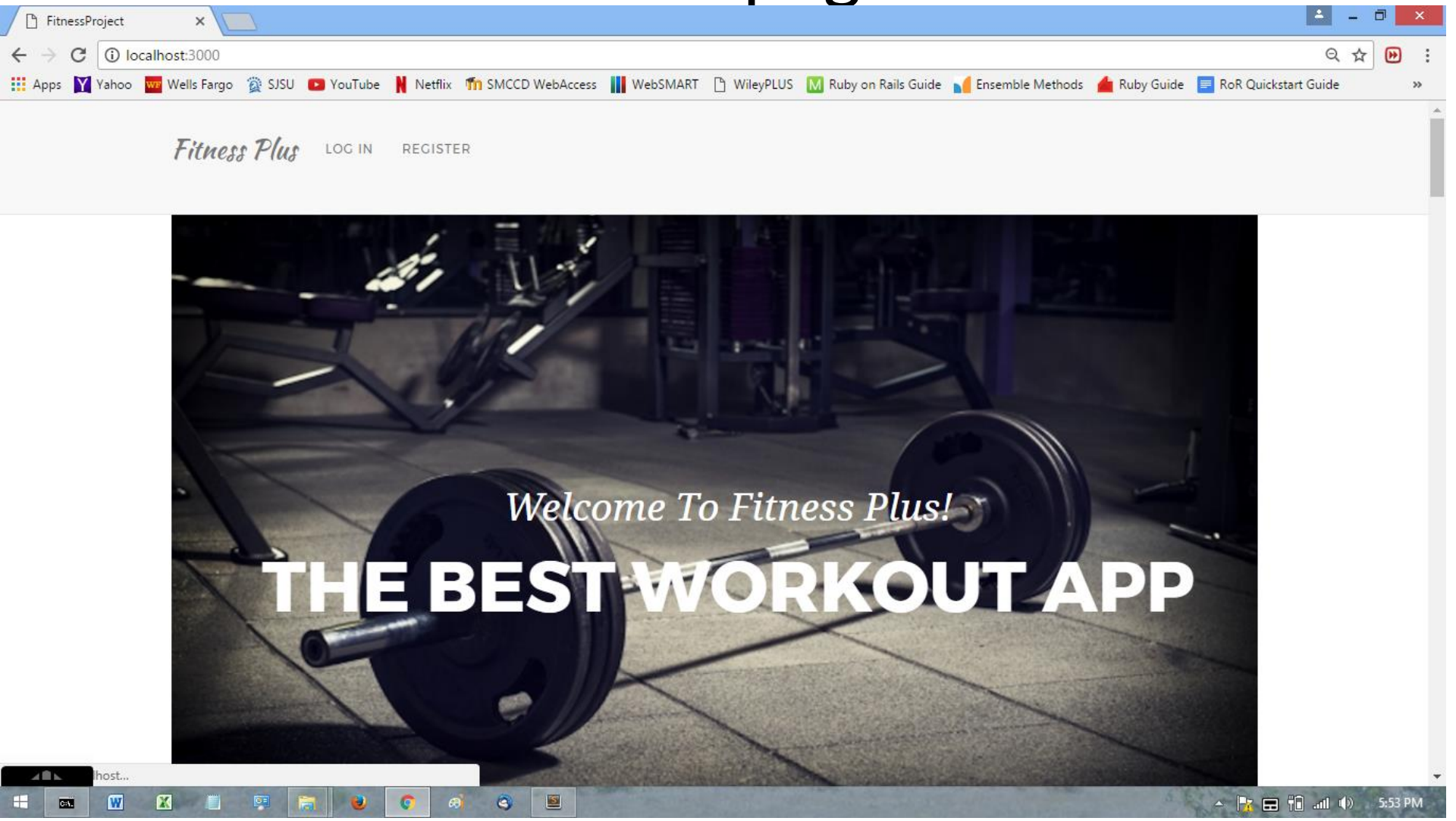
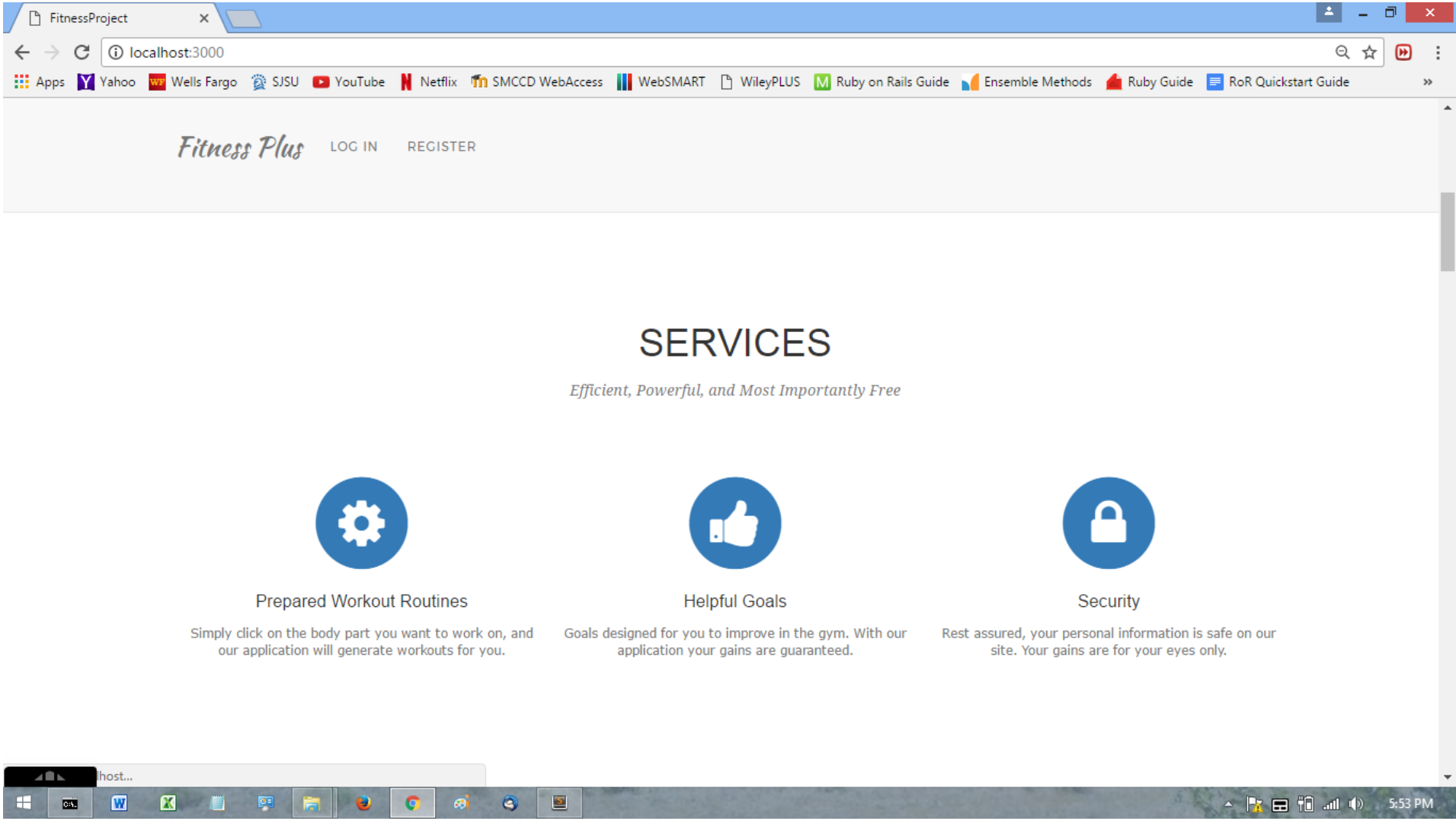
# Homepage


