



Nitro Gym

Management App

Naser Tayeh
Majdy Sabra

Supervisor : Dr. Ashraf Armoush

Next

Table of Content



Introduction

We will explain what Nitro Gym is and what it is for



App and Features

We will take a tour of the application and explain the full feature



Technology

We will mention the technology used to create the application



Future Work

We will talk about future work



Question and answer

Feel free to ask any Question .

Intro

1

Introduction





Why Nitro Gym app?

our objectives for the gym management app aim to address the main problem of manual gym management processes, while also improving the customer experience, increasing efficiency and accuracy, and providing valuable insights to gym owners and managers.



Goals



Scope of the Work

App and feature



➤ Goals

- 1 ➤ managing gyms that automates a majority of the manual tasks related to gym management
- 2 ➤ help gym owners and trainers Simplify their operations and provide better services to their members
- 3 ➤ gym management app aim to improving the customer experience, increasing efficiency and accuracy, and providing valuable insights to gym owners and managers.

Scope of The Work?

- Gym Owners
- Coaches
- Gym's trainee

2

App and Feature





NITRO GYM APP

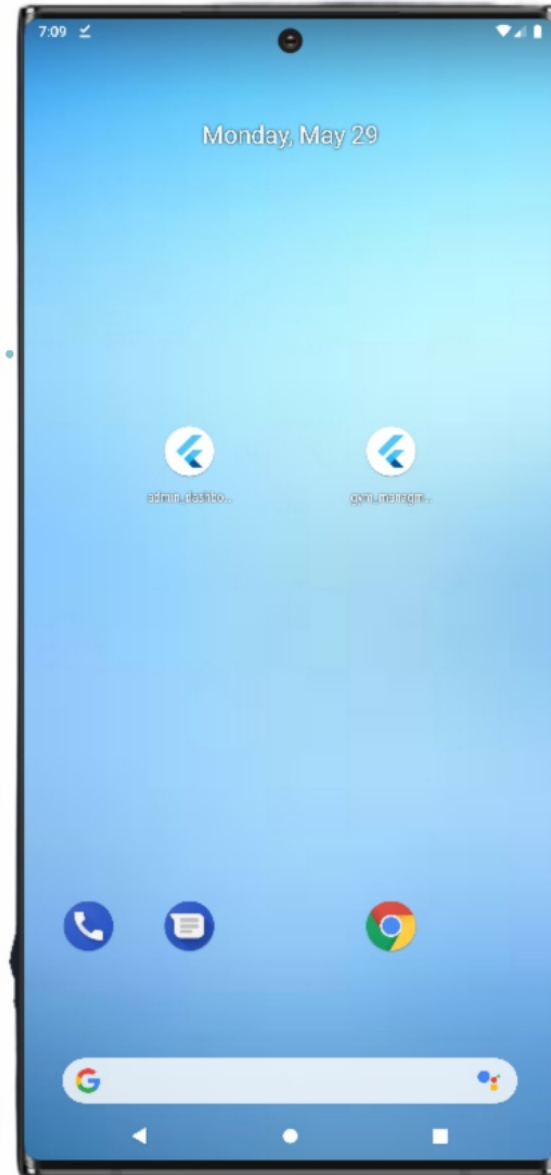


Nitro gym app

Admin app



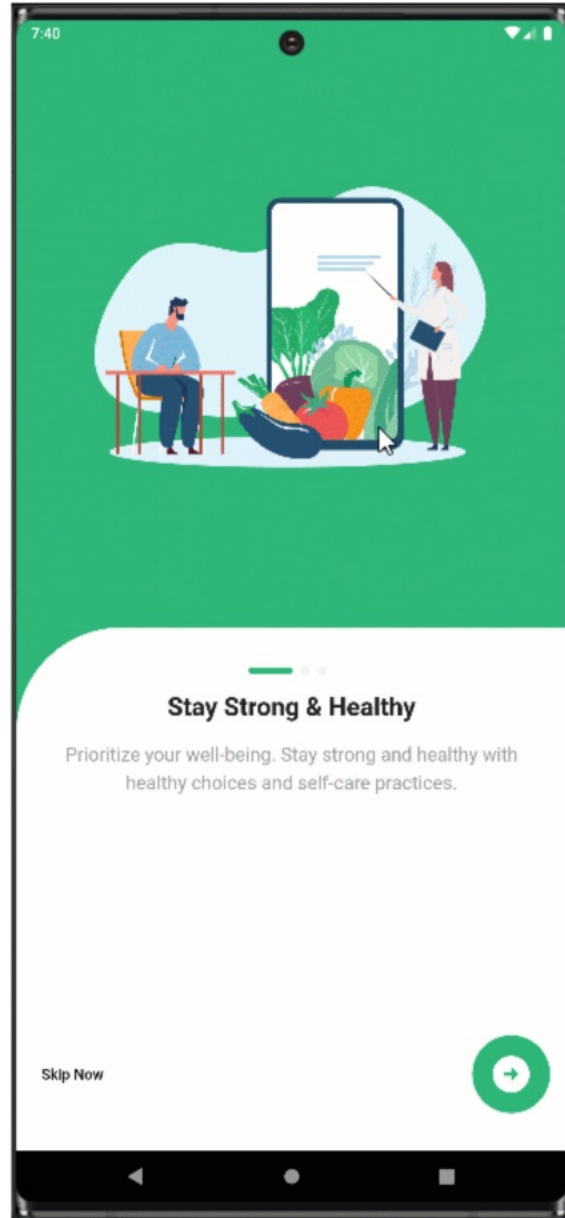
Tools used



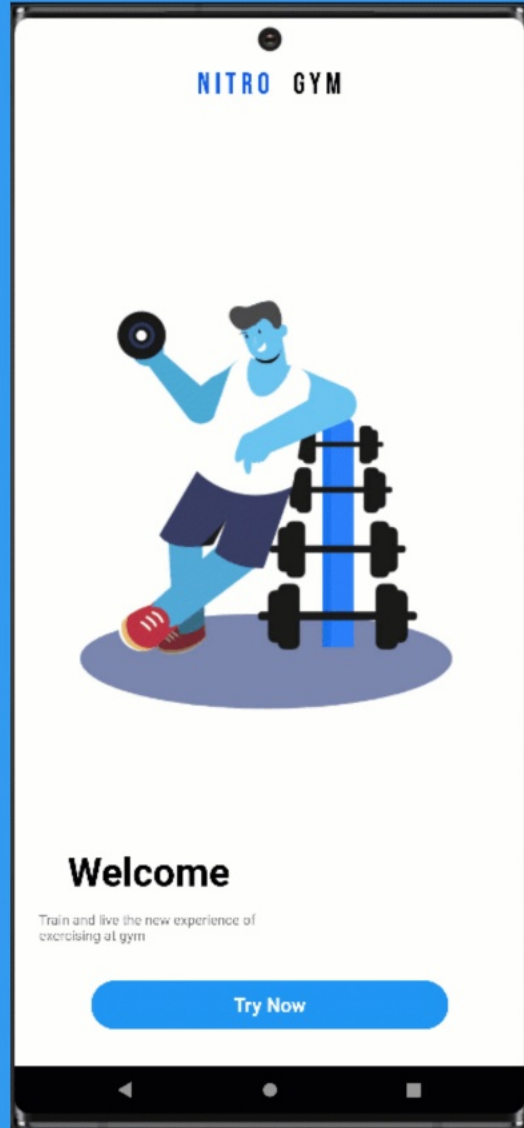
Web version



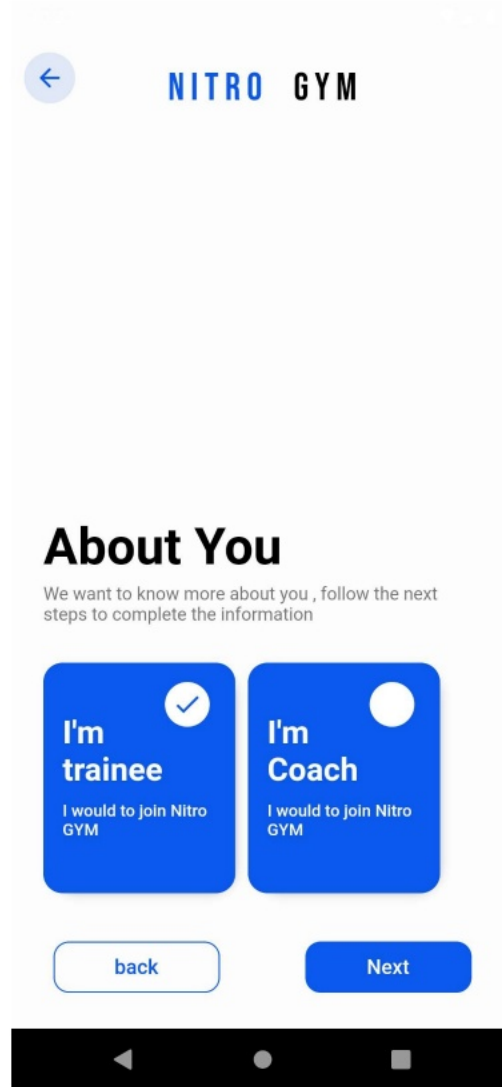
➤ On Boarding Screen



Welcome Screen





> User Type



Sign In

Train and live the new experience of exercising at Nitro GYM

 Email

 Password



[Forgot Your password?](#)

Login

Sign Up



> Sign up

Coach
registration



NITRO GYM



Create Account

Train and live the new experience of exercising at Nitro GYM

ABC User Name

✉ Email

🇦🇪 +970

0/9

🔒 Password



By signing up, I agree to the Nitro Gym User Agreement and Privacy Policy.

Accept Conditions



Sign Up

Trainee
registration

collect trainee's data

8:49

Let's Put you on track!

Name
Enter your name

2 Weight and Height
Enter your weight and height

3 Age
Enter your age

4 Medical Condition
If you suffer from diseases, write them here

5 Gender
Select your gender

8:50

Let's Put you on track!

Name
Enter your name

2 Weight and Height
Enter your weight and height

8:50

Let's Put you on track!

2 Weight and Height
Enter your weight and height

3 Age
Enter your age

4 Medical Condition
If you suffer from diseases, write them here

5 Gender
Select your gender

8:51

Let's Put you on track!

