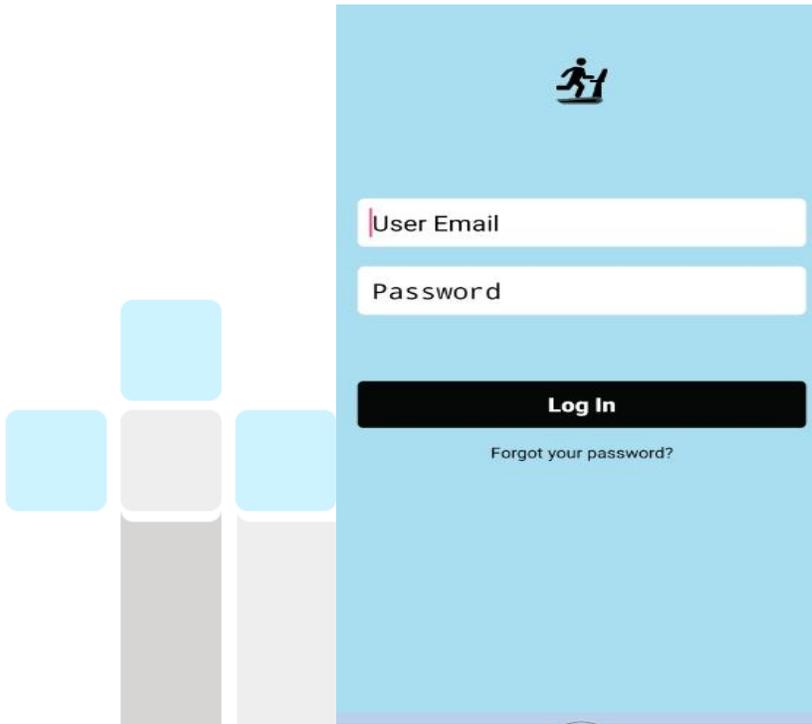


Figure 90 Login Screen

Forgot password

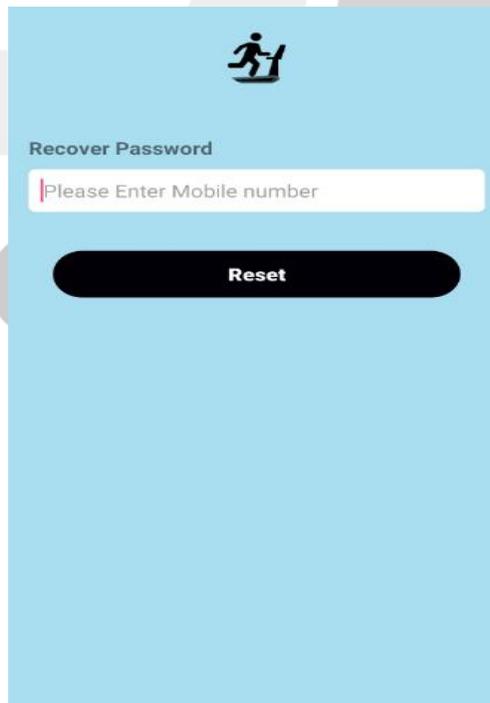


Figure 91 forgot password

Sign up

Name

Email Address

Password

Mobile Number

Address

Medical Ailment

Date of Birth : click to set date

Height(in cms) Weight(in kgs)

Gender : Male Female

You are : Vegetarian Non-Vegetarian

Preferred Time : Morning Evening

All Done!