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
Welcome To Fitness Plus!
THE BEST WORKOUT APP
5:53 PM

# Homepage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SJSU
YouTube
Netflix
SMCCD WebAccess
WebSMART
WileyPLUS
Ruby on Rails Guide
Ensemble Methods
Ruby Guide
RoR Quickstart Guide
Fitness Plus
LOG IN
REGISTER
SERVICES
Efficient, Powerful, and Most Importantly Free
Prepared Workout Routines
Simply click on the body part you want to work on, and our application will generate workouts for you.
Helpful Goals
Goals designed for you to improve in the gym. With our application your gains are guaranteed.
Security
Rest assured, your personal information is safe on our site. Your gains are for your eyes only.
5:53 PM

# 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*

5:53 PM

# Homepage

FitnessProject

localhost:3000

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Fitness Plus LOG IN REGISTER

Chest
*Pectoralis Major*

Abs
*Rectus Abdominis*

Arms
*Biceps and Triceps*

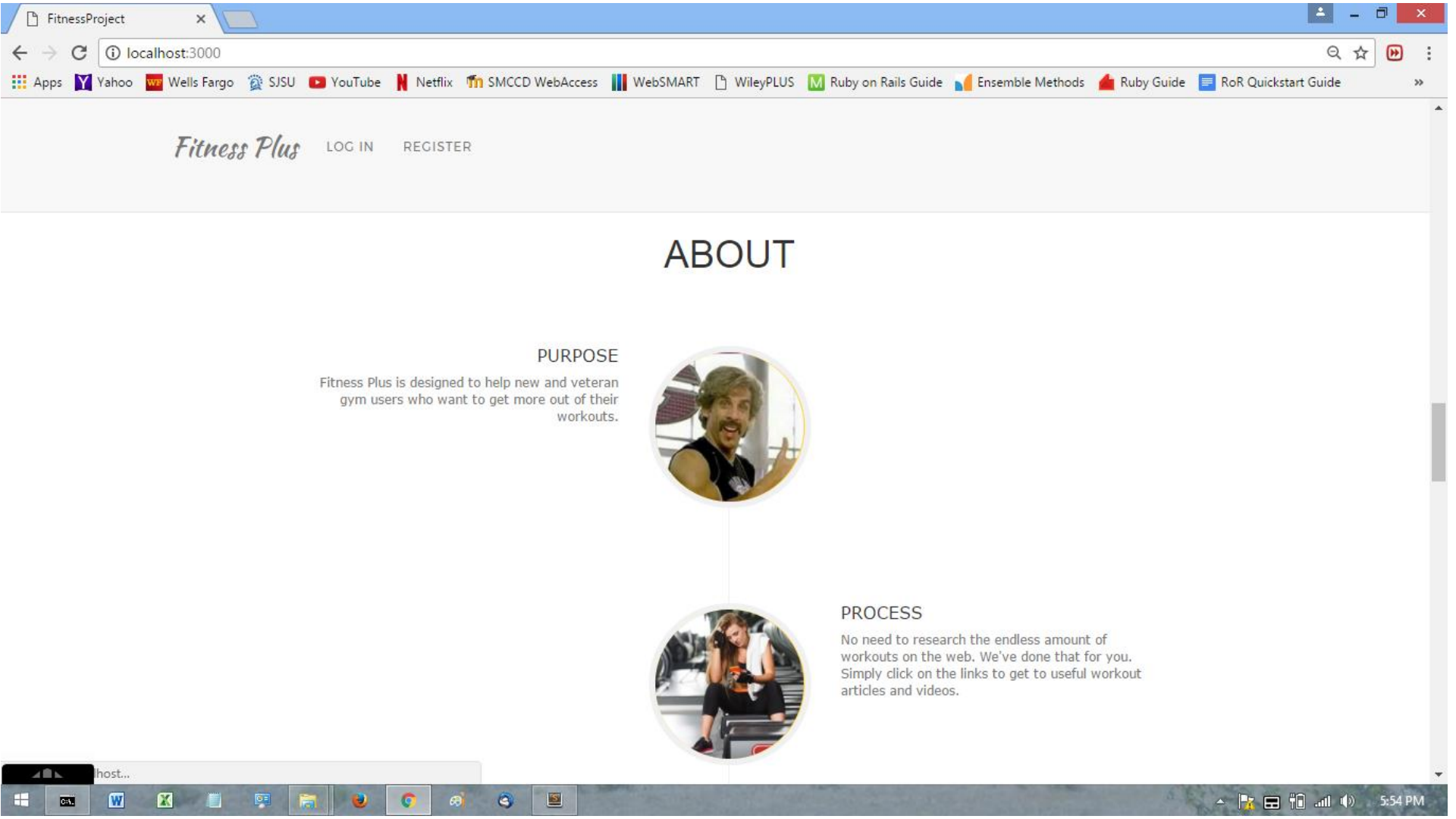
Shoulders
*Deltoids*

Back
*Trapezius and Latissimus Dorsi*

Legs
*Glutes, Quads, and Gastrocnemius*

5:54 PM

# Homepage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YouTube
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Ruby Guide
RoR Quickstart Guide
Fitness Plus
LOG IN
REGISTER
ABOUT
PURPOSE
Fitness Plus is designed to help new and veteran gym users who want to get more out of their workouts.
PROCESS
No need to research the endless amount of workouts on the web. We've done that for you. Simply click on the links to get to useful workout articles and videos.
5:54 PM

# Homepage

FitnessProject

localhost:3000

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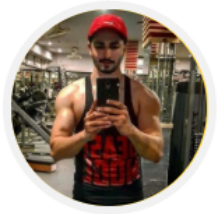
Fitness Plus LOG IN REGISTER

24/7 SUPPORT

Commitment to our users

At Fitness Plus, our users are our top priority. If you need support help, please type your question into the 'Contact Us' box below. We will get back to you as quickly as possible.