Enter your weight and height

Age
Enter your age

Medical Condition
If you suffer from diseases, write them here

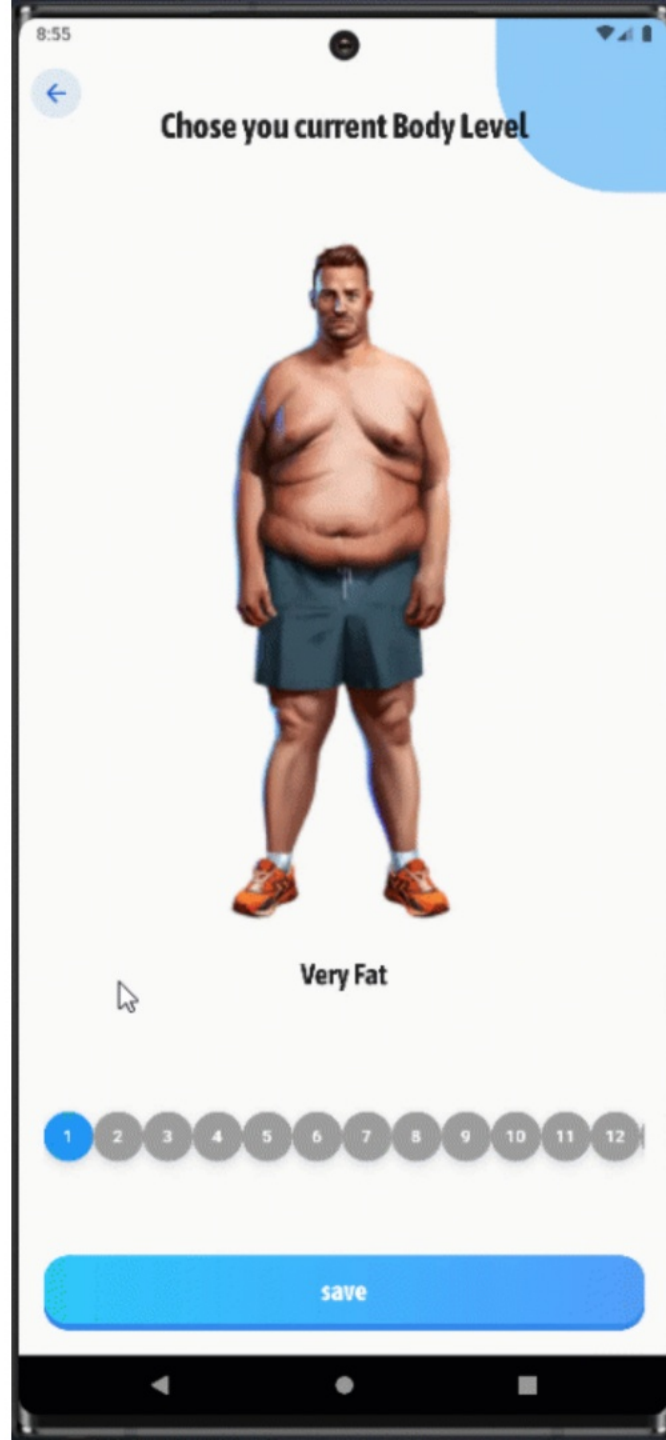
Gender
Select your gender

Male

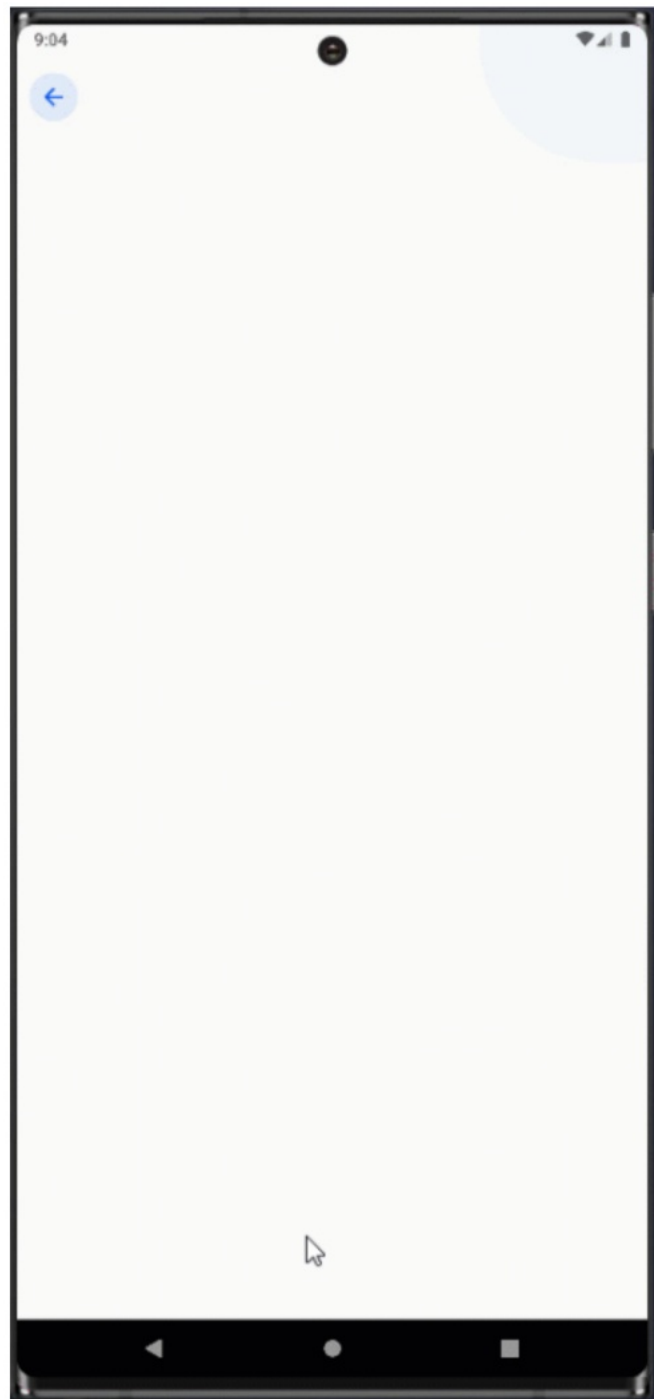
Female

Other

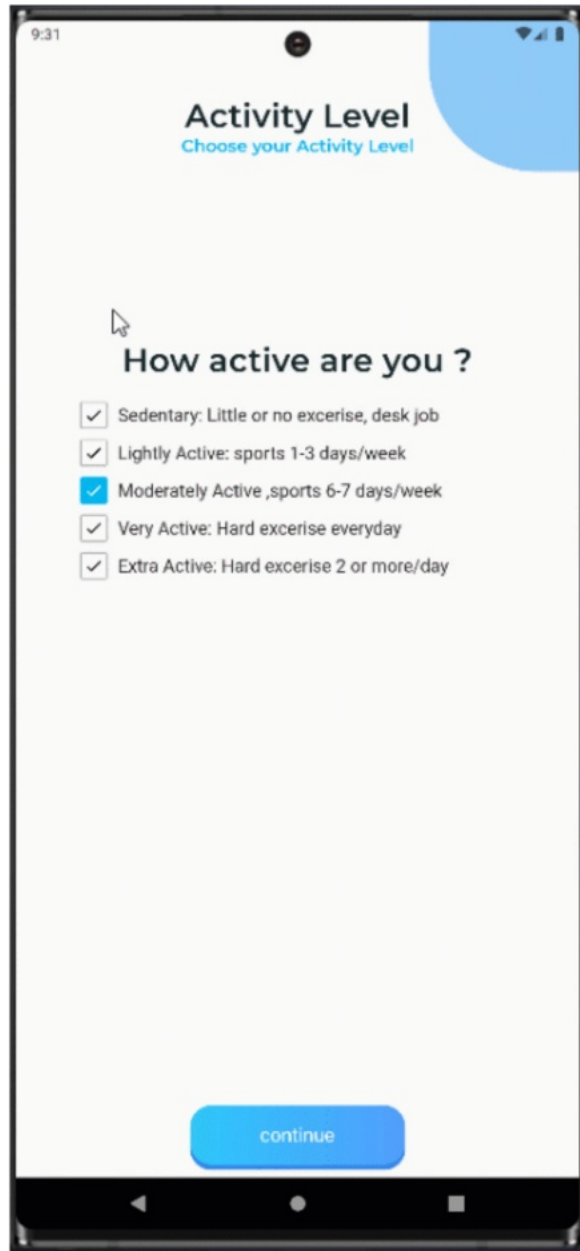
Detect Body Level



Chose Your Goal



choose activity Level



9:33



Your Account Created Successfully

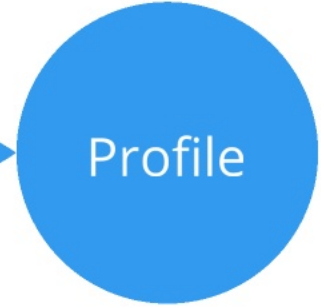
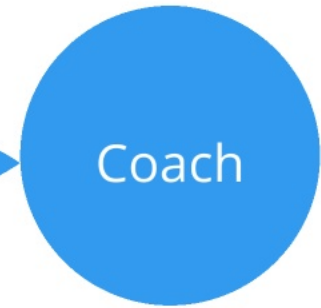
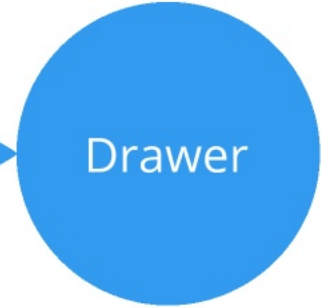
Successful
Registration



