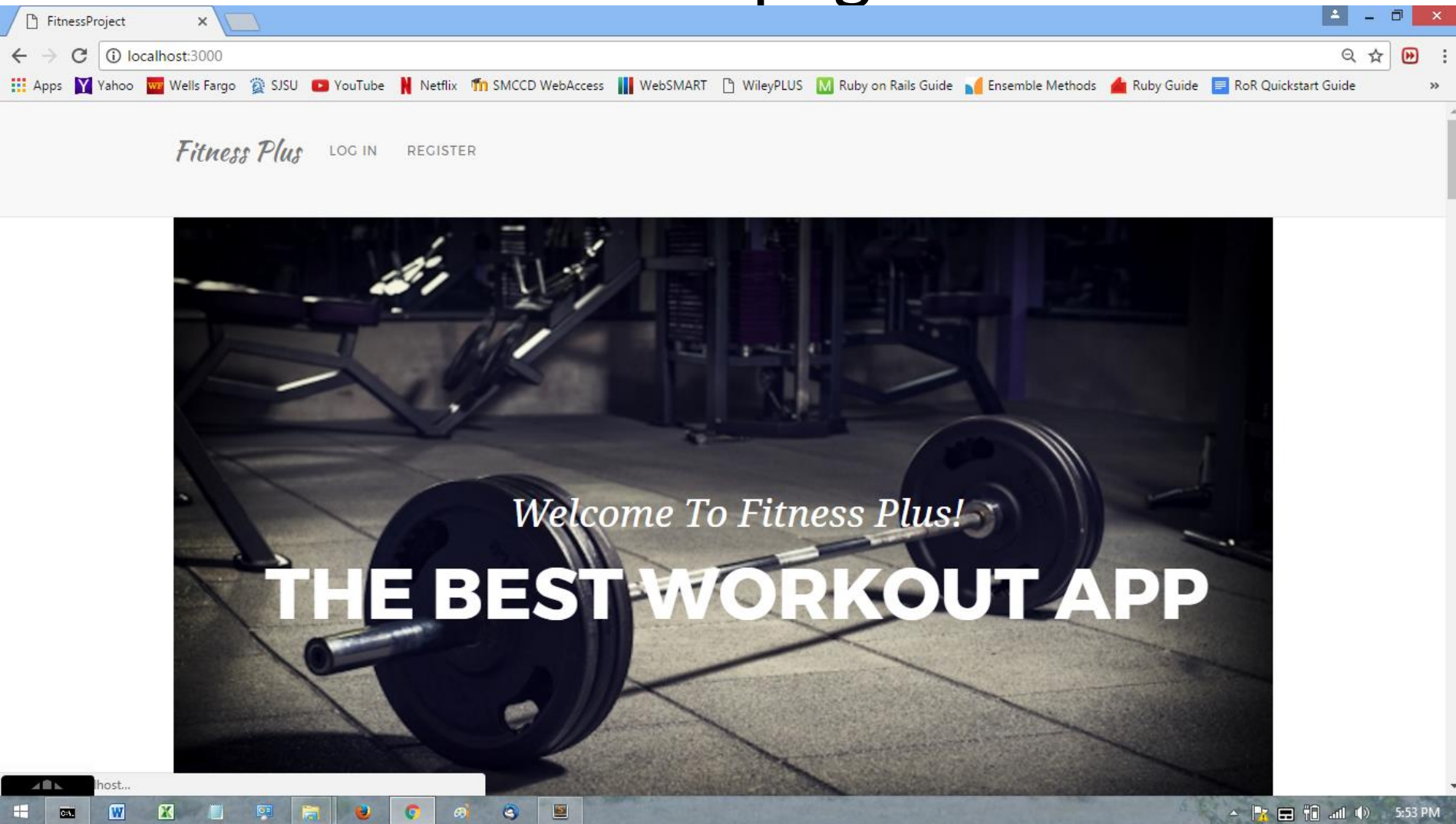
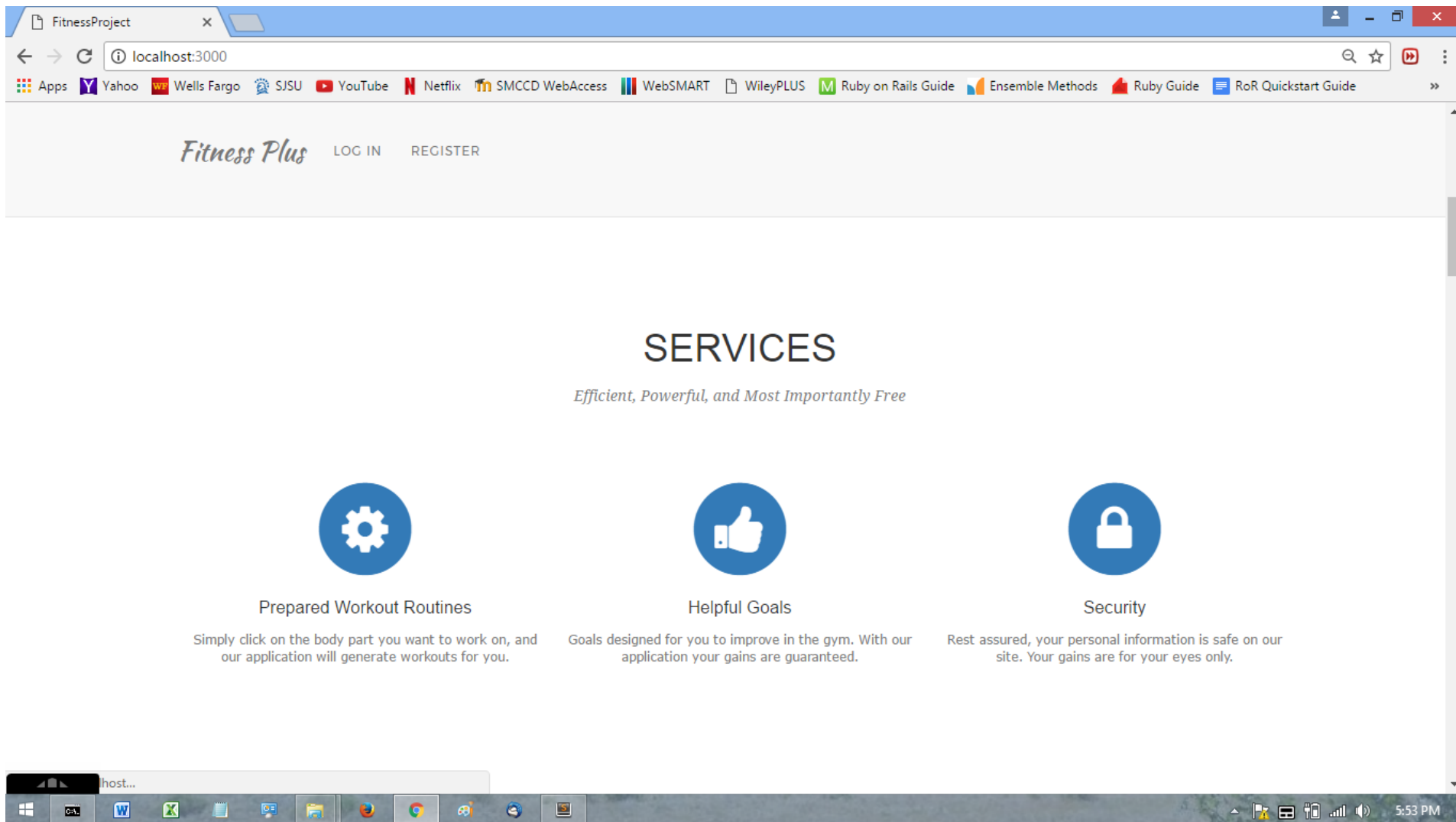