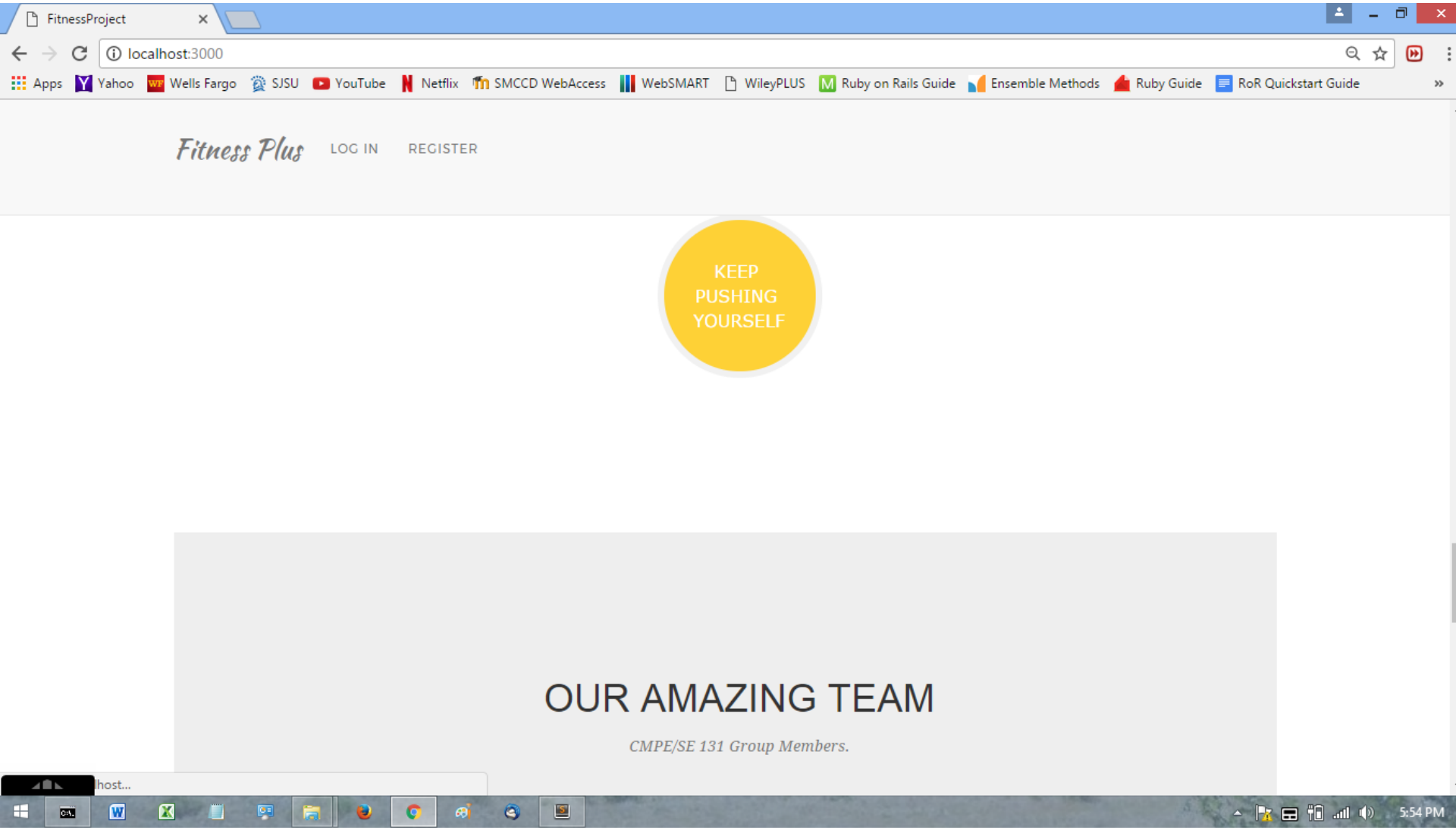
PERSONAL POSTING

Post your personal pictures

If you have a picture that you want to upload, simply click the 'New Post' link in the nav-bar after you've signed in.

5:54 PM

# Homepage


FitnessProject
localhost:3000
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Fitness Plus
LOG IN
REGISTER
KEEP PUSHING YOURSELF
OUR AMAZING TEAM
CMPE/SE 131 Group Members.
5:54 PM