Figure 92 sign up

User Home Screen after Login

Bell
Technology

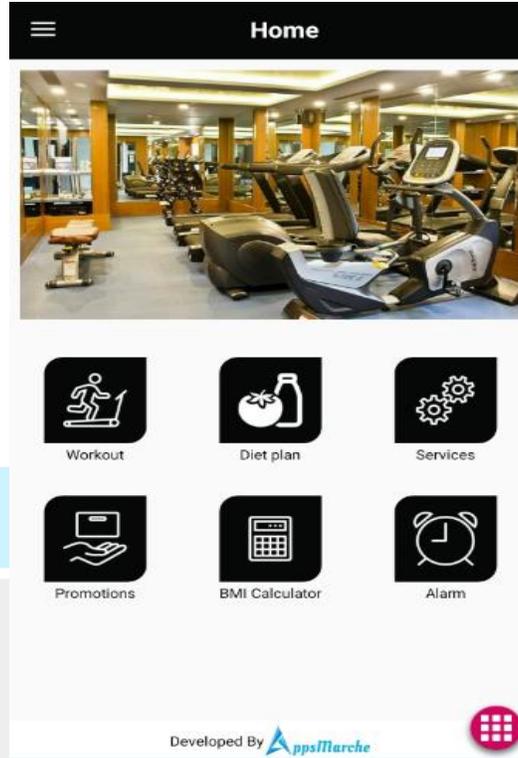


Figure 93 User Home Screen

Navigation menu

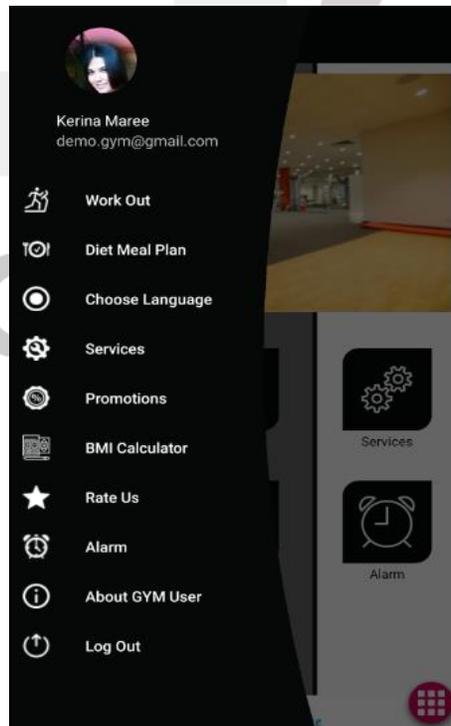


Figure 94 navigation menu

Work out details of User

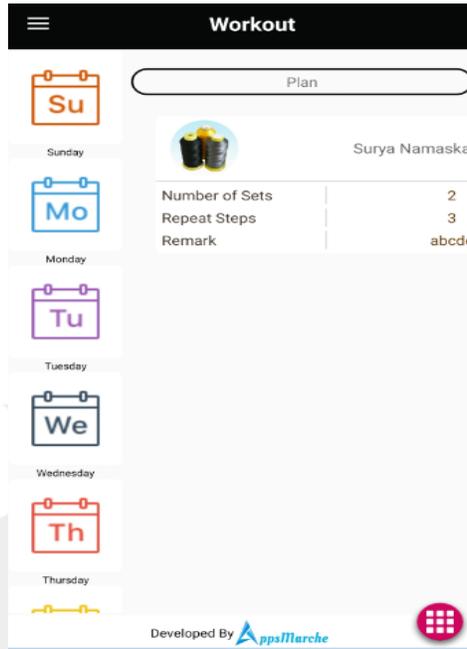


Figure 95 Work out Details

User Diet Plan, can be accessed from Home Screen

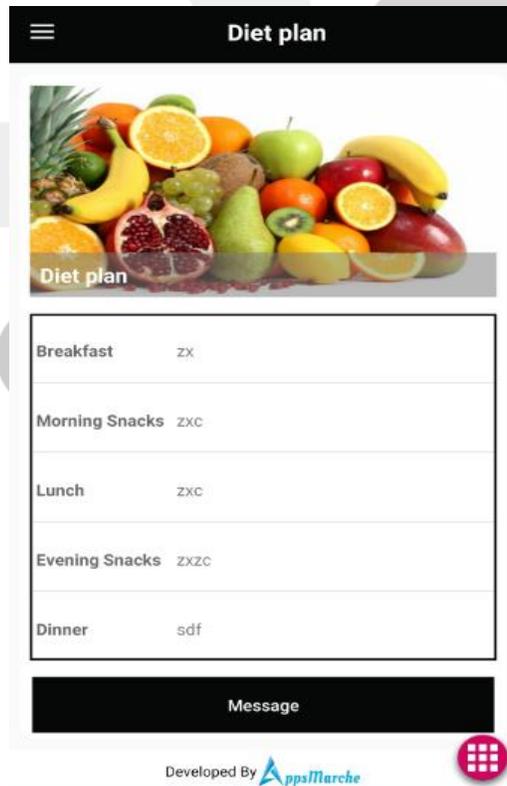


Figure 96 Diet Plan

Services offered by GYM, can be accessed by Selecting Services from Home