Homepage



Homepage



Homepage

FitnessProject


localhost:3000

Apps Yahoo Wells Fargo SJSU YouTube Netflix SMCCD WebAccess WebSMART WileyPLUS Ruby on Rails Guide Ensemble Methods Ruby Guide RoR Quickstart Guide


Fitness Plus LOG IN REGISTER

WORKOUTS


Designed for you.



Chest
Pectoralis Major



Abs
Rectus Abdominis



Arms
Biceps and Triceps

host...

5:53 PM


Homepage

FitnessProject x


localhost:3000

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Fitness Plus LOG IN REGISTER




Chest
Pectoralis Major




Abs
Rectus Abdominis




Arms
Biceps and Triceps



Shoulders
Deltoids



Back
Trapezius and Latissimus Dorsi

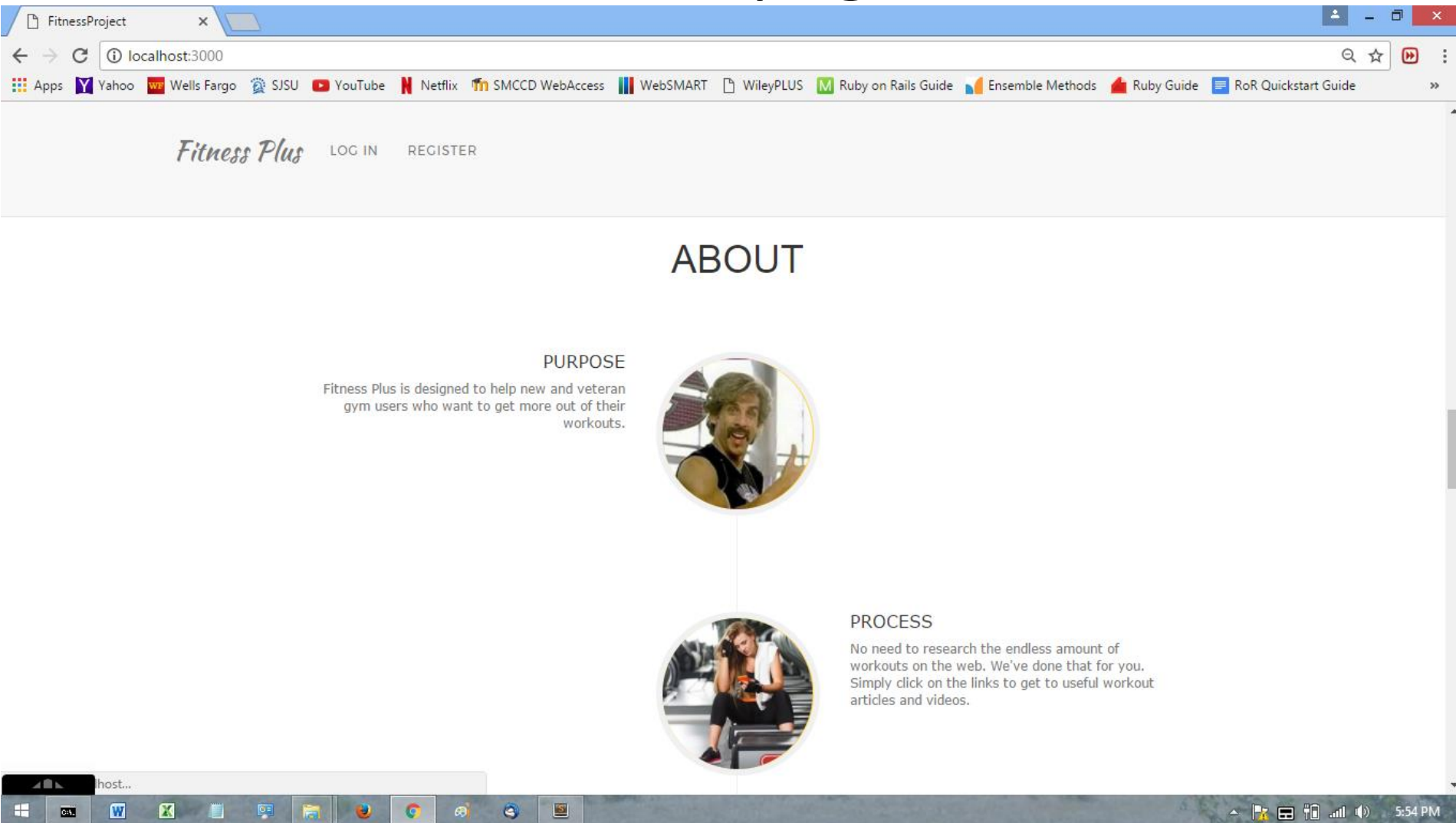


Legs
Glutes, Quads, and Gastrocnemius

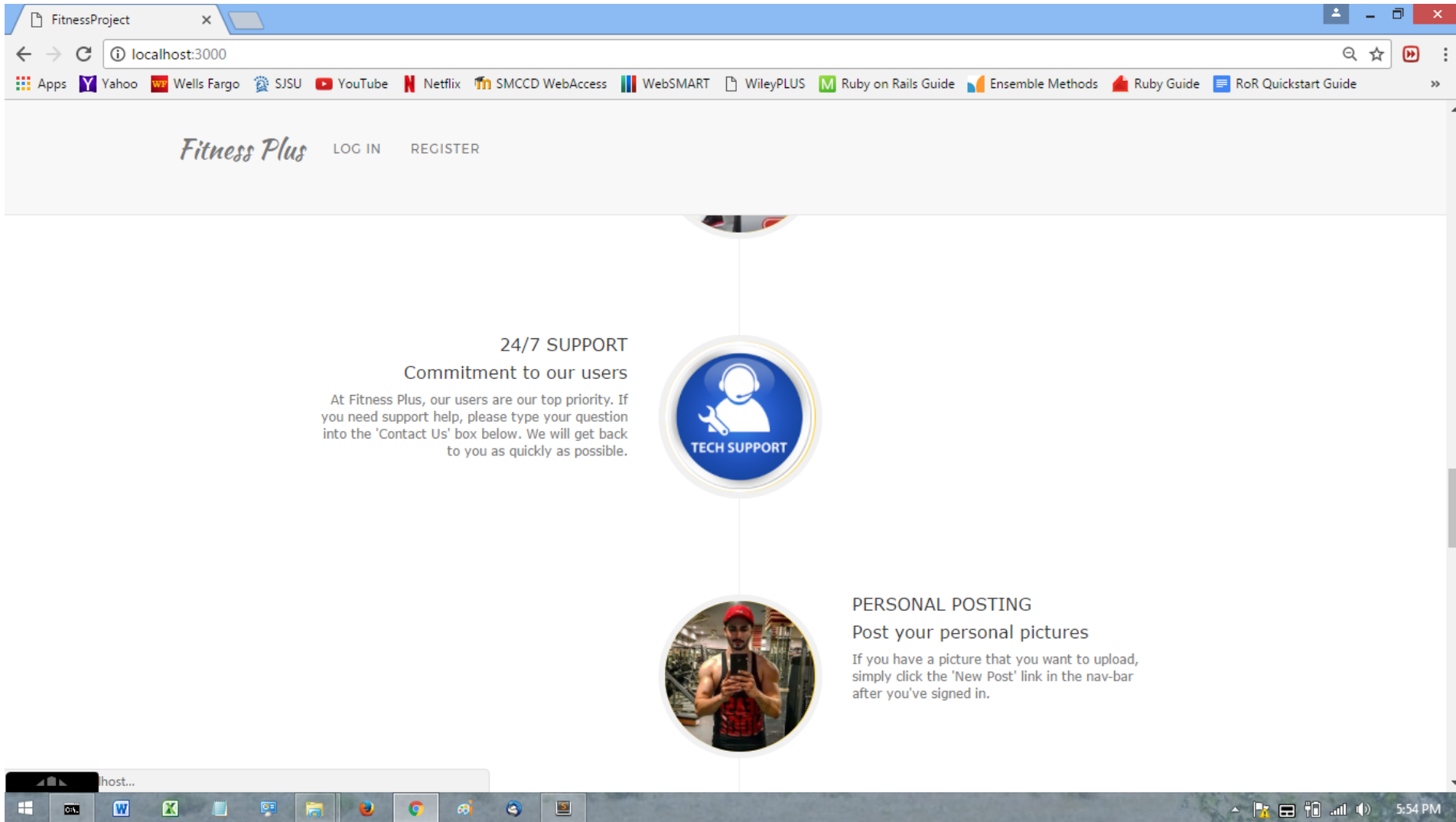
host...