# 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

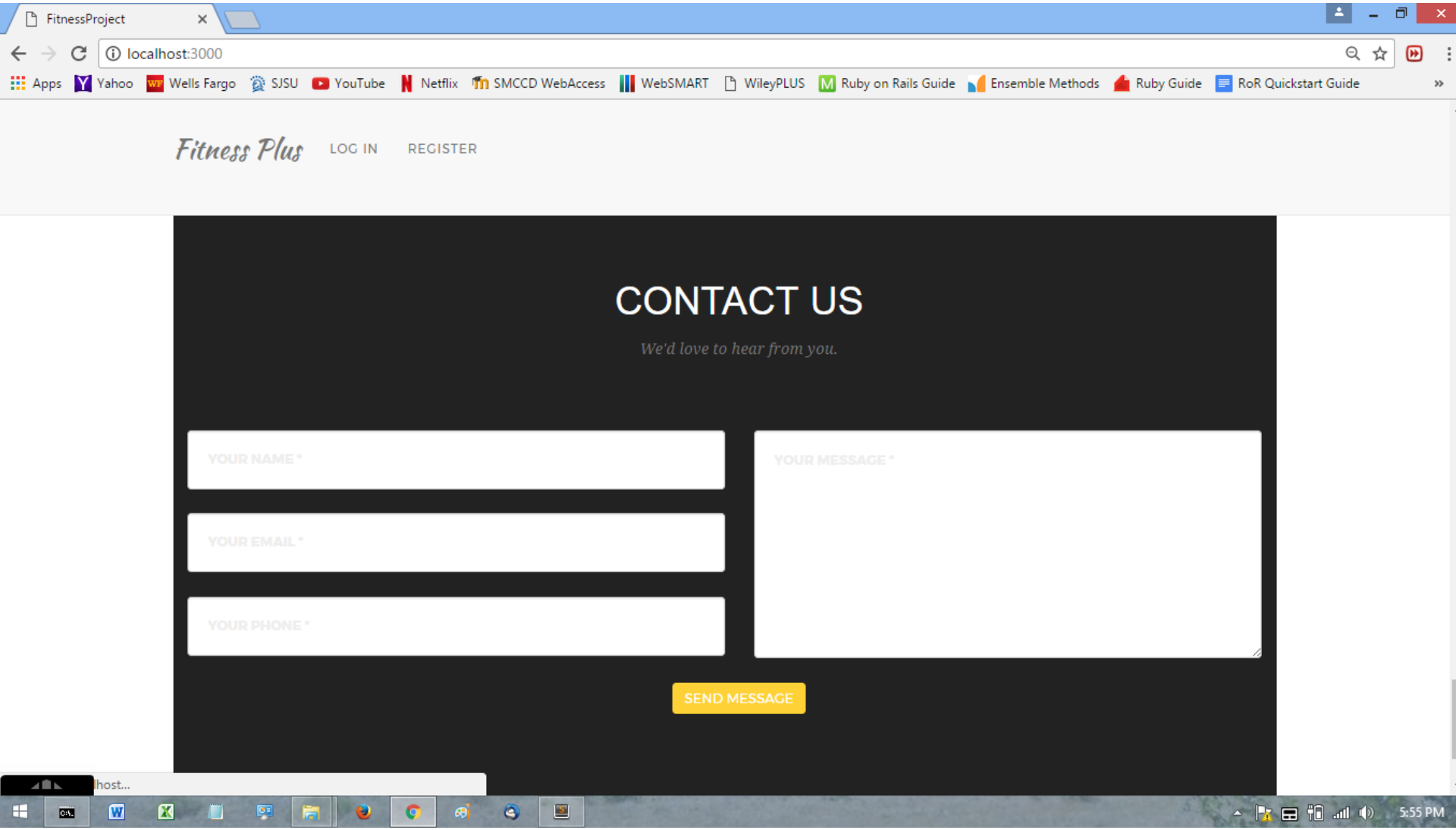
Justin Leinbach
Software Engineer

Thomas Martin
Manufacturing Engineer

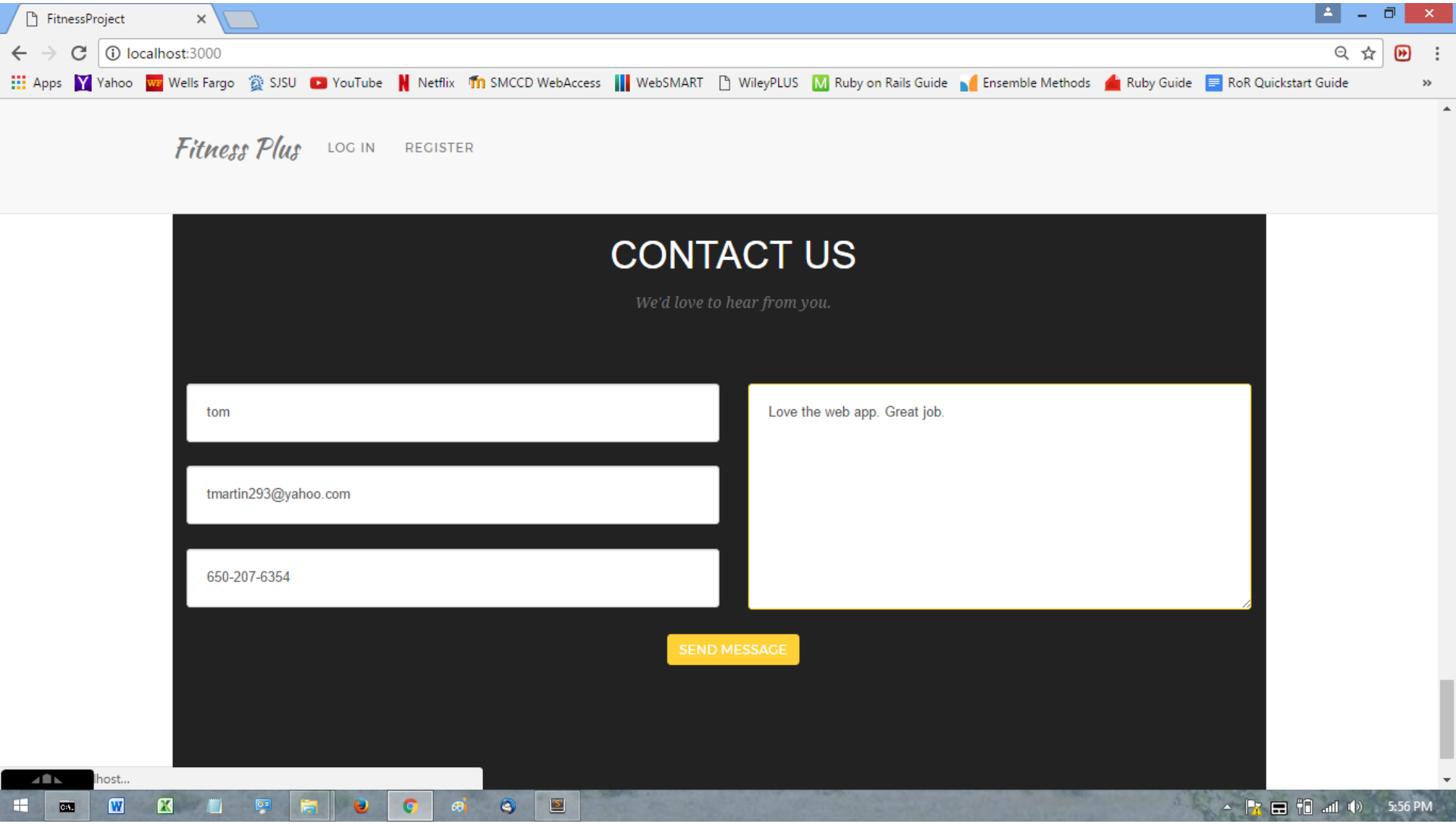
Software Engineering I class, Spring 2017.