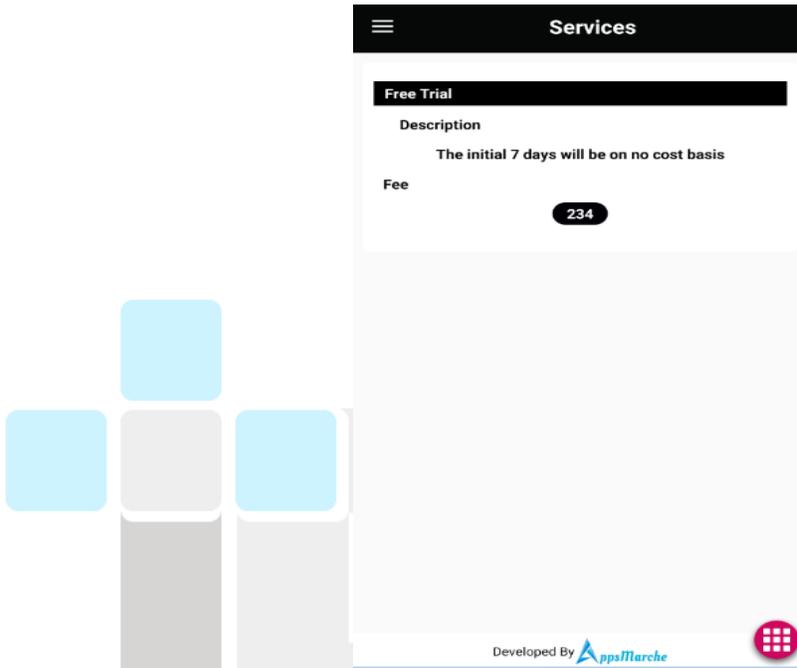


Figure 97 Services Details

Promotions



Figure 98 promotions

User can view BMI by selecting BMI option from Home Screen

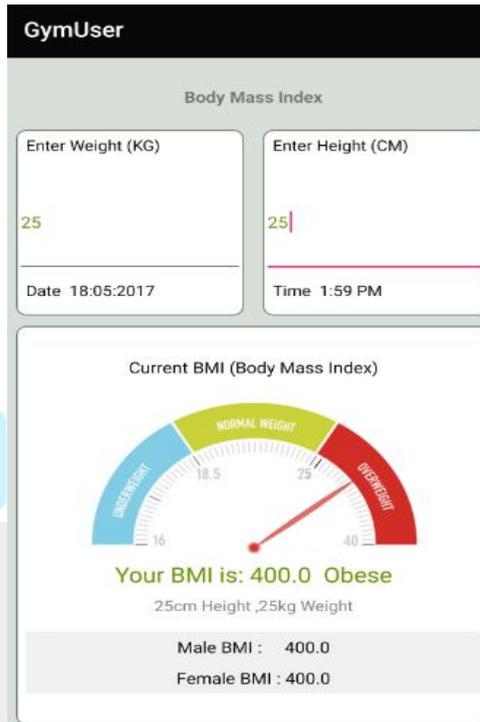


Figure 99 BMI Screen

User can view current diet plan from Home Screen

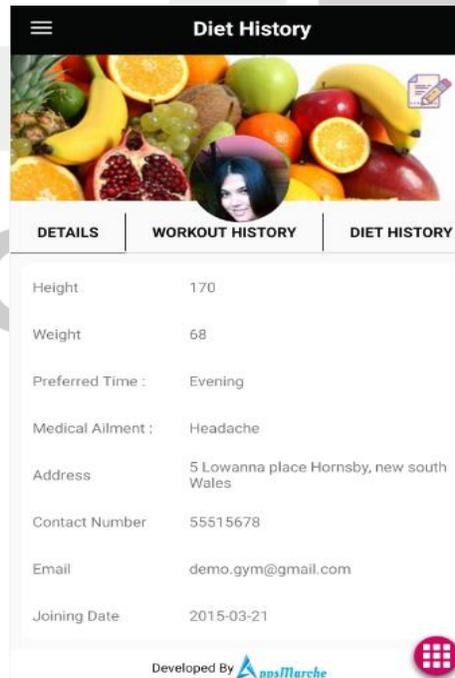


Figure 100 Diet history

Edit User Profile

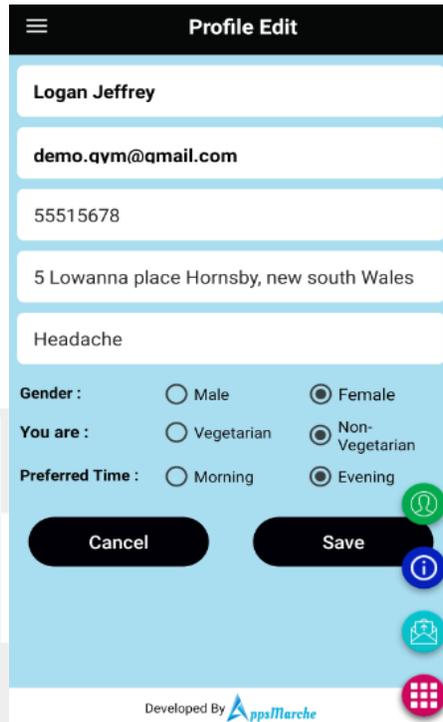


Figure 101 Edit User Profile

User can set reminder/alarm for workout from Navigation menu.