5:54 PM

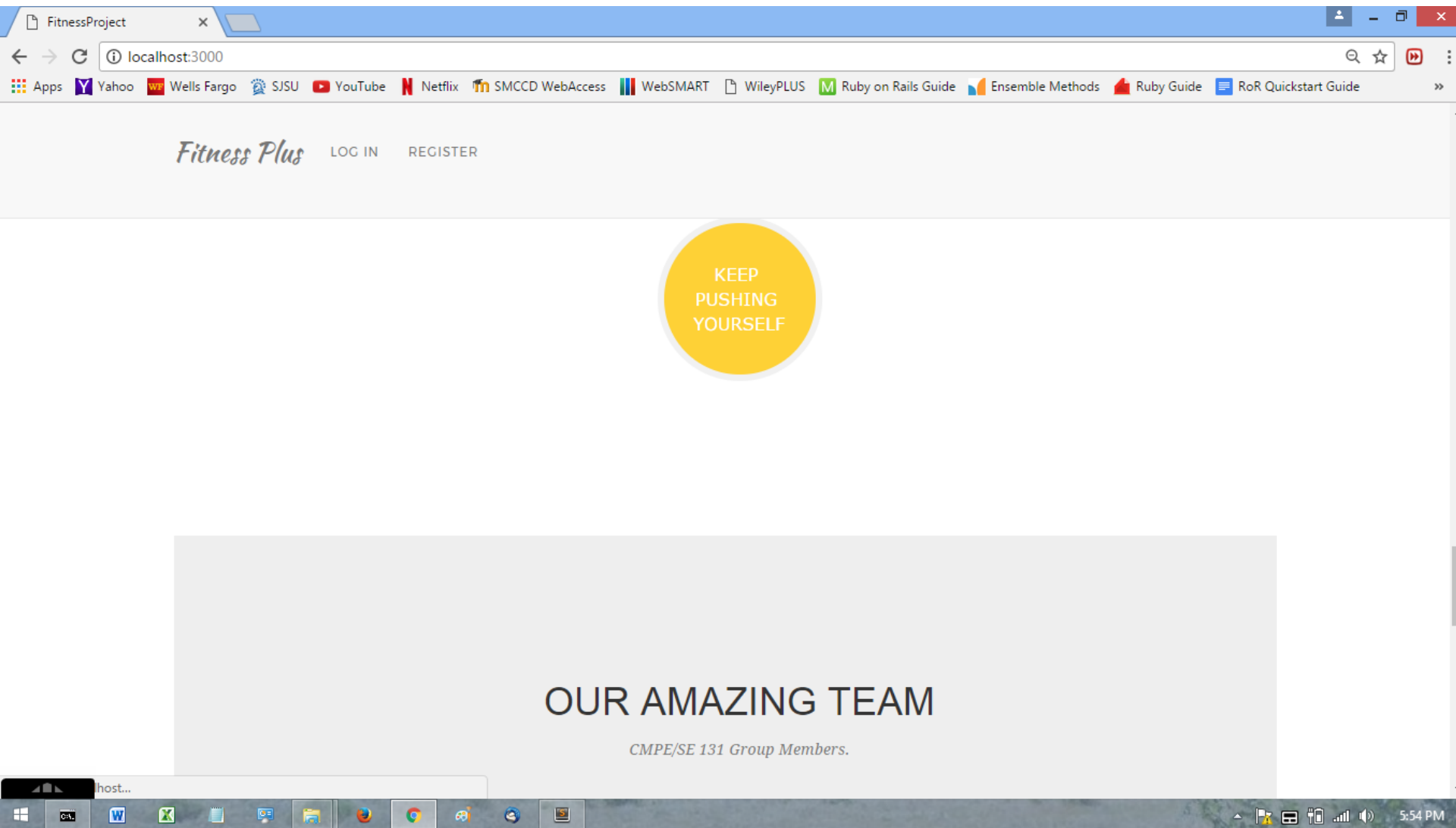
Homepage



Homepage



Homepage



Homepage

FitnessProject


localhost:3000

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Fitness Plus LOG IN REGISTER

OUR AMAZING TEAM


CMPE/SE 131 Group Members.