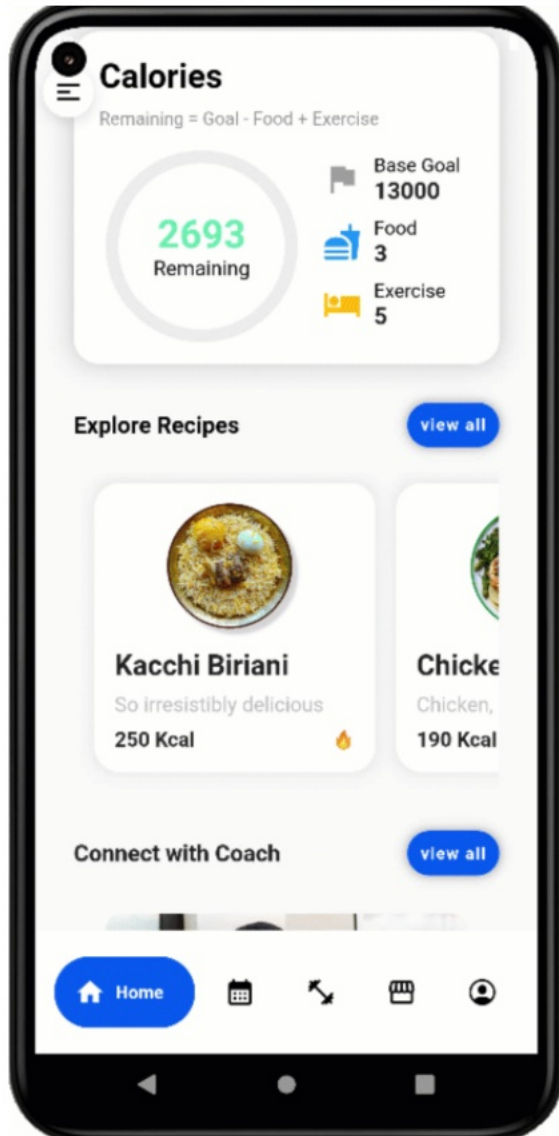
Home Screen



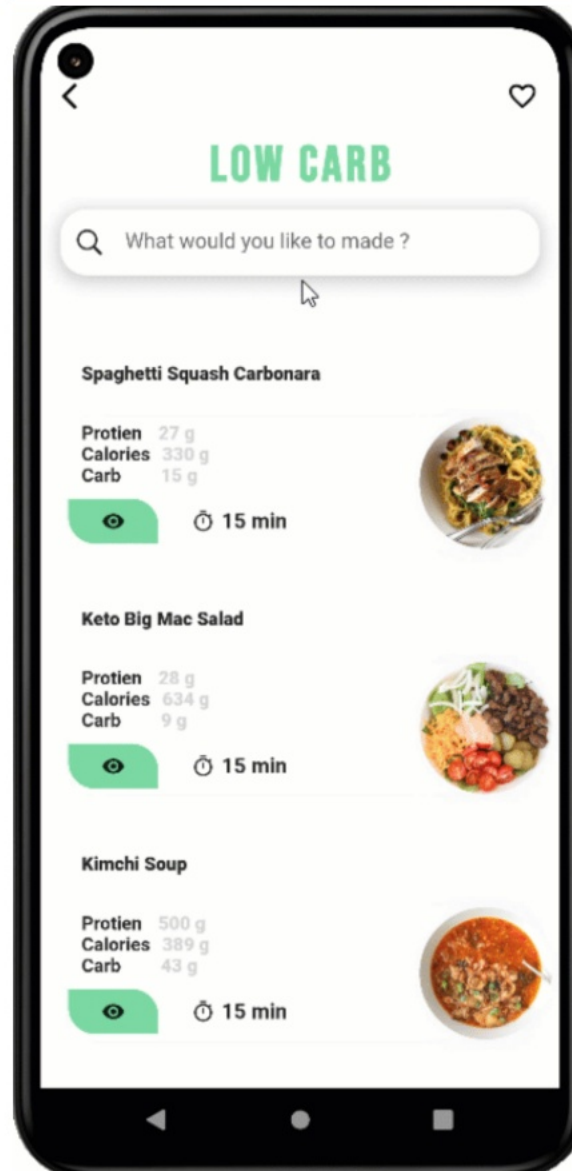
Map



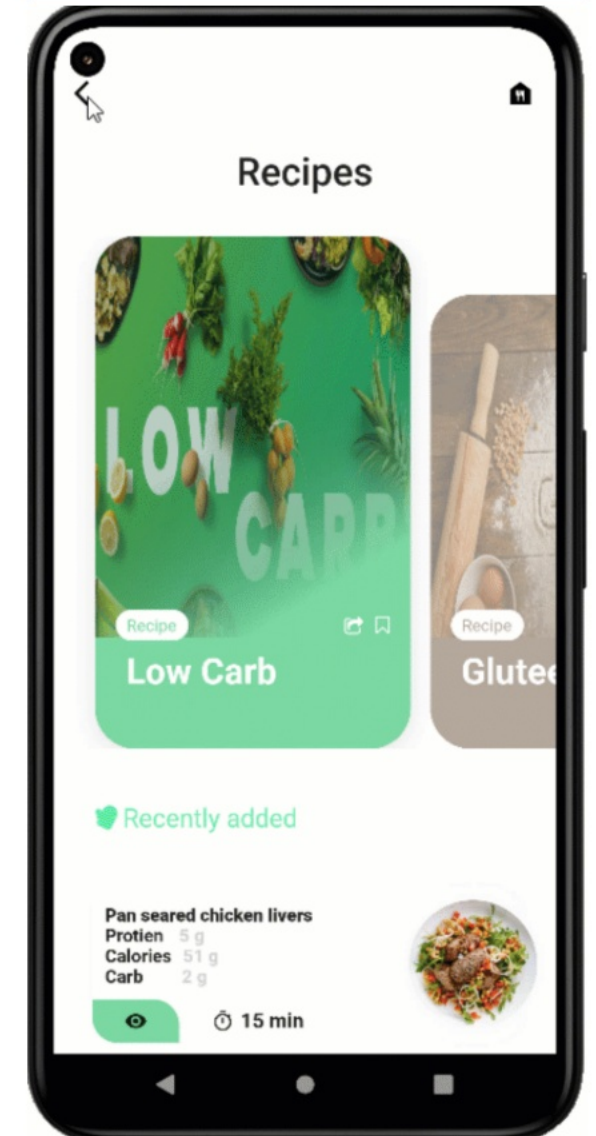
Recipe Category



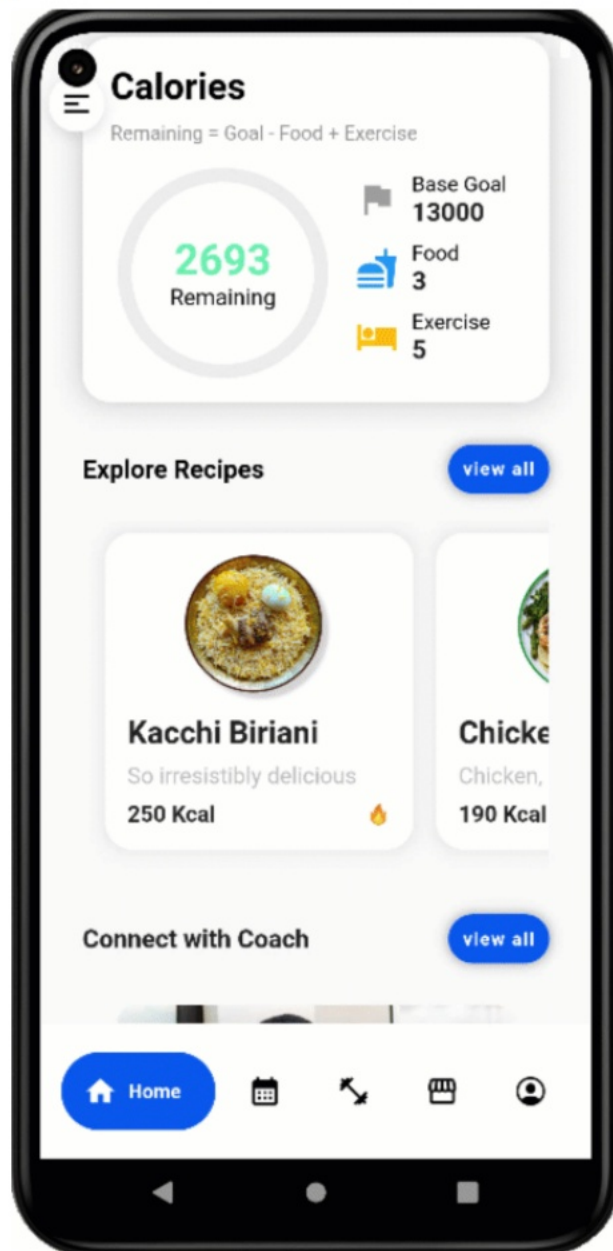
Recipe Search



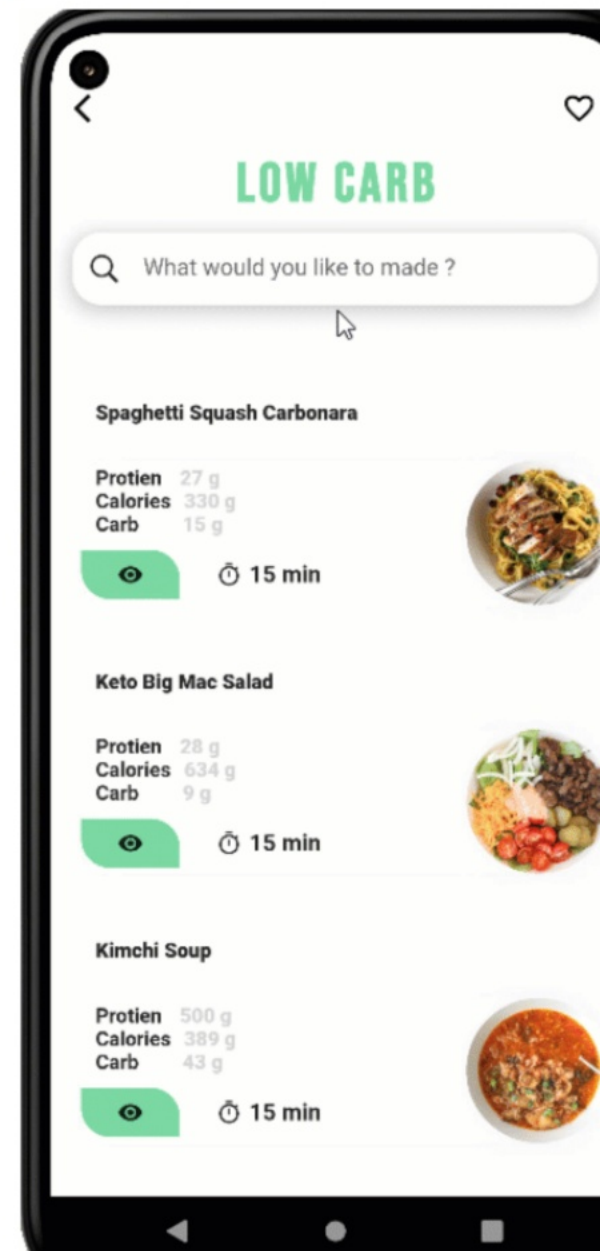
Recipe Details



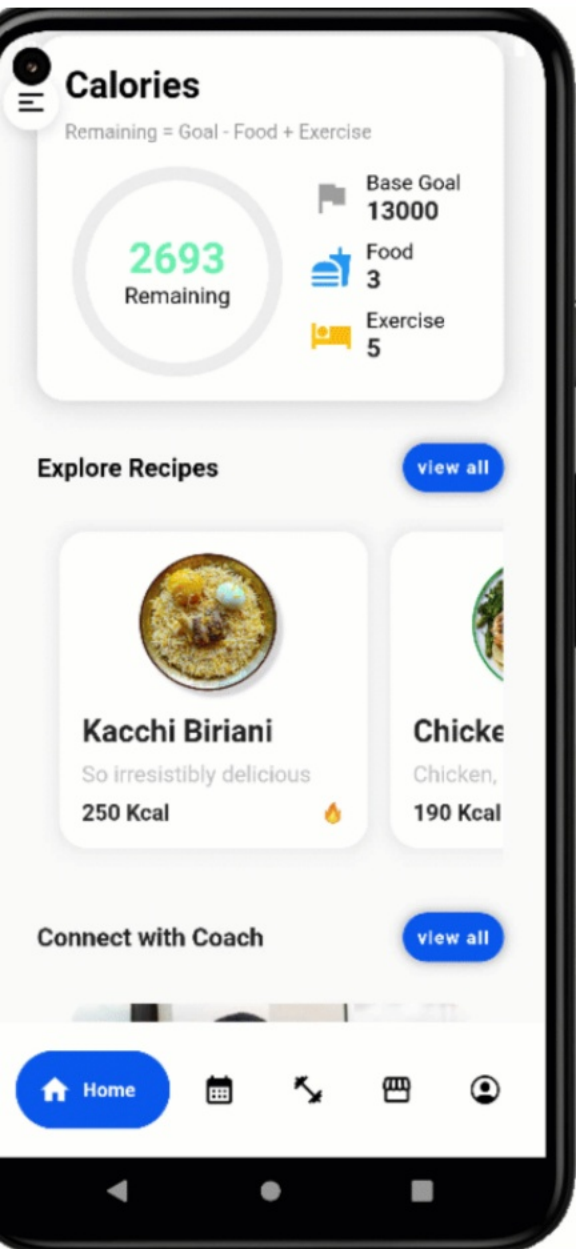
Recipe Category



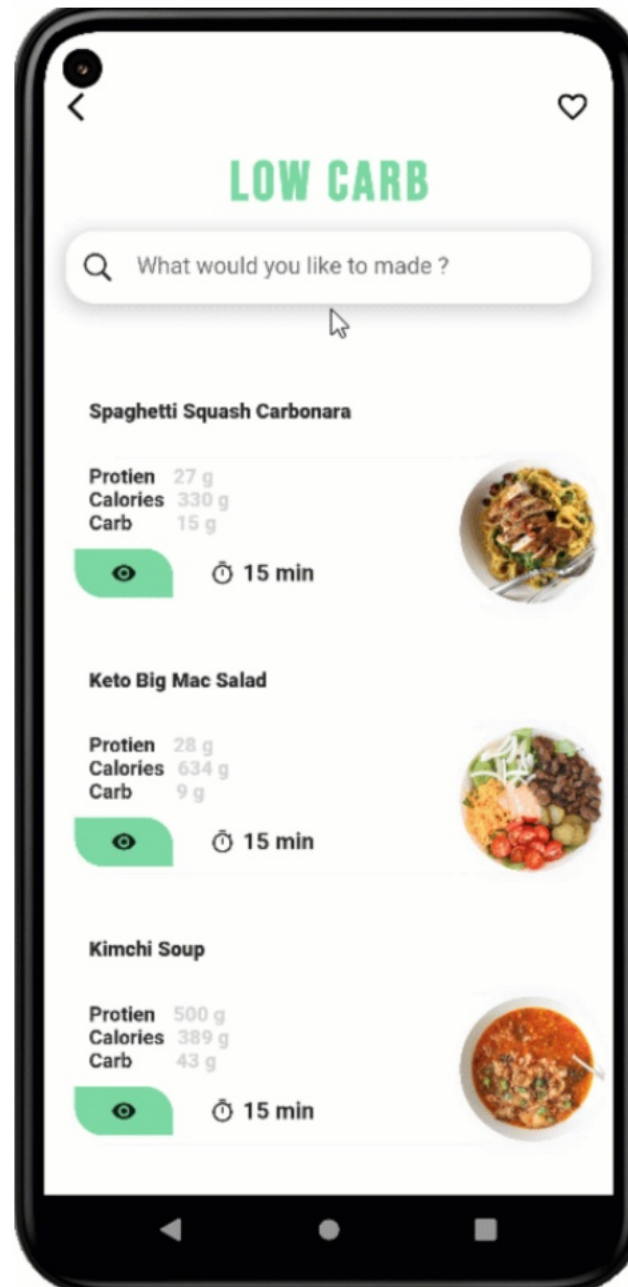