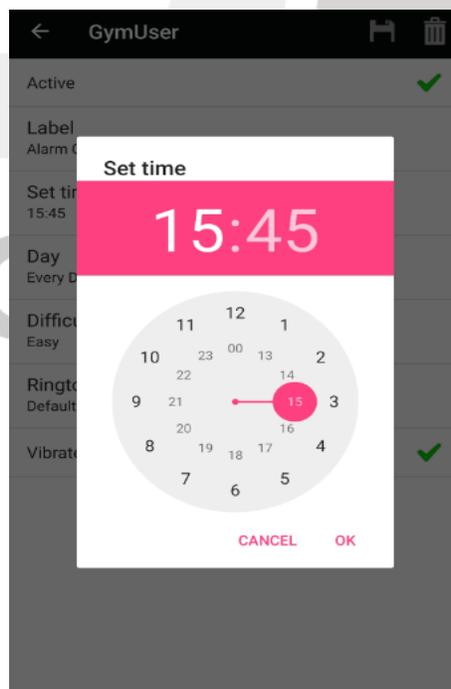


Figure 102 Setting Alarm

Available Alarm Screen

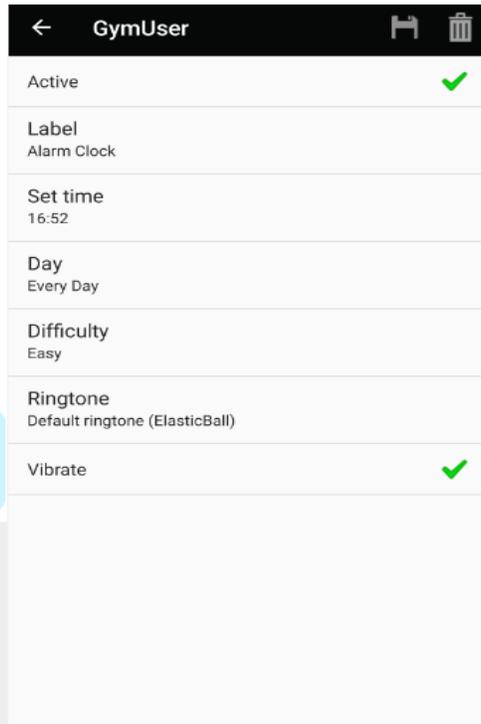


Figure 103 Available alarm screen

Set alarm screen

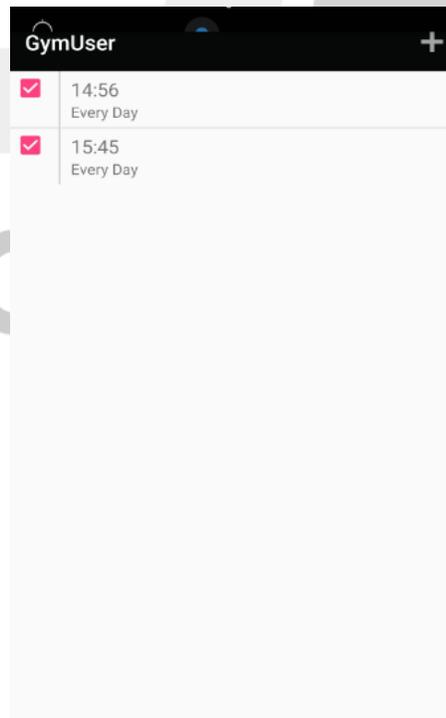


Figure 104 Set Alarm Screen

Alarm Day Selection

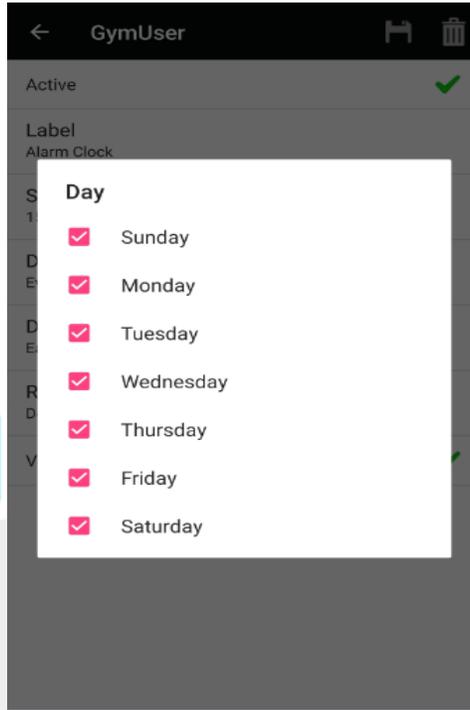


Figure 105 Alarm Day Selection

Rate us screen