Tien Nguyen
Software Engineer



Justin Leinbach
Software Engineer



Thomas Martin
Manufacturing Engineer

Software Engineering I class, Spring 2017.

host...

5:55 PM

Contact Form

The screenshot shows a web browser window with the address bar at localhost:3000. The page has a header with the 'Fitness Plus' logo and links for 'LOG IN' and 'REGISTER'. The main content area is a dark grey box with the title 'CONTACT US' and the subtitle 'We'd love to hear from you.' Below this are three input fields for 'YOUR NAME *', 'YOUR EMAIL *', and 'YOUR PHONE *' stacked vertically. To the right of these is a larger text area for 'YOUR MESSAGE *'. At the bottom center of the dark box is a yellow 'SEND MESSAGE' button. The browser's taskbar at the bottom shows various application icons and the system clock at 5:55 PM.

Fitness Plus LOG IN REGISTER

CONTACT US

We'd love to hear from you.

YOUR NAME *

YOUR EMAIL *

YOUR PHONE *

YOUR MESSAGE *

SEND MESSAGE

Contact Form

The screenshot shows a web browser window with the address bar at localhost:3000. The page has a header with the 'Fitness Plus' logo and links for 'LOG IN' and 'REGISTER'. The main content area is a dark grey box titled 'CONTACT US' with the subtitle 'We'd love to hear from you.' It contains three input fields for name, email, and phone number, a large text area for the message, and a yellow 'SEND MESSAGE' button. The browser's taskbar at the bottom shows various application icons and the system clock at 5:56 PM.

Fitness Plus LOG IN REGISTER

CONTACT US

We'd love to hear from you.

tom

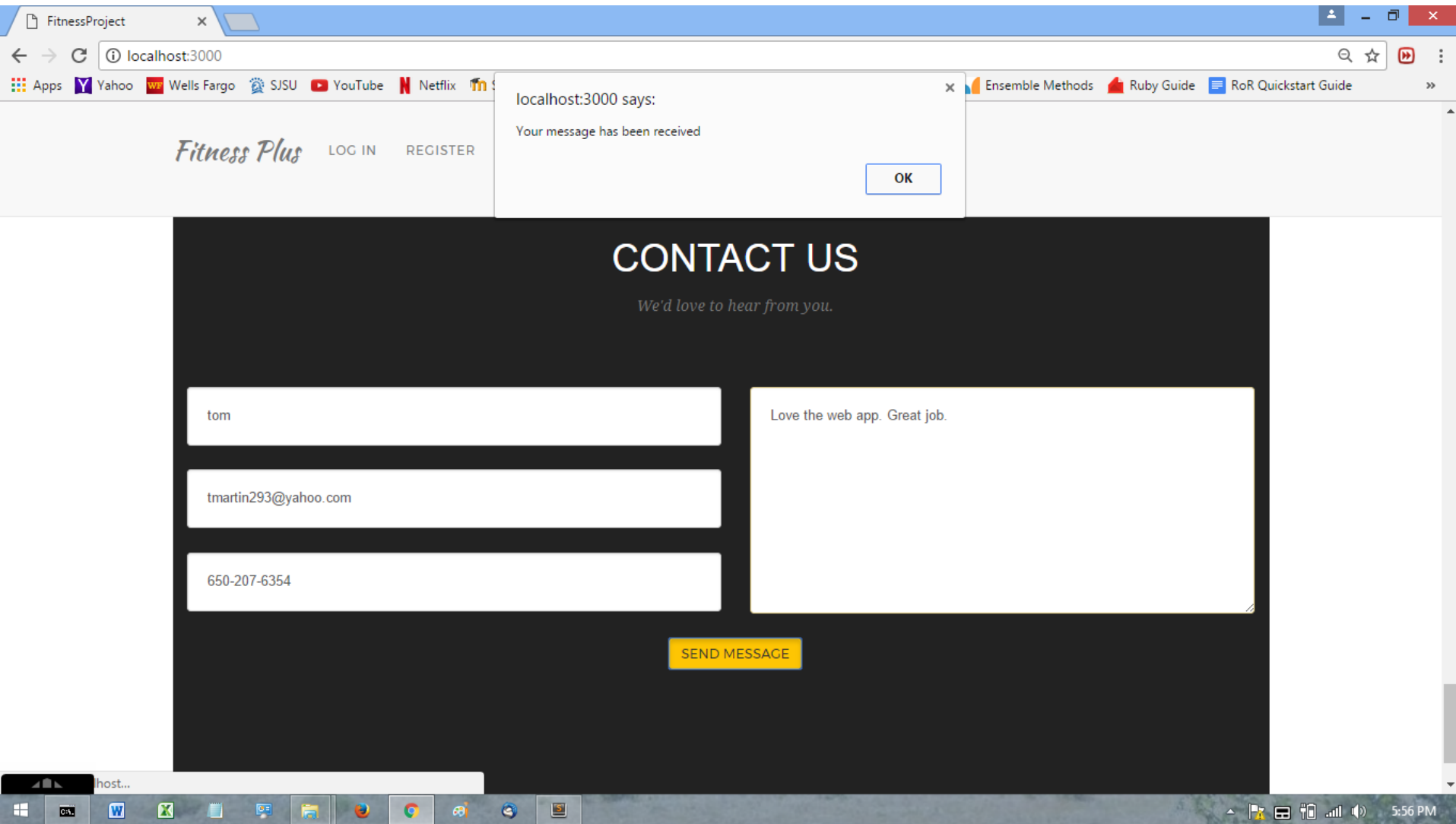
tmartin293@yahoo.com

650-207-6354

Love the web app. Great job.