Recipe Search



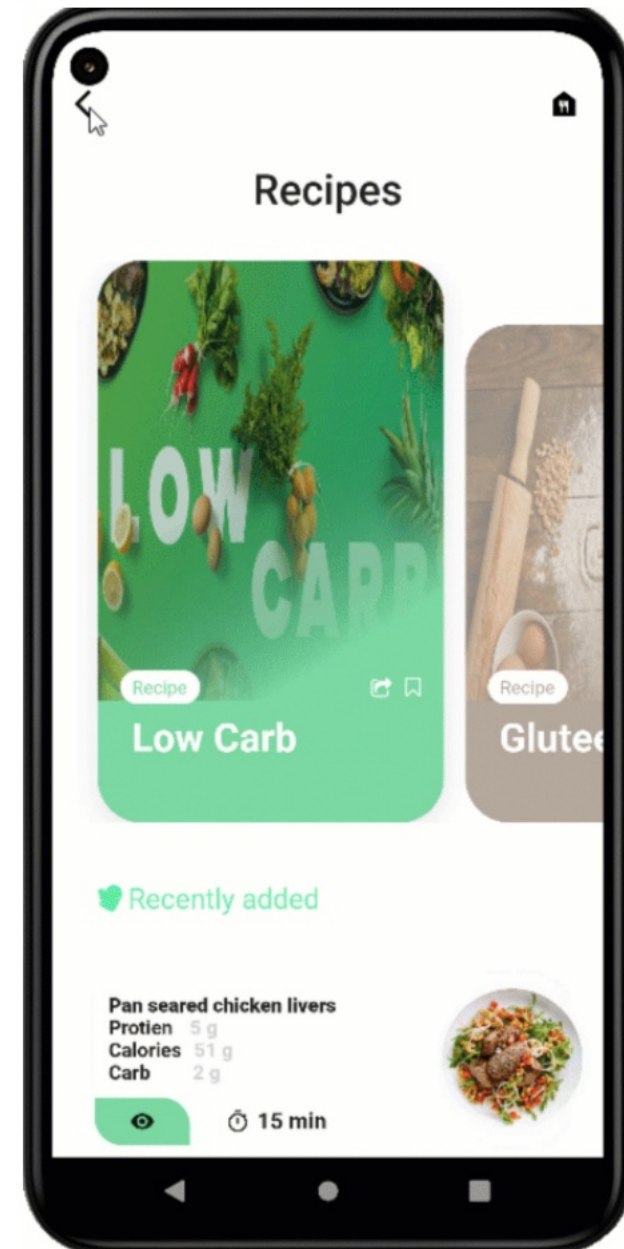
Recipe Category



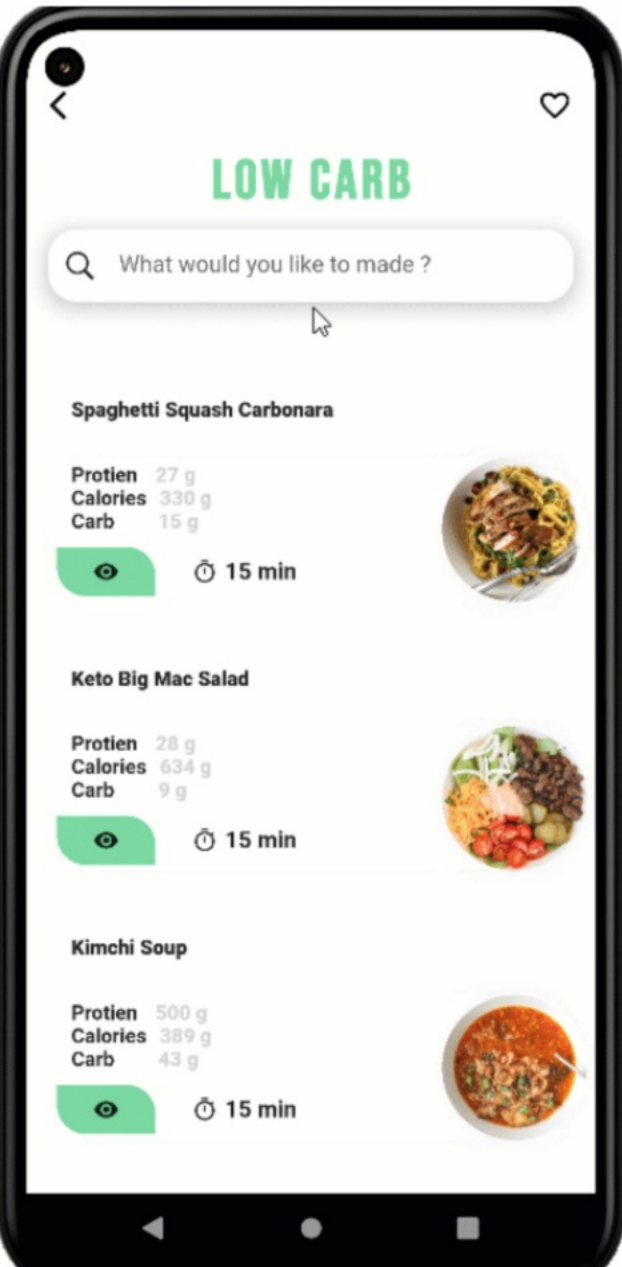
Recipe Search



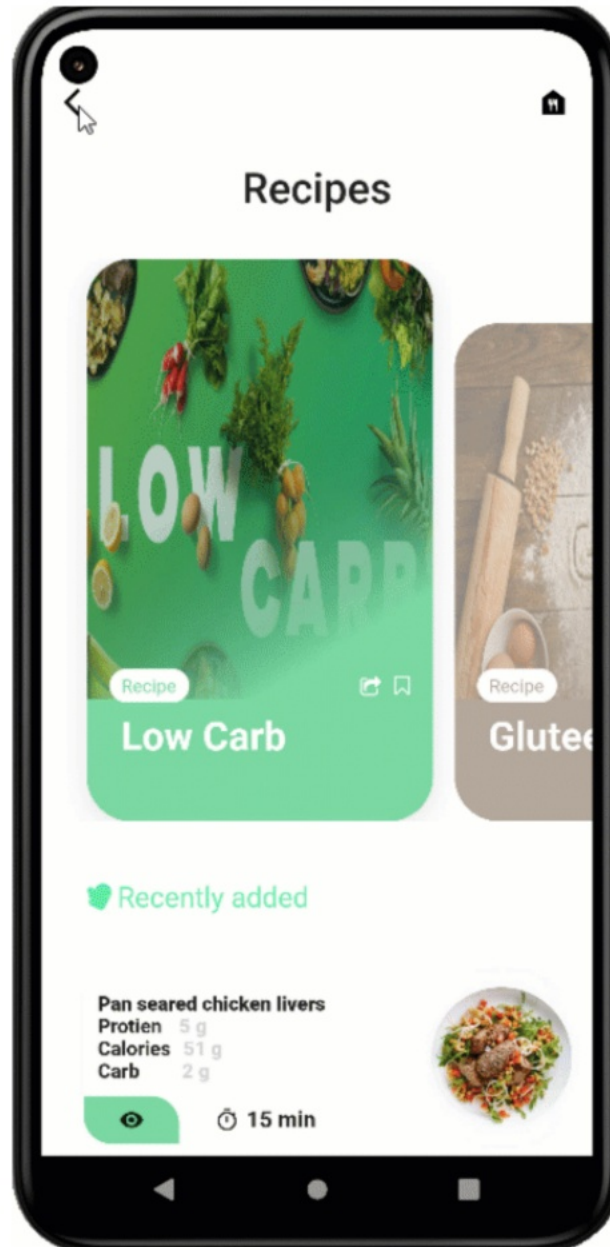
Recipe Details



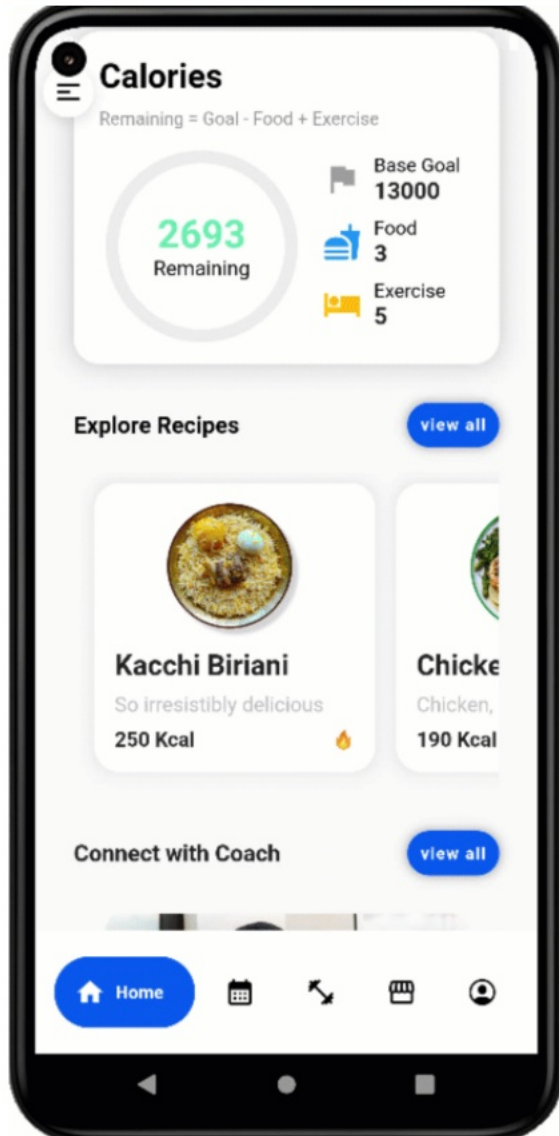
Recipe Search



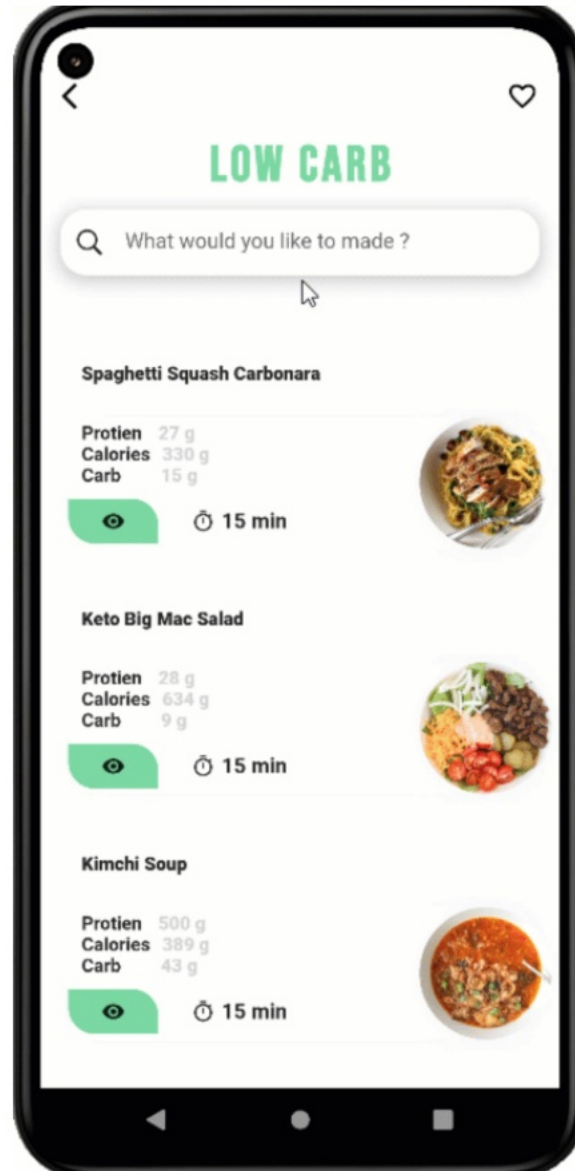
Recipe Details



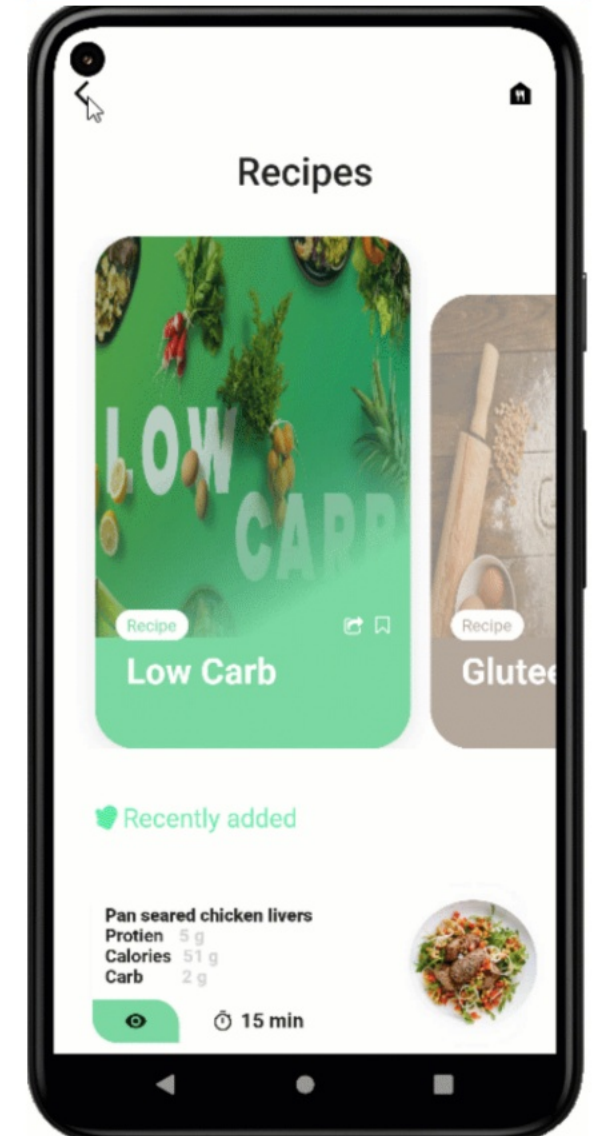
Recipe Category