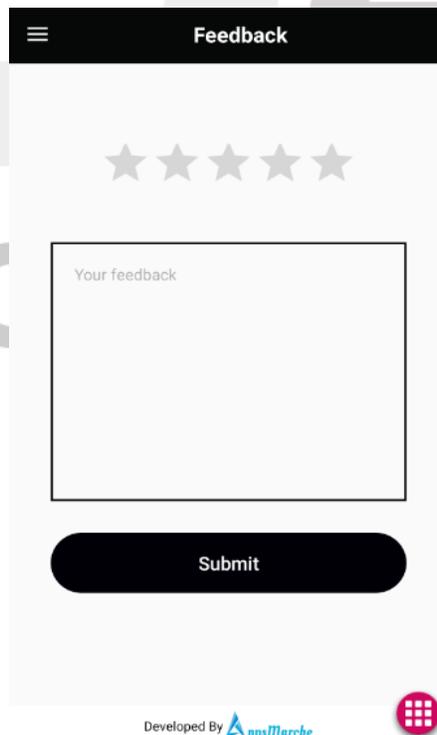


Figure 106 rate us

About App Information

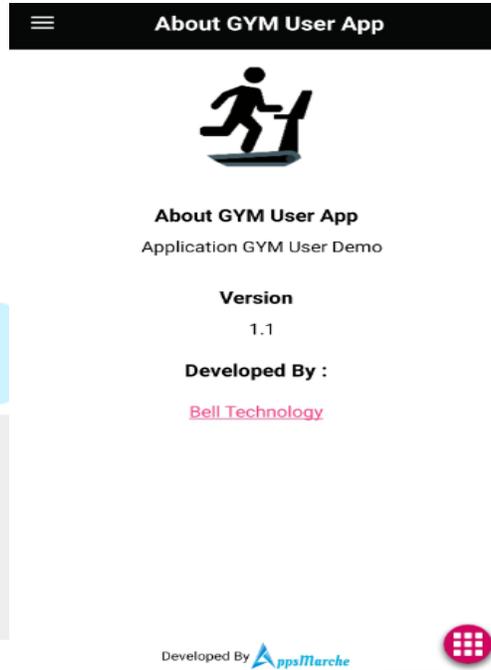


Figure 107 about App Information

Choose language

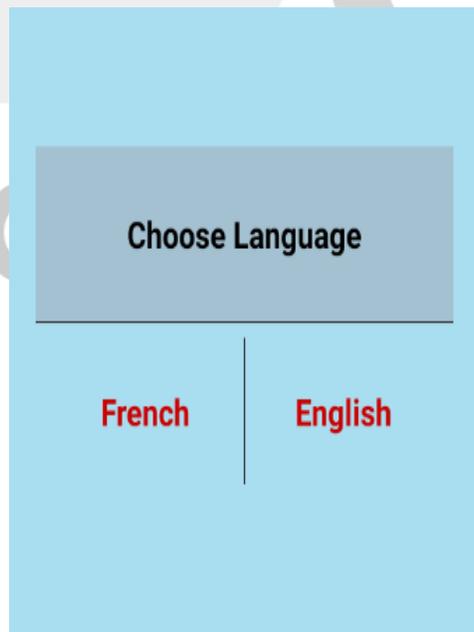


Figure 108 choose language

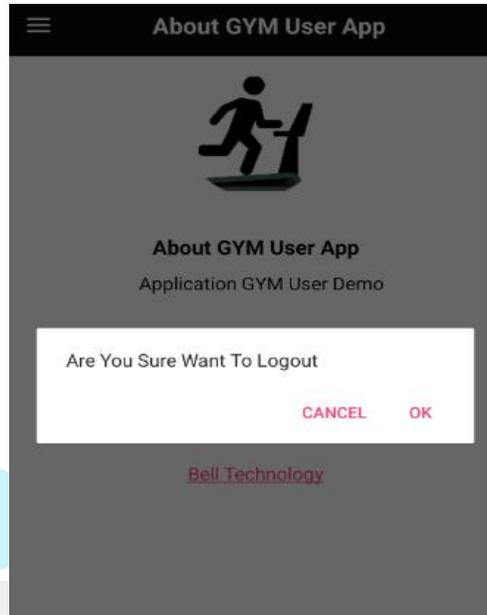


Figure 109 logout

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