SEND MESSAGE

Contact Form Success



Sign Up Page

The screenshot shows a web browser window with the address bar displaying 'localhost:3000/users/sign_up'. The browser's bookmark bar includes links to various websites like Apps, Yahoo, Wells Fargo, SJSU, YouTube, Netflix, SMCCD WebAccess, WebSMART, WileyPLUS, Ruby on Rails Guide, Ensemble Methods, Ruby Guide, and RoR Quickstart Guide. The page header features the 'Fitness Plus' logo and navigation links for 'LOG IN' and 'REGISTER'. The main content area is titled 'SIGN UP' and contains a form with the following fields: 'Email' (containing 'tmartin293@gmail.com'), 'Password (6 characters minimum)' (masked with dots), 'Password confirmation' (masked with dots), 'Name' (containing 'Thomas'), and 'Experience level (1-5)' (containing '3'). Below the form are 'Sign up' and 'Log in' buttons. The Windows taskbar at the bottom shows several open applications and the system clock indicating 5:59 PM.

FitnessProject

localhost:3000/users/sign_up

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Fitness Plus LOG IN REGISTER

SIGN UP

Email

tmartin293@gmail.com

Password (6 characters minimum)

Password confirmation

Name

Thomas

Experience level (1-5)

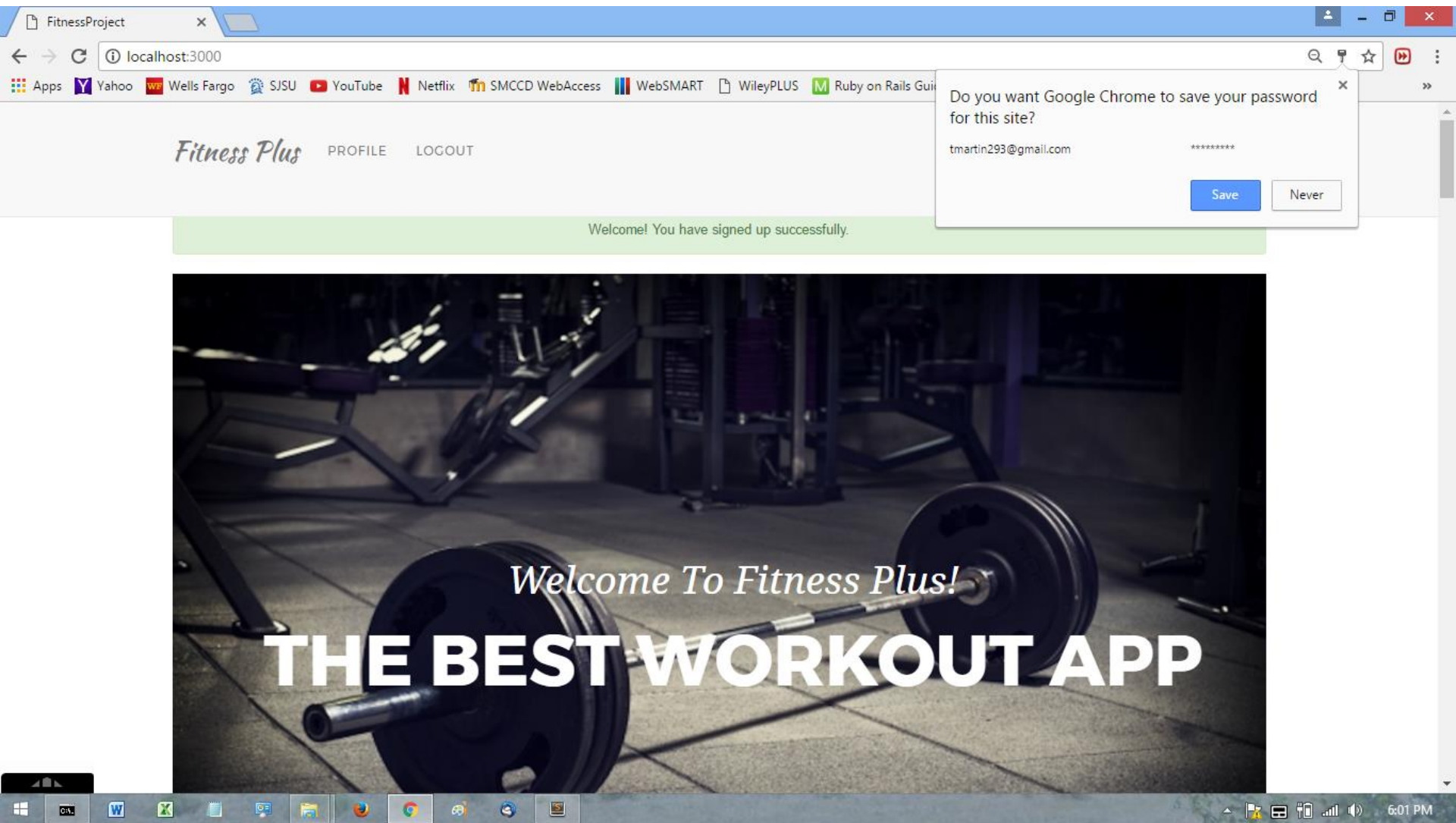
3

Sign up

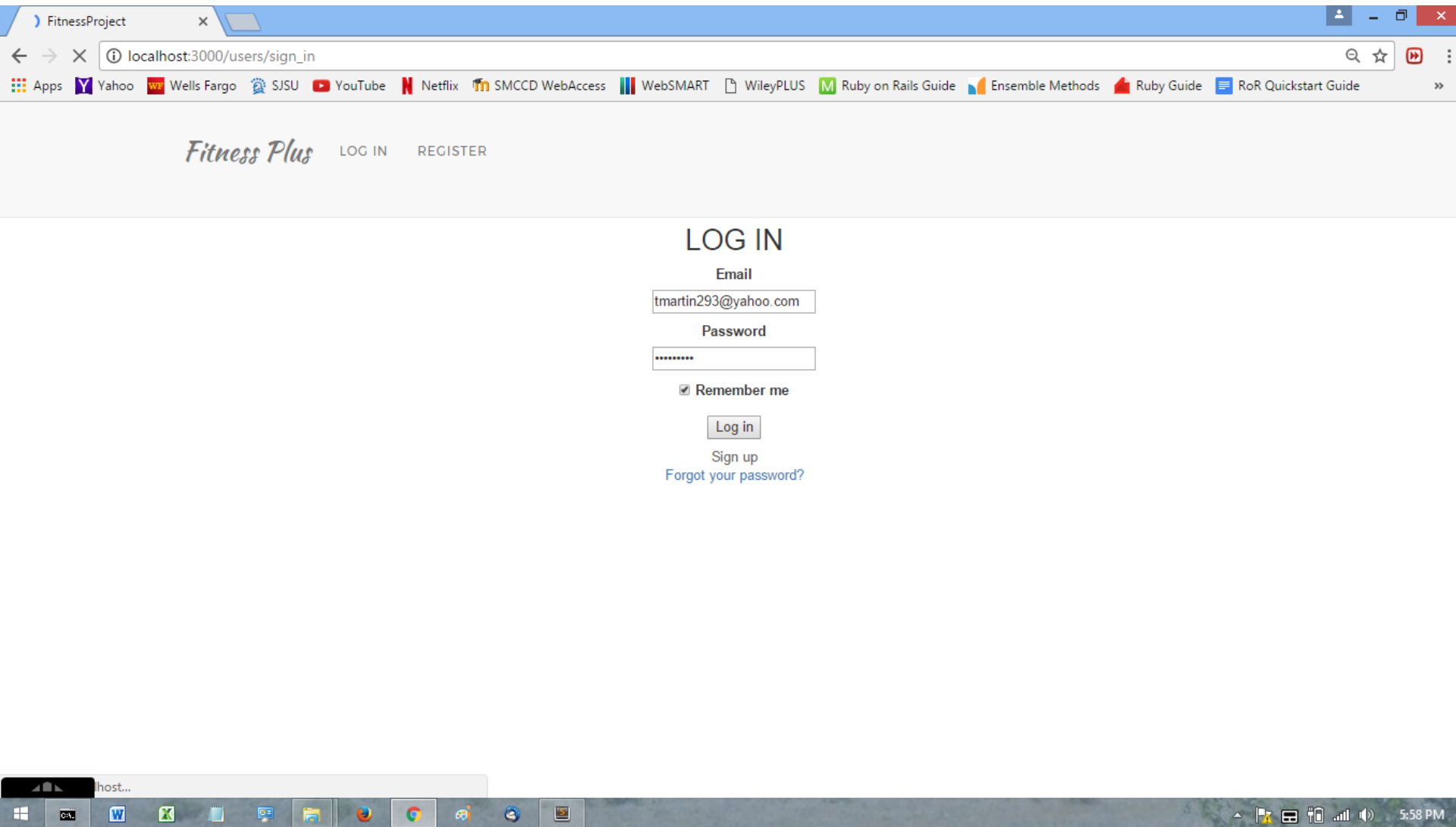
Log in

5:59 PM

Sign Up Success



Log In Page



Profile Page

FitnessProject

localhost:3000/users/1


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Fitness Plus PROFILE LOGOUT


HELLO THOMAS!


WORKOUT ROUTINES


EXPERIENCE (1-5): 3


CHEST WORKOUTS

AB WORKOUTS

ARM WORKOUTS







Windows Taskbar: 6:03 PM


Profile Page

FitnessProject


localhost:3000/users/1

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Fitness Plus PROFILE LOGOUT




CHEST WORKOUTS




AB WORKOUTS




ARM WORKOUTS



SHOULDER WORKOUTS



BACK WORKOUTS



LEG WORKOUTS

ADD POST

POSTS

NEVER GIVE UP

6:03 PM

Profile Page

Fitness Plus PROFILE LOGOUT

SHOULDER WORKOUTS

BACK WORKOUTS

LEG WORKOUTS

ADD POST

POSTS

NEVER GIVE UP



Squatting
May 04, 2017

New Post Page

Fitness Plus

PROFILE

LOGOUT

NEW POST

Choose File

 bench.jpg

Image

Description

Benching

Create Post

Post Successful

Fitness Plus

[PROFILE](#)

[LOGOUT](#)

Yay! Your post has been created. Check your profile!