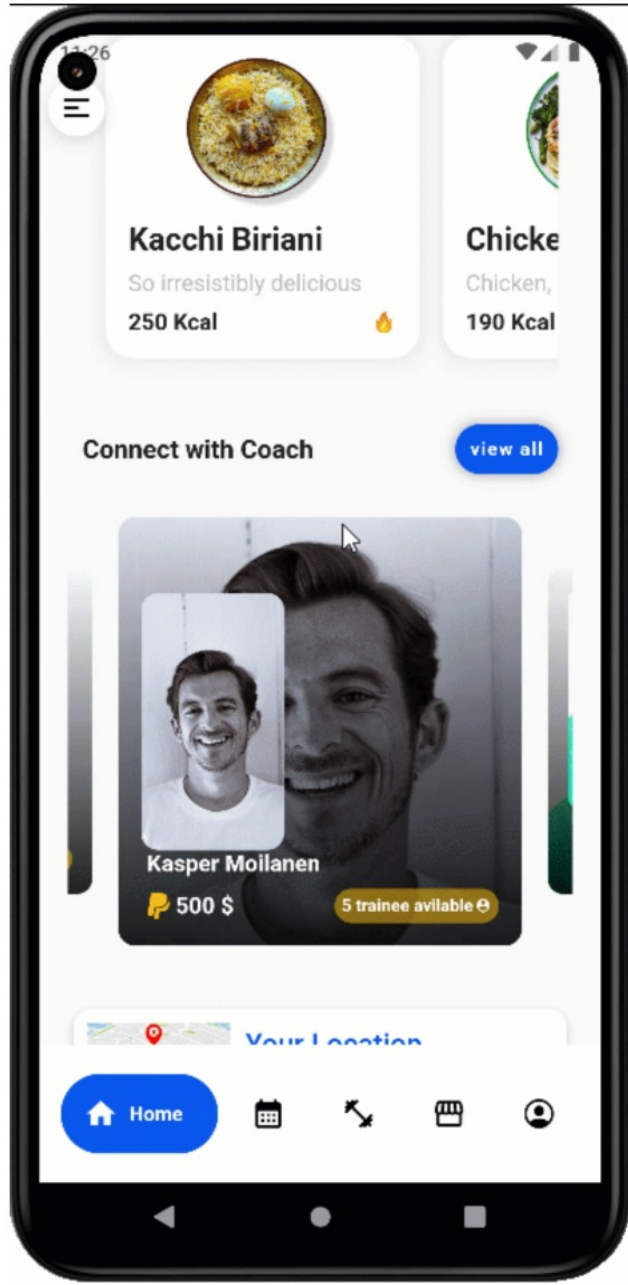
Recipe Search



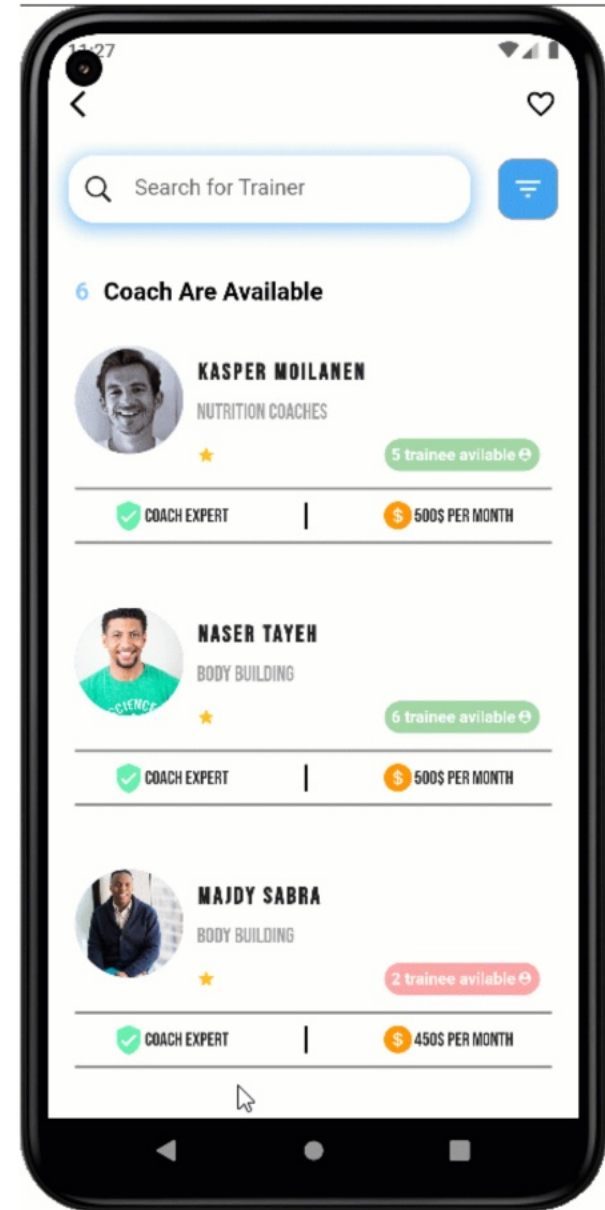
Recipe Details



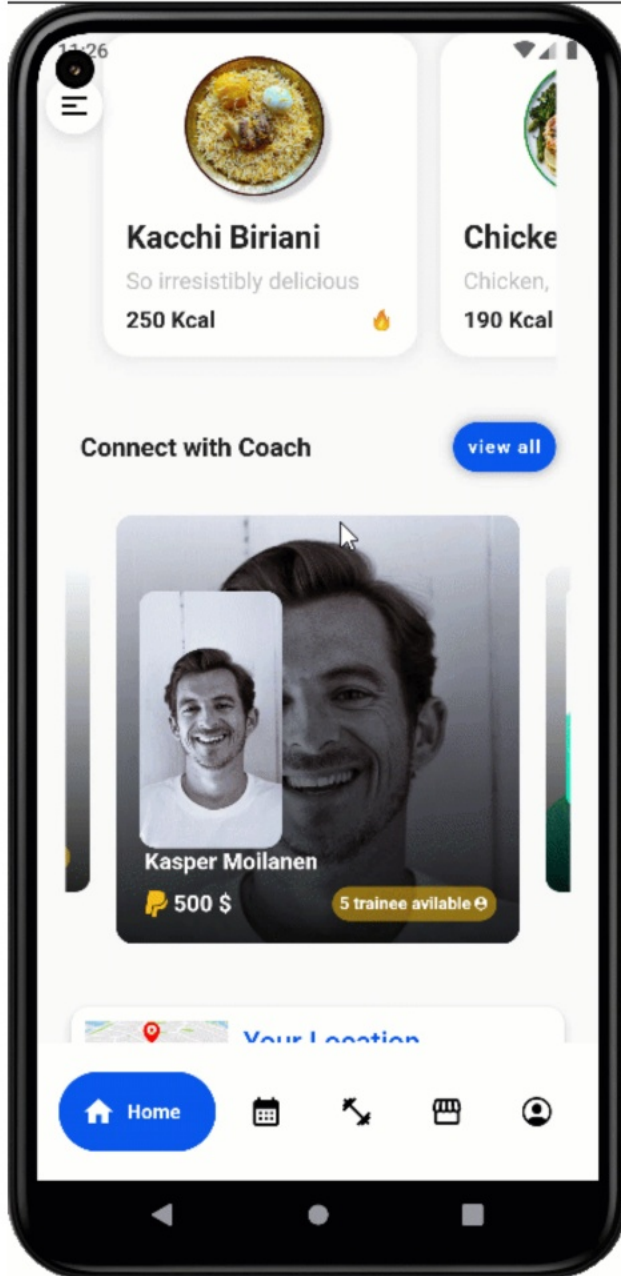
Coach view



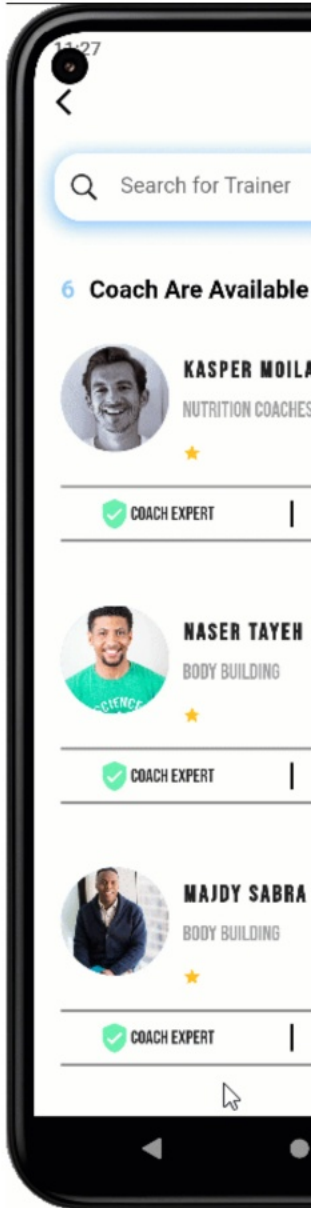
Coach Details

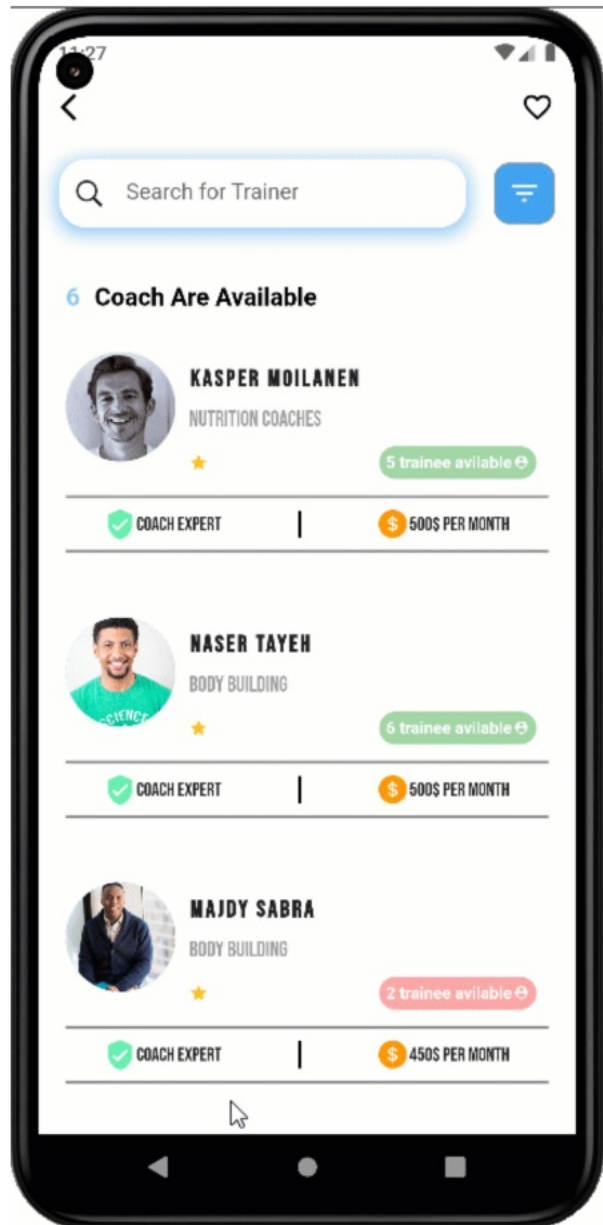


Coach view

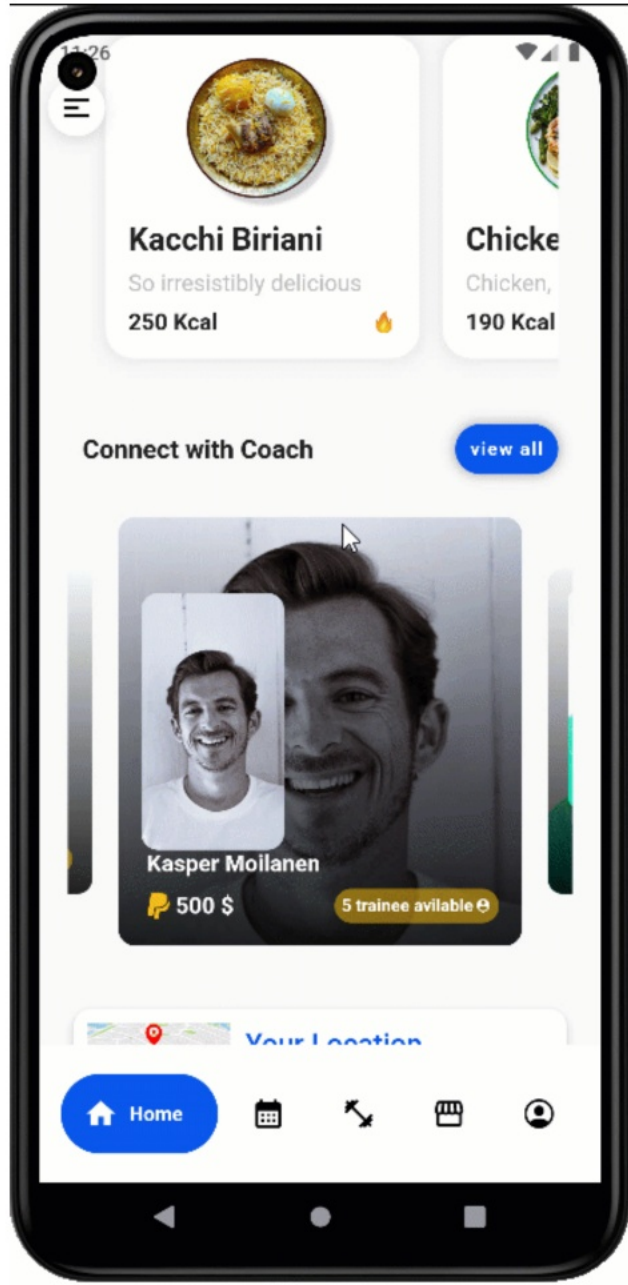


Coach D

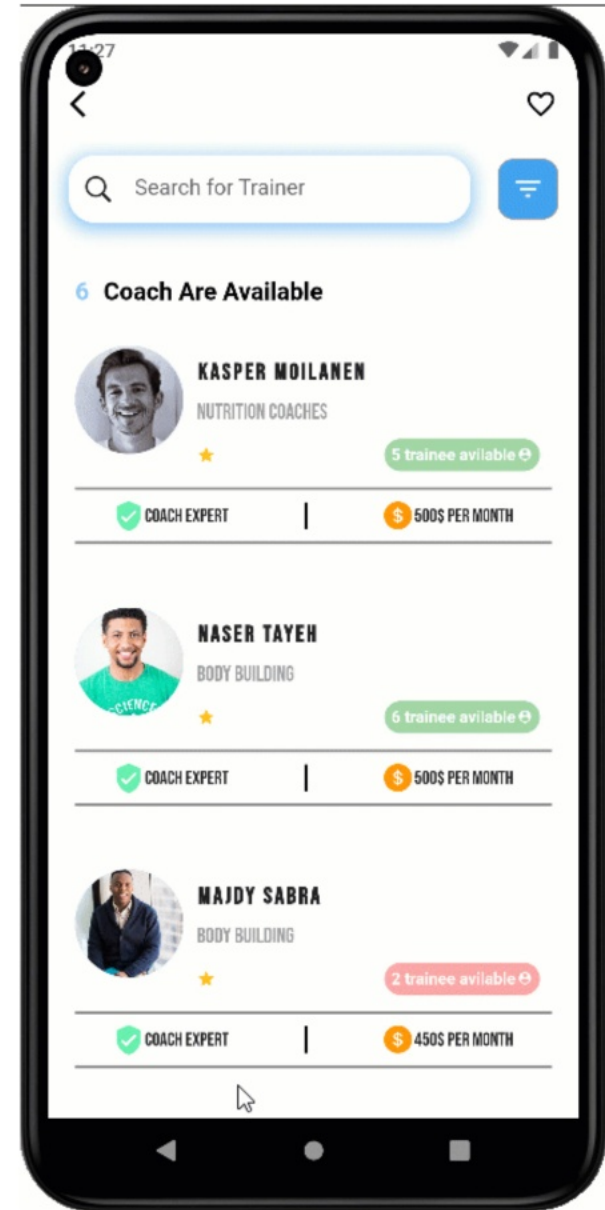