5:55 PM

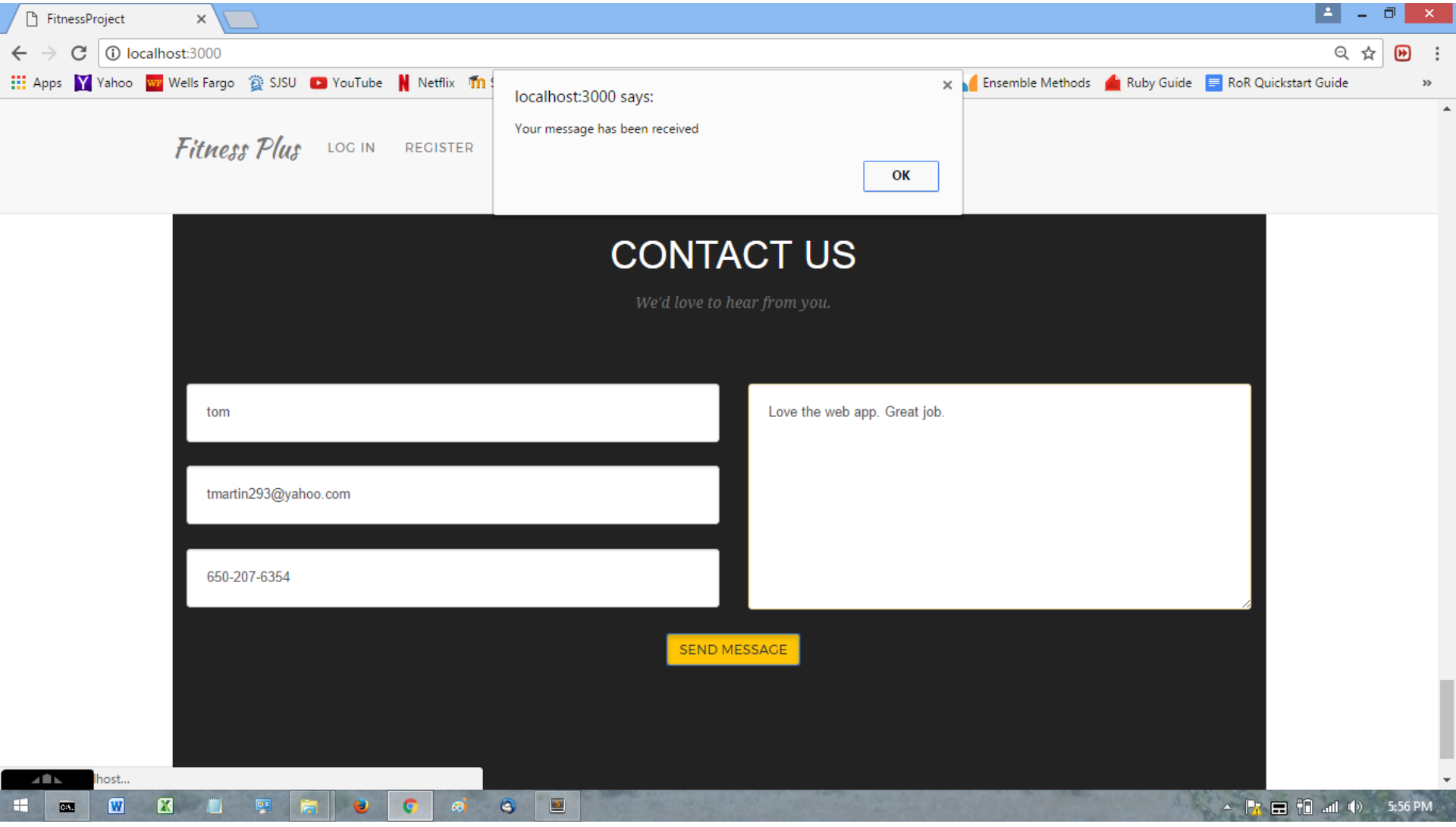
# Contact Form



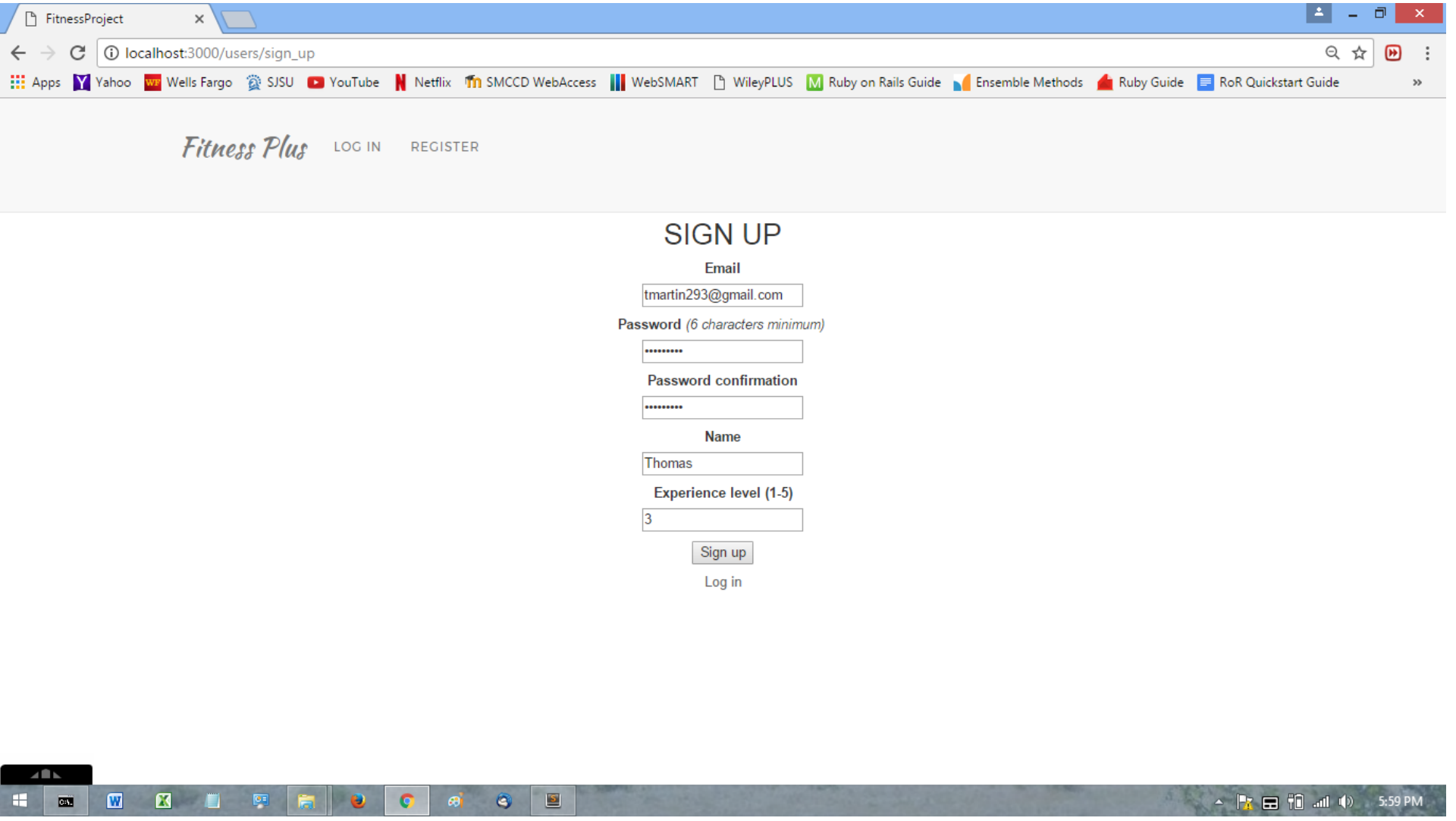
# Contact Form



# Contact Form Success



# Sign Up Page


FitnessProject
localhost:3000/users/sign_up
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SJSU
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Netflix
SMCCD WebAccess
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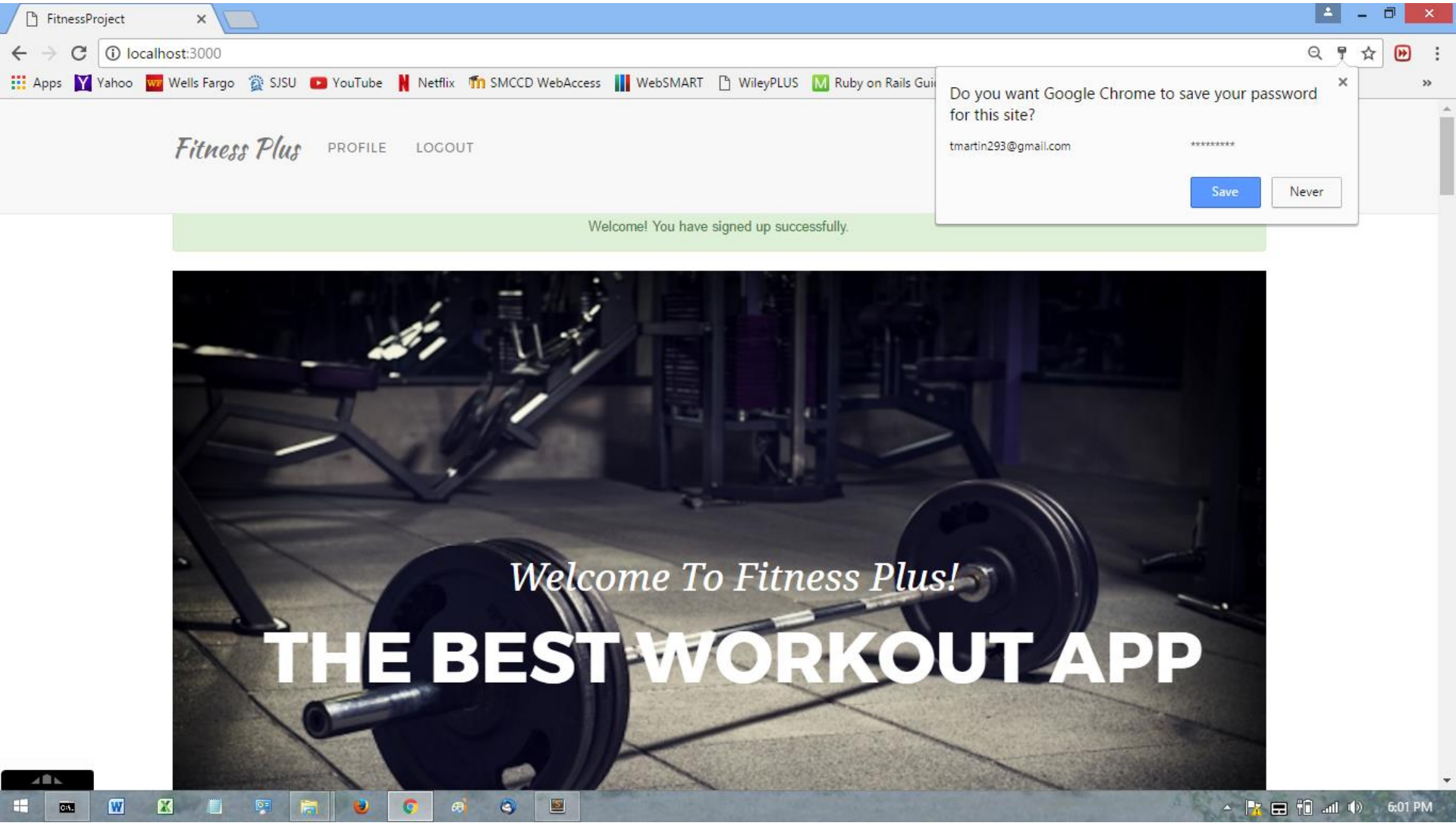
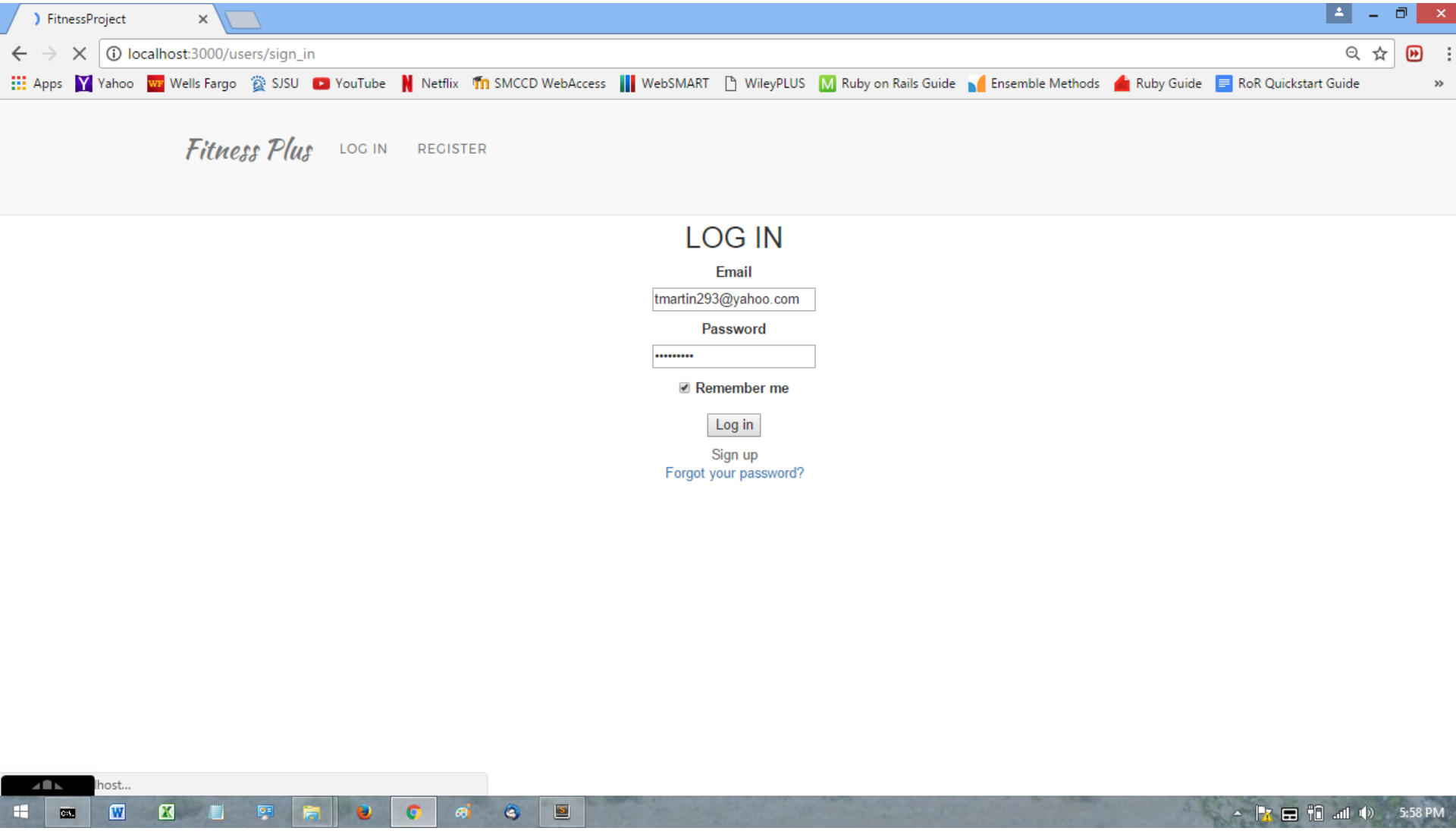
Fitness Plus
LOG IN
REGISTER
SIGN UP
Email
tmartin293@gmail.com
Password (6 characters minimum)
Password confirmation
Name
Thomas
Experience level (1-5)
3
Sign up
Log in
5:59 PM