Benching

Profile Page After Posting Picture

FitnessProject

2014 Toyota Camry Styles and Equipment, Used Cars - Kelley Blue Book

Car Prices & Inventory | Savings on New & Used Cars | TrueCar

Fitness Plus

PROFILE

LOGOUT



SHOULDER WORKOUTS



BACK WORKOUTS



LEG WORKOUTS

• ADD POSTS

POSTS

NEVER GIVE UP



Benching
May 10, 2017

Chest Workout Page

FitnessProject

localhost:3000/pages/chest

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Fitness Plus PROFILE LOGOUT

CHEST WORKOUTS THAT ROCK

"PAIN IS TEMPORARY.
QUITTING LASTS
FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS


1. BARBELL BENCH PRESS
2. [FLAT BENCH DUMBBELL PRESS](#)

GOALS

RECOMMENDED BY PROFESSIONALS

Barbell Bench Press: 5 sets of 5 (30 lbs)
Flat Bench Dumbbell Press: 5 sets of 5 (20 lbs)

PERFORMANCE



6:04 PM

Ab Workout Page

Inbox (1) - thomas.martin x Chief Design Engineer - x Final project demo slides x Combine 2 (or more) PDF x FitnessProject x

localhost:3000/pages/abs

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Fitness Plus PROFILE LOGOUT

AB WORKOUTS THAT ROCK

"PAIN IS TEMPORARY.
QUITTING LASTS
FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS


1. CRUNCHES
2. FLUTTER KICKS

GOALS

RECOMMENDED BY PROFESSIONALS

Crunches: 5 sets of 30 reps
Flutter Kicks: 5 sets of 5 (20 lbs)

PERFORMANCE



Windows taskbar: C:\, W, X, [taskbar icons], 5:11 PM

Arm Workout Page

Inbox (1) - thomas.martin x Chief Design Engineer - x Final project demo slides x Combine 2 (or more) PDF x FitnessProject x

localhost:3000/pages/arms

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Fitness Plus PROFILE LOGOUT

ARM WORKOUTS THAT ROCK

"PAIN IS TEMPORARY.
QUITTING LASTS
FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS


1. [BARBELL CURLS](#)
2. [SKULL CRUSHERS](#)

GOALS

RECOMMENDED BY PROFESSIONALS

Barbell Curls: 5 sets of 5 (30 lbs)
Skull Crushers: 5 sets of 5 (20 lbs)

PERFORMANCE



Windows Taskbar: Outlook, Word, Excel, Chrome, Firefox, Edge, Spotify, PowerPoint, 5:11 PM

Shoulder Workout Page

Inbox (1) - thomas.martin x Chief Design Engineer - x Final project demo slides x Combine 2 (or more) PDF x FitnessProject x

localhost:3000/pages/shoulders

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Fitness Plus PROFILE LOGOUT

SHOULDER WORKOUTS THAT ROCK

"PAIN IS TEMPORARY.
QUITTING LASTS
FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS


1. [SHOULDER PRESS](#)
2. [SHOULDER FLYS](#)

GOALS

RECOMMENDED BY PROFESSIONALS

Shoulder Press: 5 sets of 5 (30 lbs)
Shoulder Flys: 5 sets of 5 (20 lbs)

PERFORMANCE

A woman with tattoos on her arms is performing a shoulder exercise, likely a shoulder press or fly, using dumbbells in a gym setting. She is wearing a white tank top and black shorts, and is captured in a dynamic pose with her arms extended forward and slightly to the sides.

Windows Taskbar: Word, Excel, PowerPoint, Chrome, Firefox, Spotify, etc. 5:11 PM

BACK WORKOUTS THAT ROCK

EXERCISE INSTRUCTIONS

- ## GOALS

Deadlifts: 5 sets of 5 (30 lbs)
Seated Rows: 5 sets of 5 (20 lbs)

Leg Workout Page

Inbox (1) - thomas.martin x Chief Design Engineer - x Final project demo slides x Combine 2 (or more) PD x FitnessProject x

localhost:3000/pages/legs

Apps Yahoo Wells Fargo SJSU YouTube Netflix SMCCD WebAccess WebSMART WileyPLUS Ruby on Rails Guide Ensemble Methods Ruby Guide RoR Quickstart Guide

Fitness Plus PROFILE LOGOUT

LEG WORKOUTS THAT ROCK

"PAIN IS TEMPORARY.
QUITTING LASTS
FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS

1. SQUATS
2. [LEG PRESS](#)

GOALS

RECOMMENDED BY PROFESSIONALS

Squats: 5 sets of 5 (30 lbs)
Leg Press: 5 sets of 5 (20 lbs)

PERFORMANCE