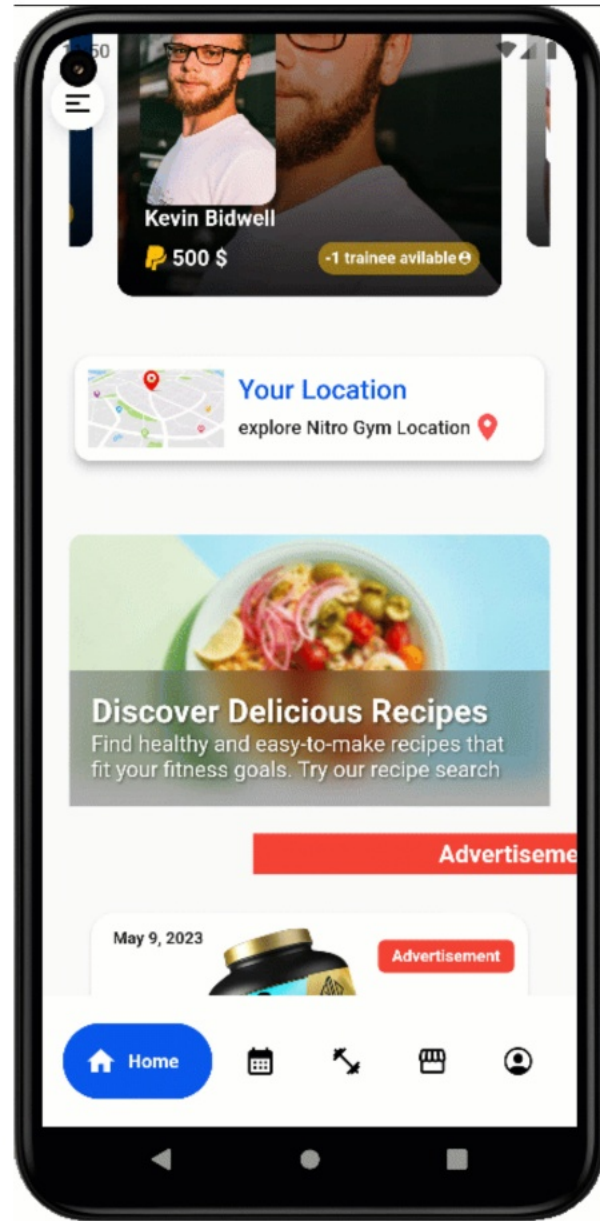
Coach view




Coach Details



Recipe Founder

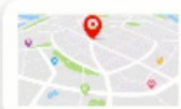




Kevin Bidwell

👉 500 \$

-1 trainee available 🗨️



Your Location

explore Nitro Gym Location 📍



Discover Delicious Recipes

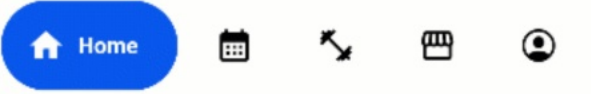
Find healthy and easy-to-make recipes that fit your fitness goals. Try our recipe search