# Sign Up Success



# Log In Page


FitnessProject
localhost:3000/users/sign_in
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Netflix
SMCCD WebAccess
WebSMART
WileyPLUS
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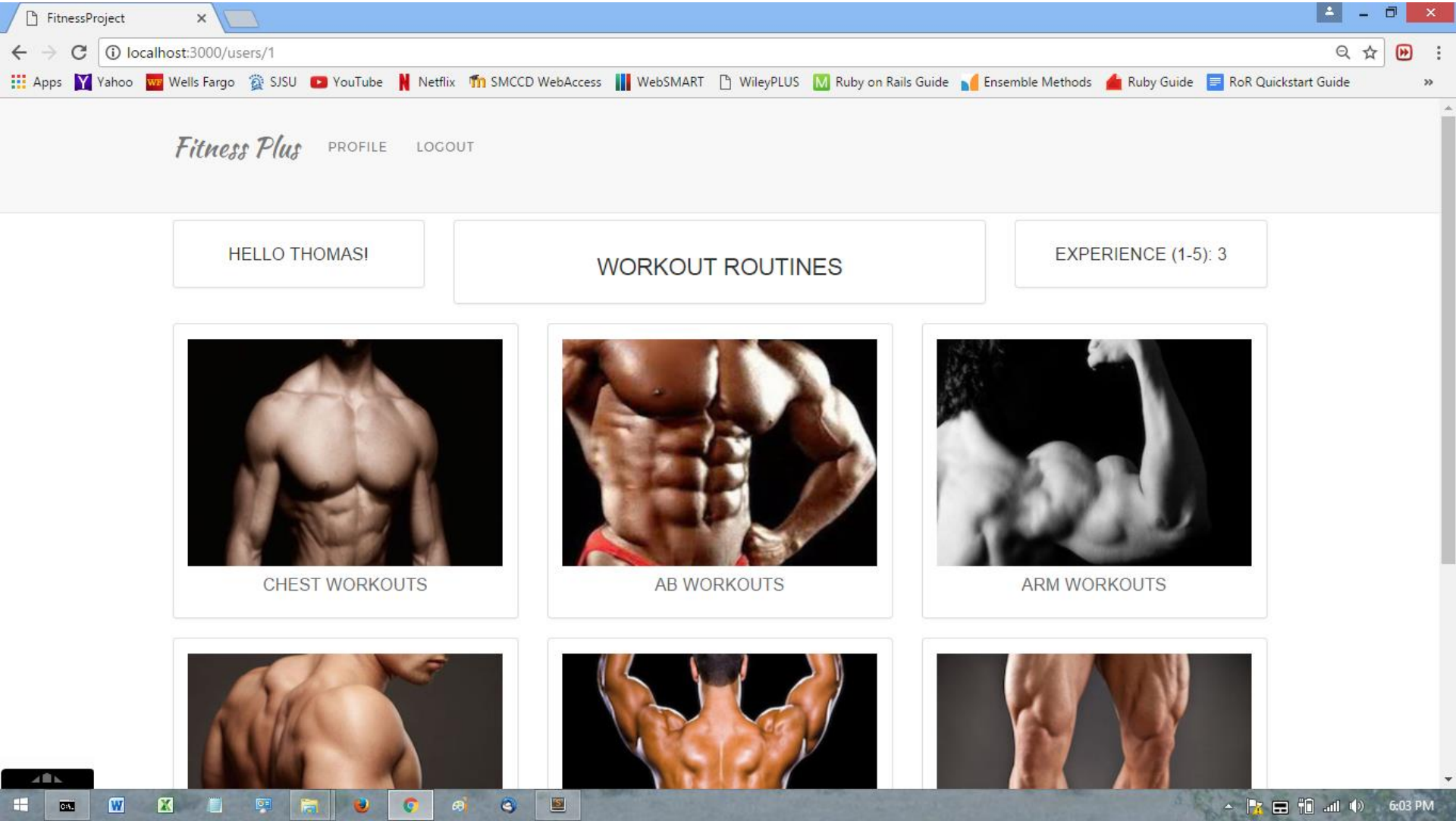
RoR Quickstart Guide
Fitness Plus
LOG IN
REGISTER
LOG IN
Email
tmartin293@yahoo.com
Password
Remember me
Log in
Sign up
Forgot your password?
5:58 PM