Advertisement

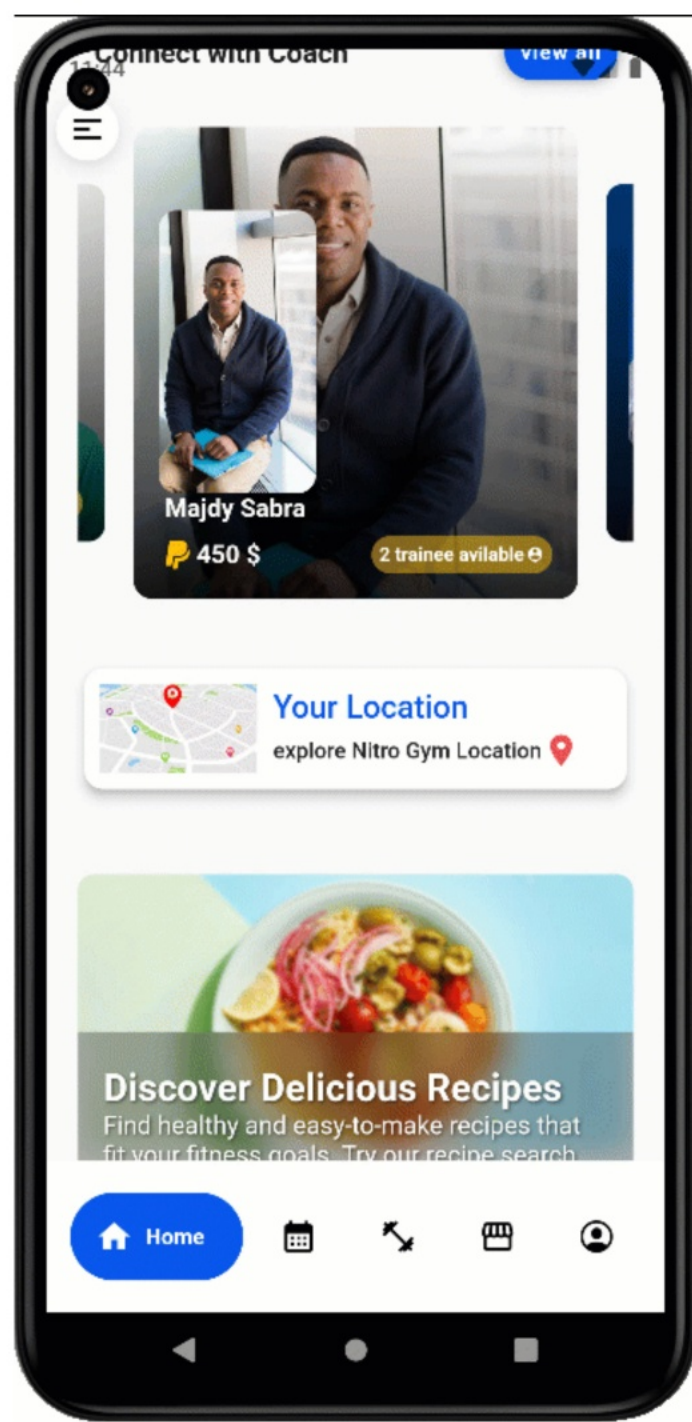
May 9, 2023



Advertisement

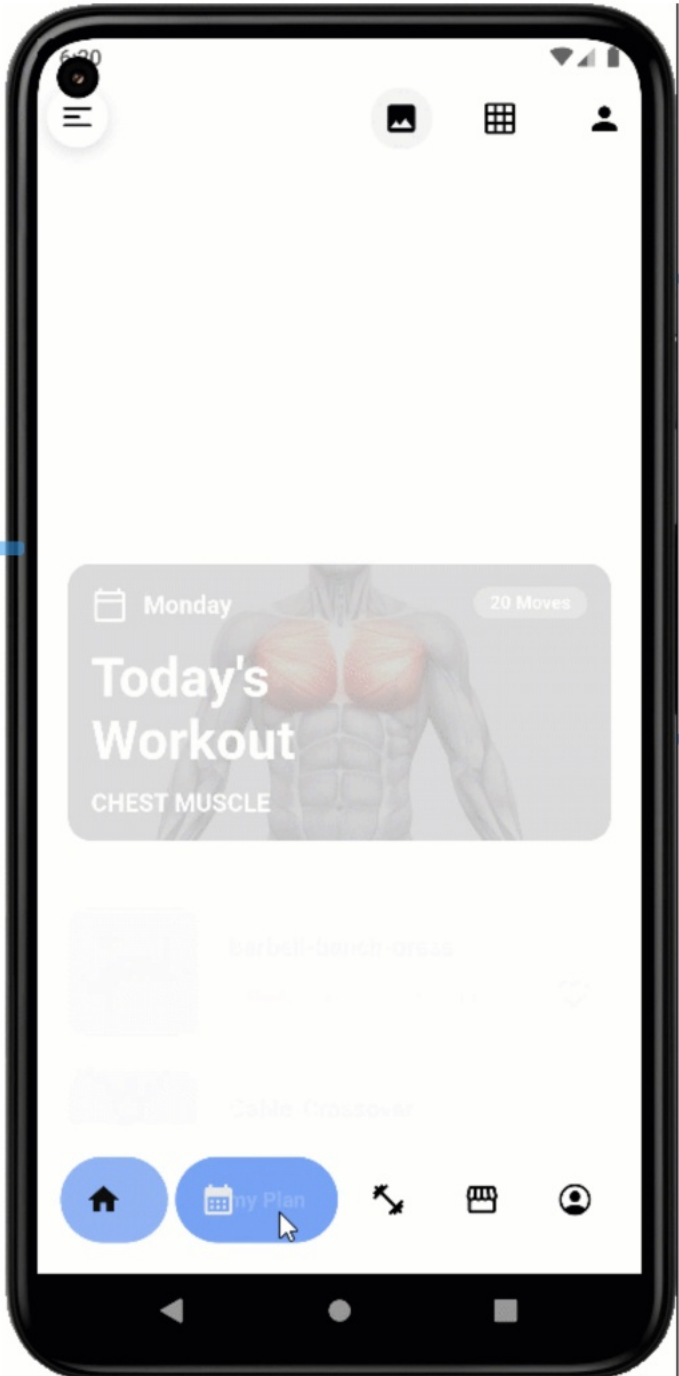


GYM MAP



My Plan Screen

upload weekly photo

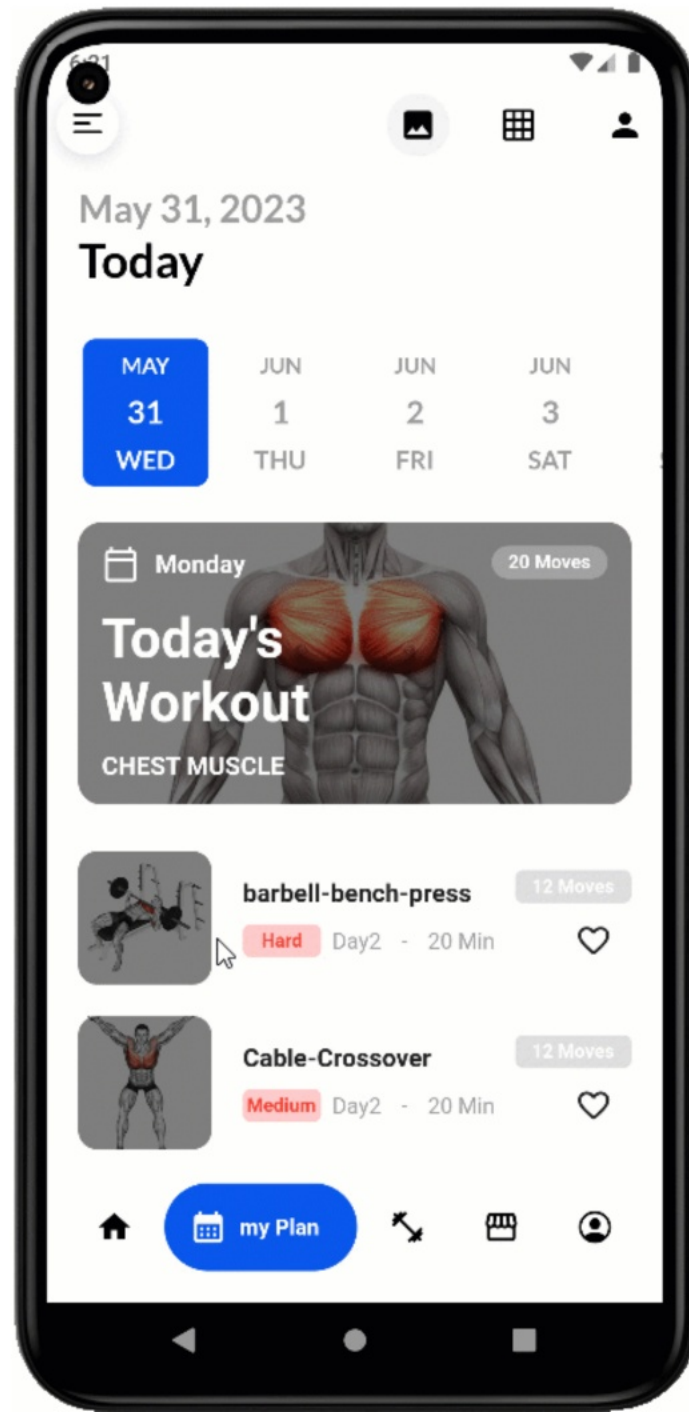


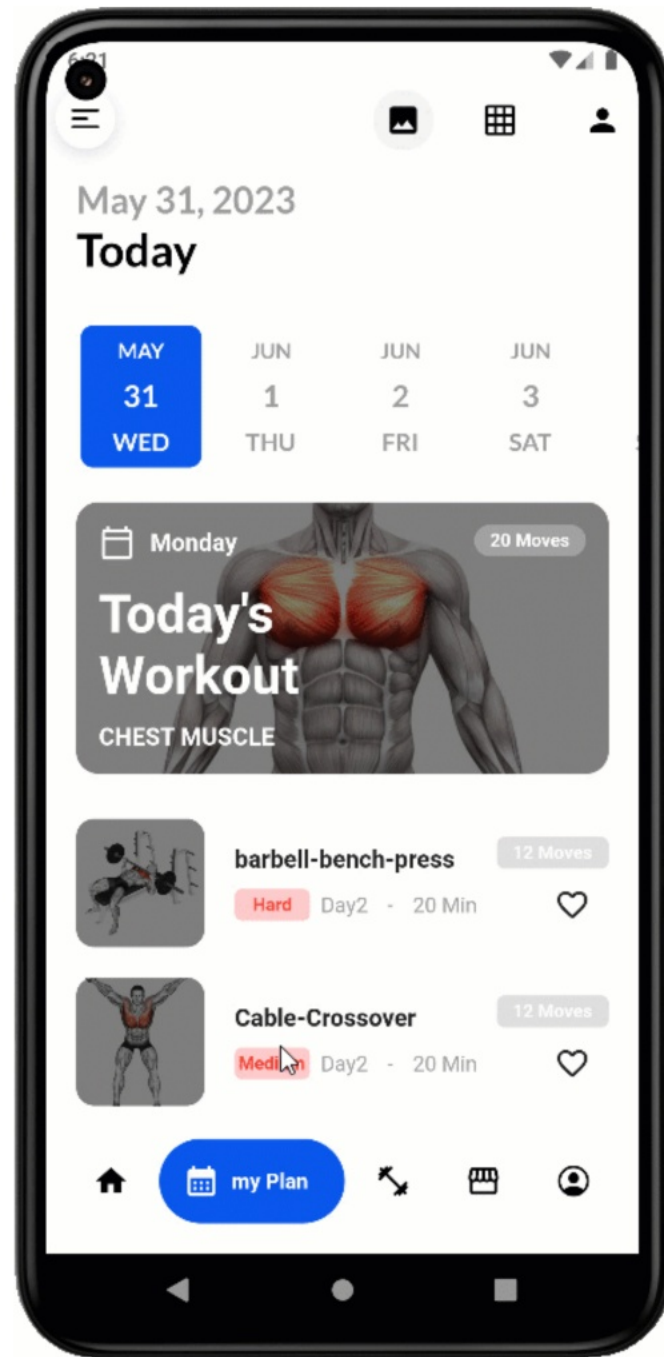
Coach Status

View nutrition plan

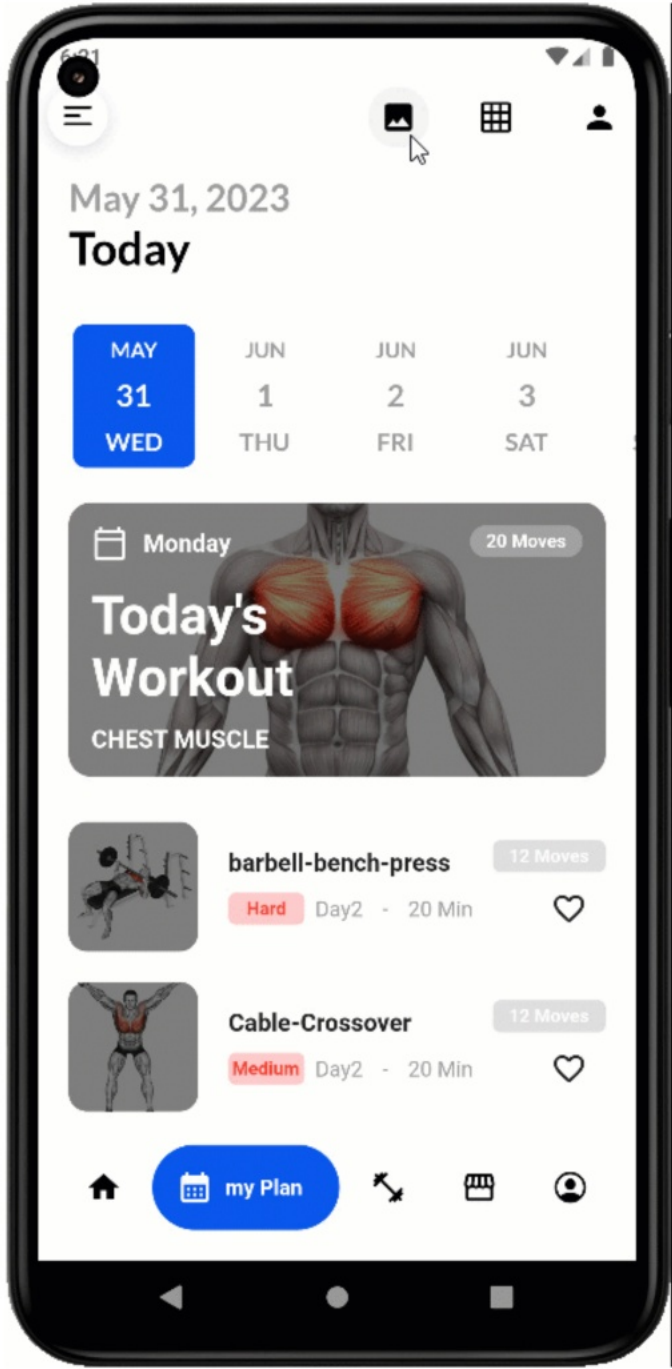
workout Screen

View Coach

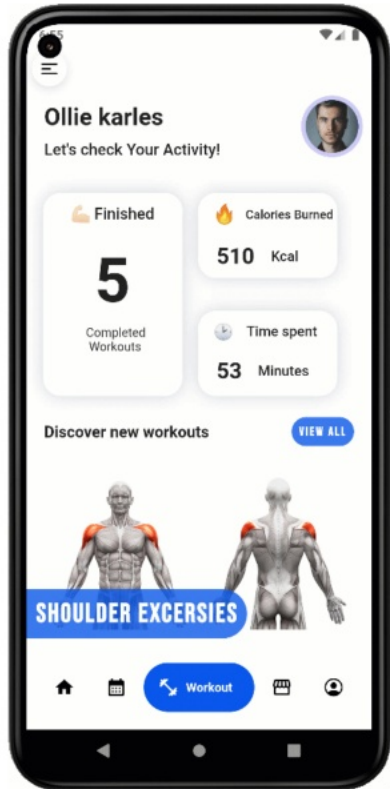




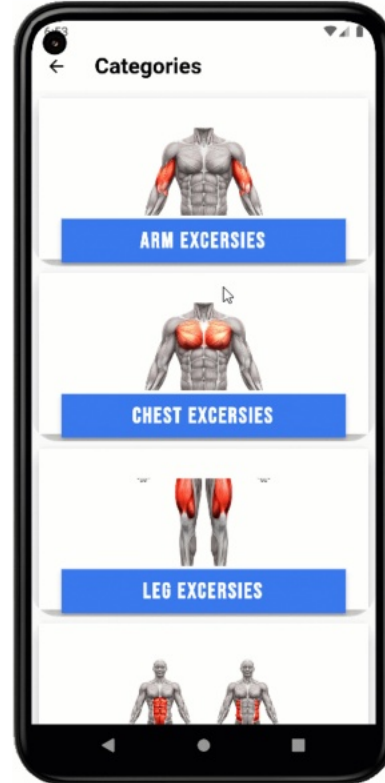
upload weekly photo



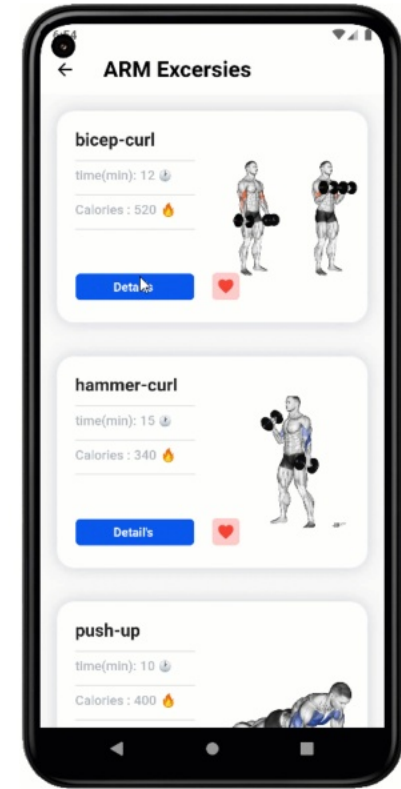
Workout Screen



View workouts



workout details



6:55



Ollie karles



Let's check Your Activity!

Finished

5

Completed Workouts

Calories Burned

510 Kcal

Time spent

53 Minutes

Discover new workouts

[VIEW ALL](#)