# Profile Page



# 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

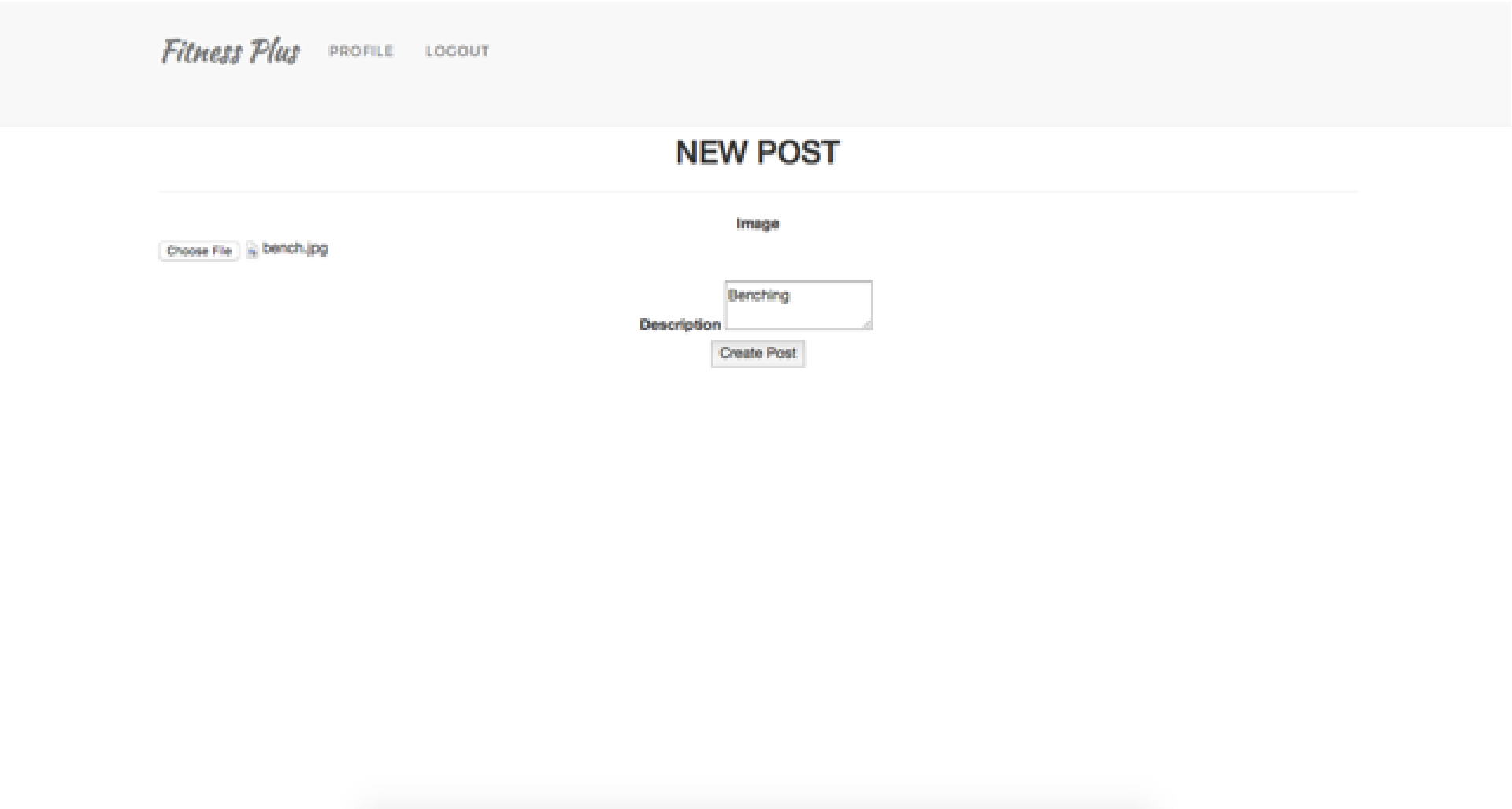
ADD POST

POSTS

NEVER GIVE UP

Squatting
May 04, 2017

# New Post Page



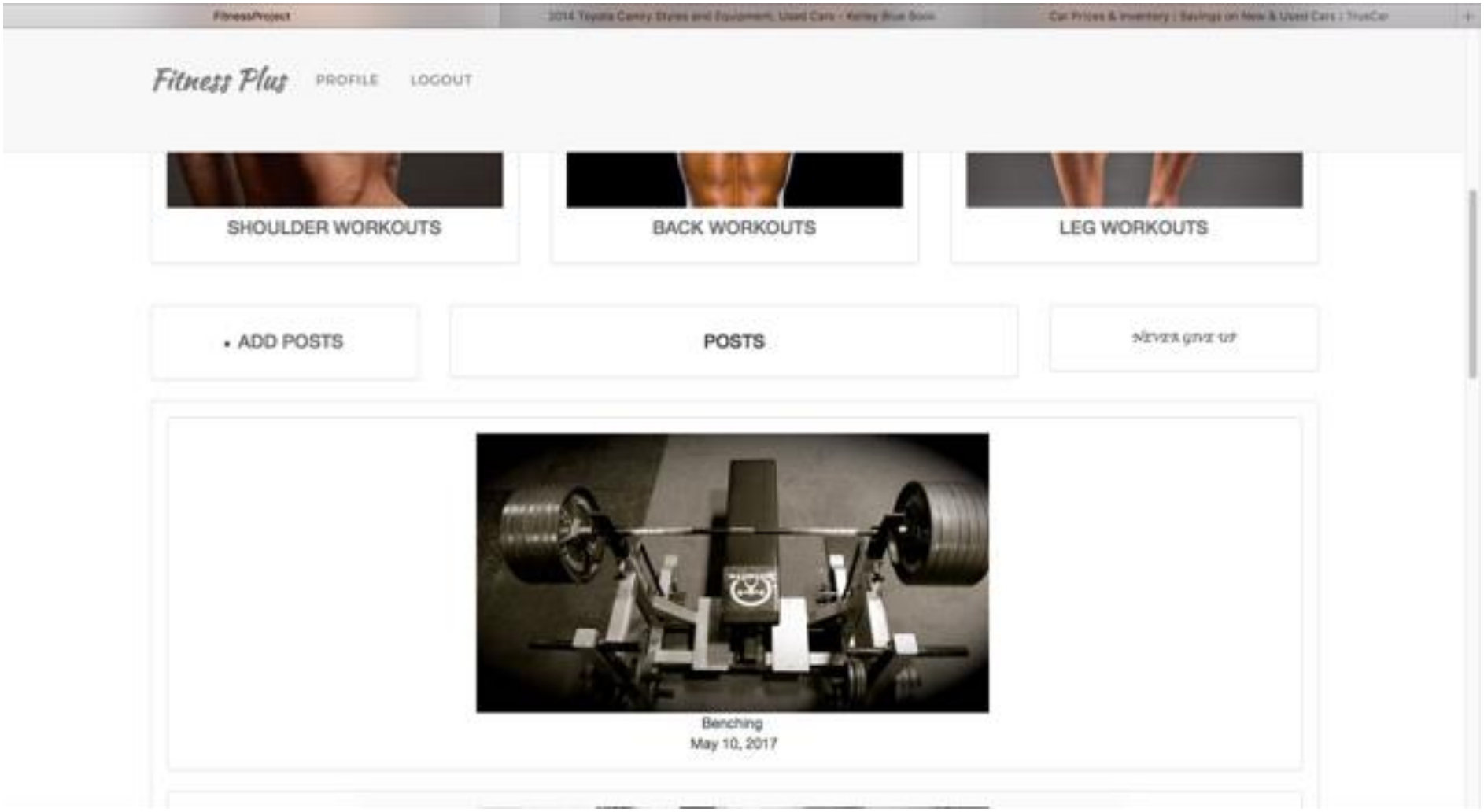
# Post Successful

Fitness Plus PROFILE LOGOUT

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

Benching

# Profile Page After Posting Picture



# 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

Fitness Plus PROFILE LOGOUT

## AB WORKOUTS THAT ROCK

"PAIN IS TEMPORARY. QUITTING LASTS FOREVER"

- LANCE ARMSTRONG

### EXERCISE INSTRUCTIONS

1. CRUNCHES
2. FLUTTER KICKS

### GOALS

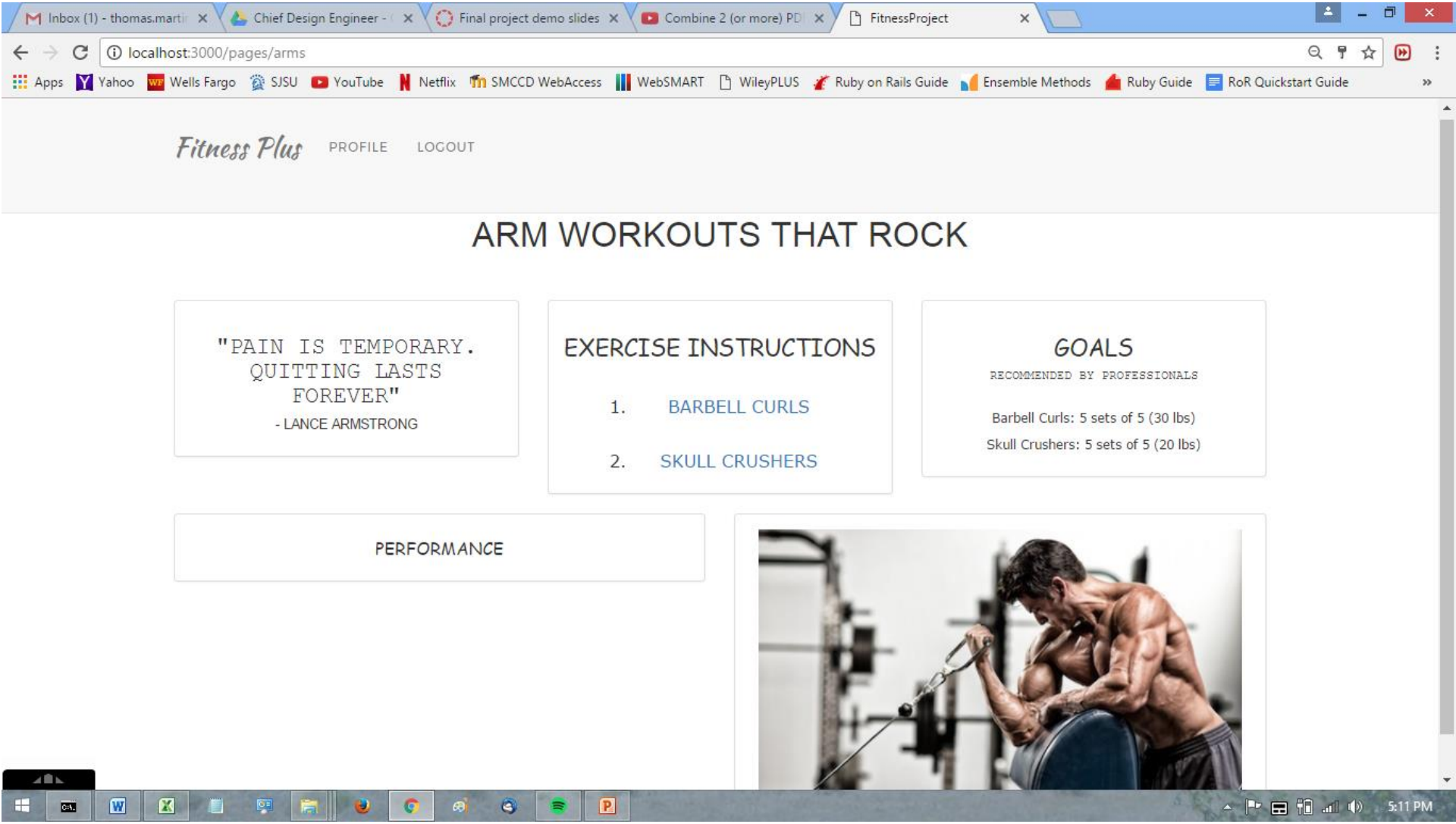
RECOMMENDED BY PROFESSIONALS

Crunches: 5 sets of 30 reps

Flutter Kicks: 5 sets of 5 (20 lbs)

PERFORMANCE

# Arm Workout Page



# Shoulder Workout Page

Inbox (1) - thomas.marti | Chief Design Engineer - | Final project demo slides | Combine 2 (or more) PDI | FitnessProject

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

5:11 PM

# Back Workout Page

Fitness Plus PROFILE LOGOUT

## BACK WORKOUTS THAT ROCK

"PAIN IS TEMPORARY. QUITTING LASTS FOREVER"

- LANCE ARMSTRONG

### EXERCISE INSTRUCTIONS

1. DEADLIFTS
2. SEATED ROWS

### GOALS

RECOMMENDED BY PROFESSIONALS

Deadlifts: 5 sets of 5 (30 lbs)

Seated Rows: 5 sets of 5 (20 lbs)

PERFORMANCE

# Leg Workout Page

Inbox (1) - thomas.marti | Chief Design Engineer - | Final project demo slides | Combine 2 (or more) PDI | FitnessProject

localhost:3000/pages/legs

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Fitness Plus PROFILE LOGOUT

## LEG WORKOUTS THAT ROCK

"PAIN IS TEMPORARY. QUITTING LASTS FOREVER"

- LANCE ARMSTRONG

### EXERCISE INSTRUCTIONS

1. SQUATS
2. LEG PRESS

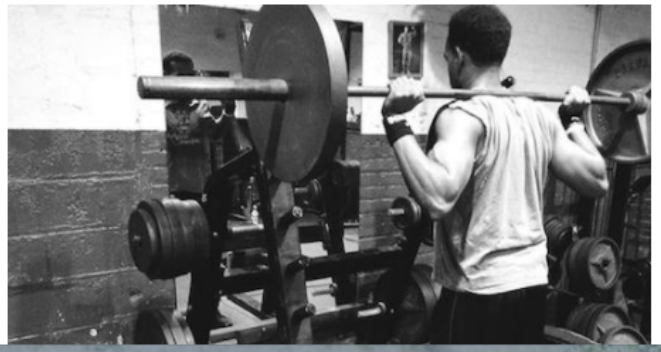
### GOALS

RECOMMENDED BY PROFESSIONALS

Squats: 5 sets of 5 (30 lbs)

Leg Press: 5 sets of 5 (20 lbs)

PERFORMANCE



5:12 PM