SHOULDER EXCERSIES



Workout





Categories



ARM EXCERSIES



CHEST EXCERSIES



LEG EXCERSIES



6:54



ARM Excersies

bicep-curl

time(min): 12 🕒

Calories : 520 🔥



Details



hammer-curl

time(min): 15 🕒

Calories : 340 🔥



Detail's



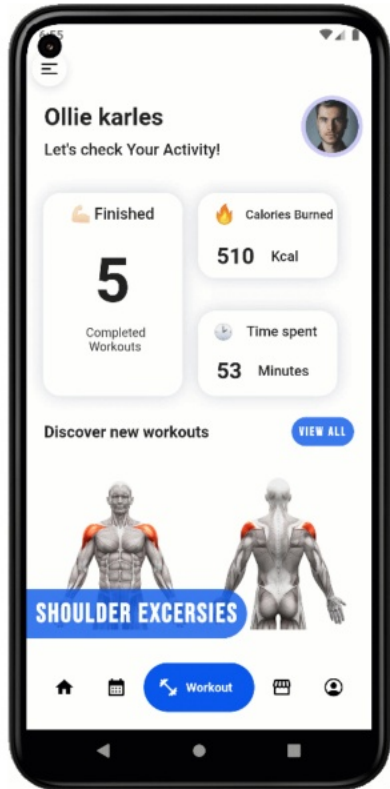
push-up

time(min): 10 🕒

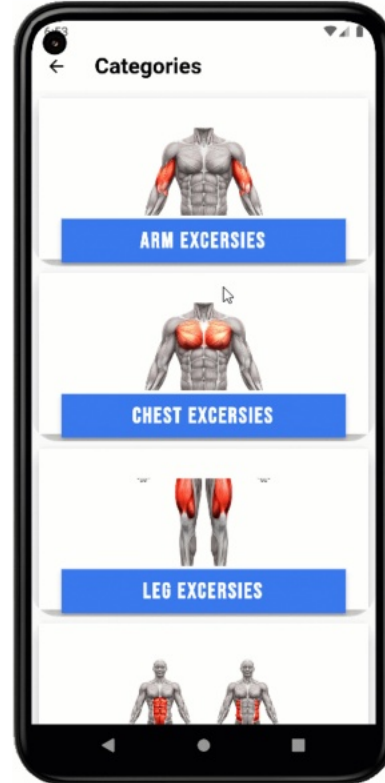
Calories : 400 🔥



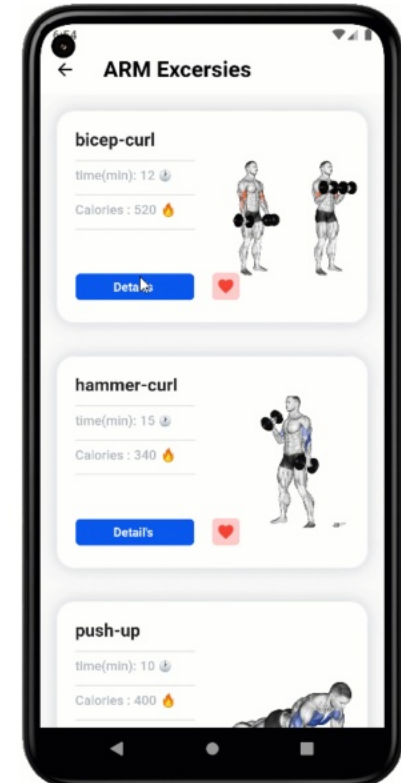
Workout Screen



View workouts



workout details



Store

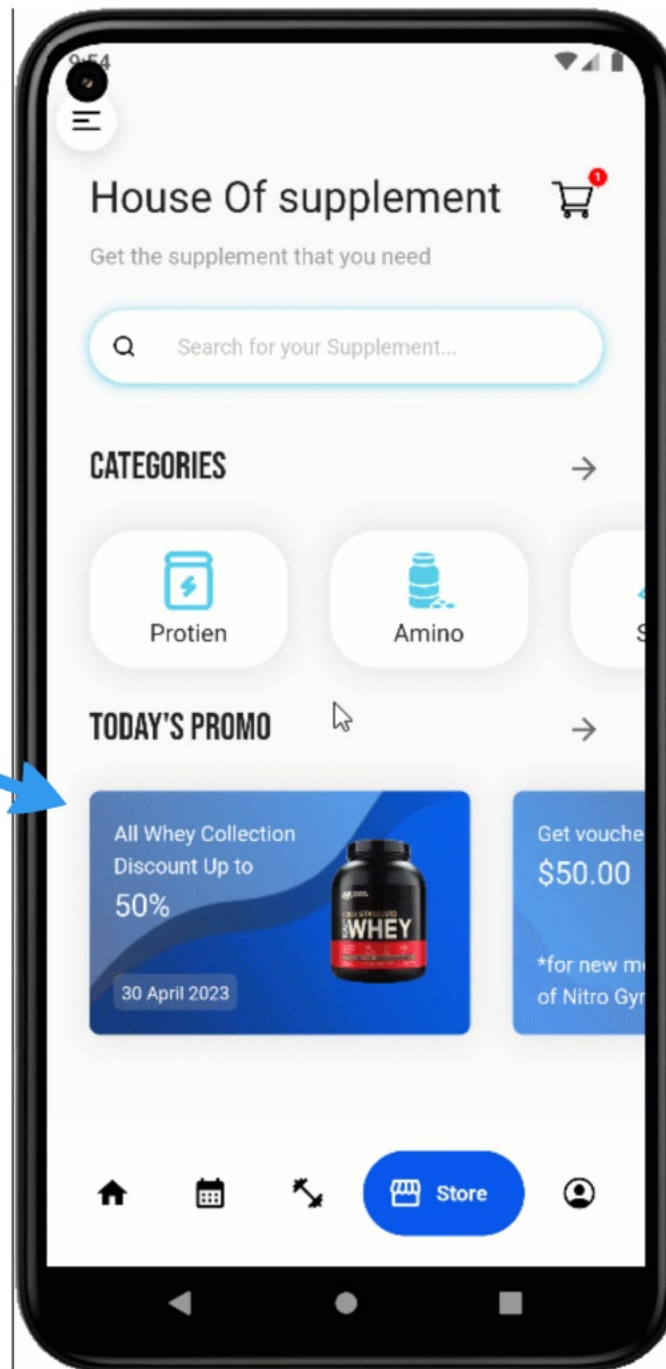
Categories



Cart

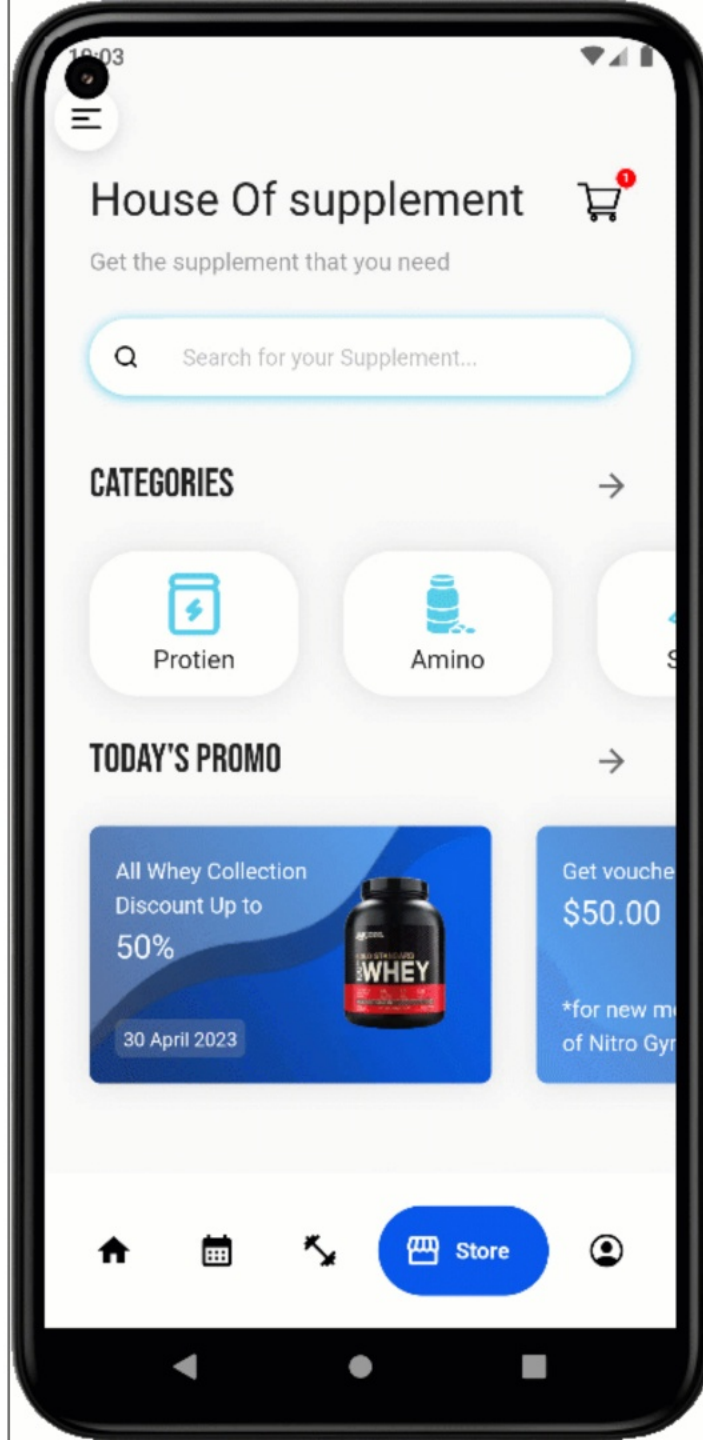
Categories

Details

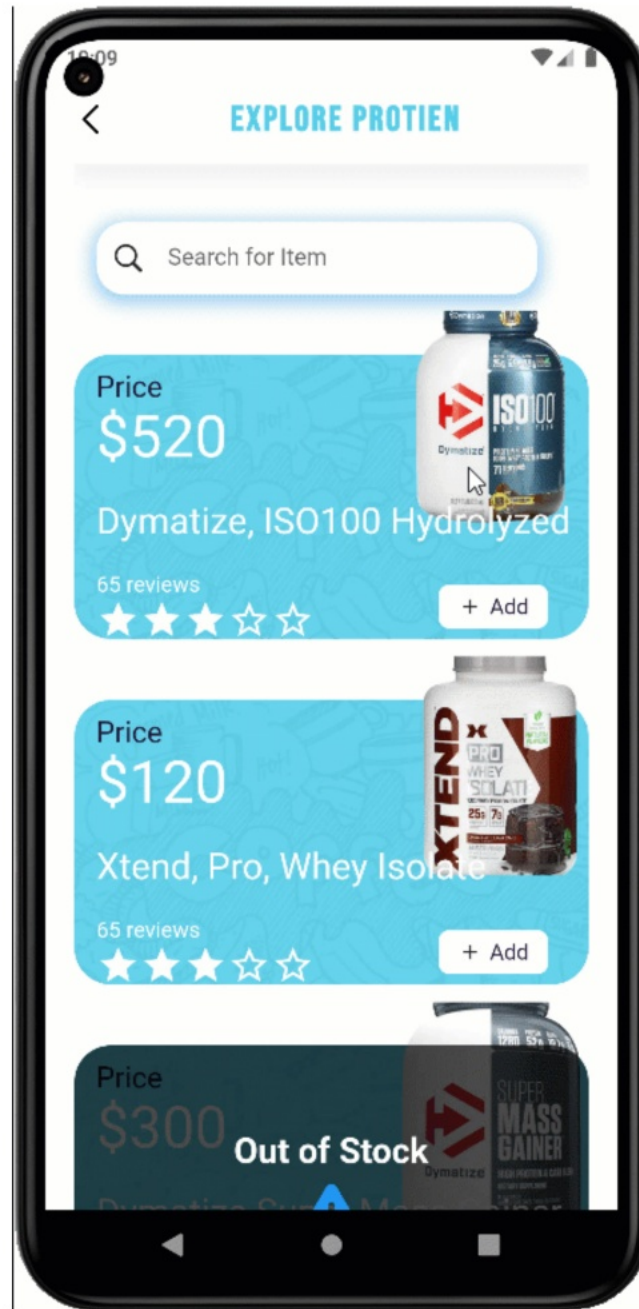


Amino?

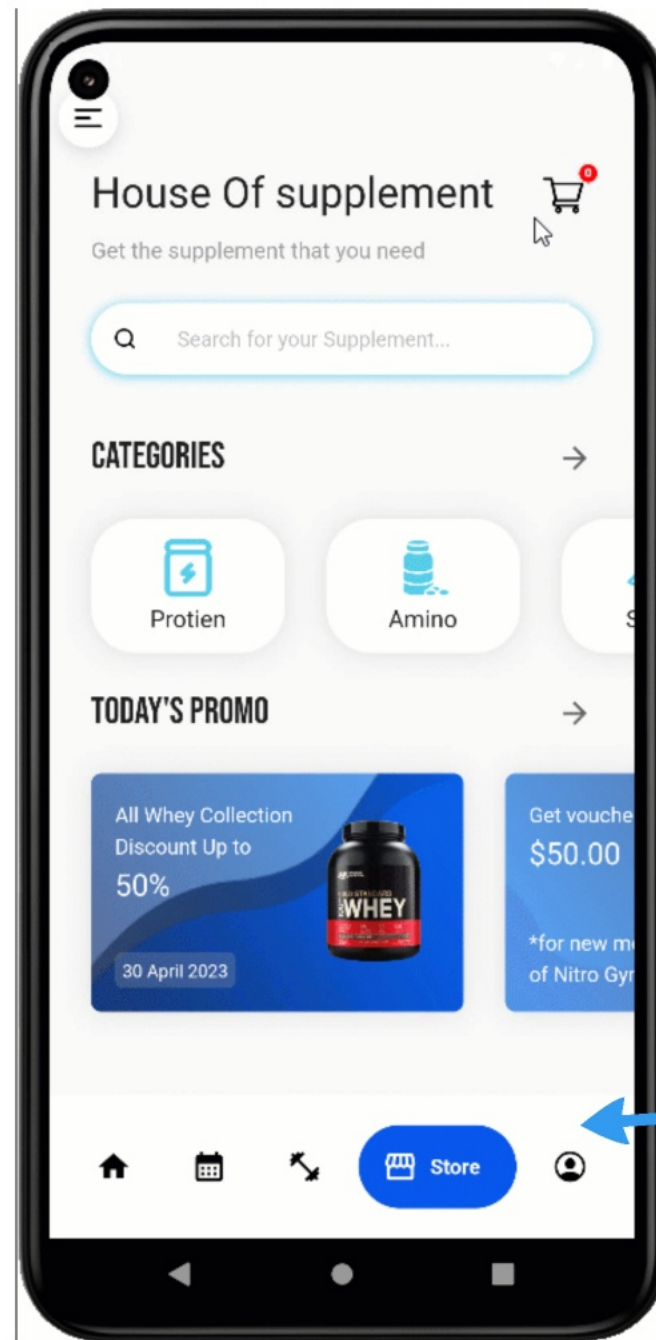
Amino



Details

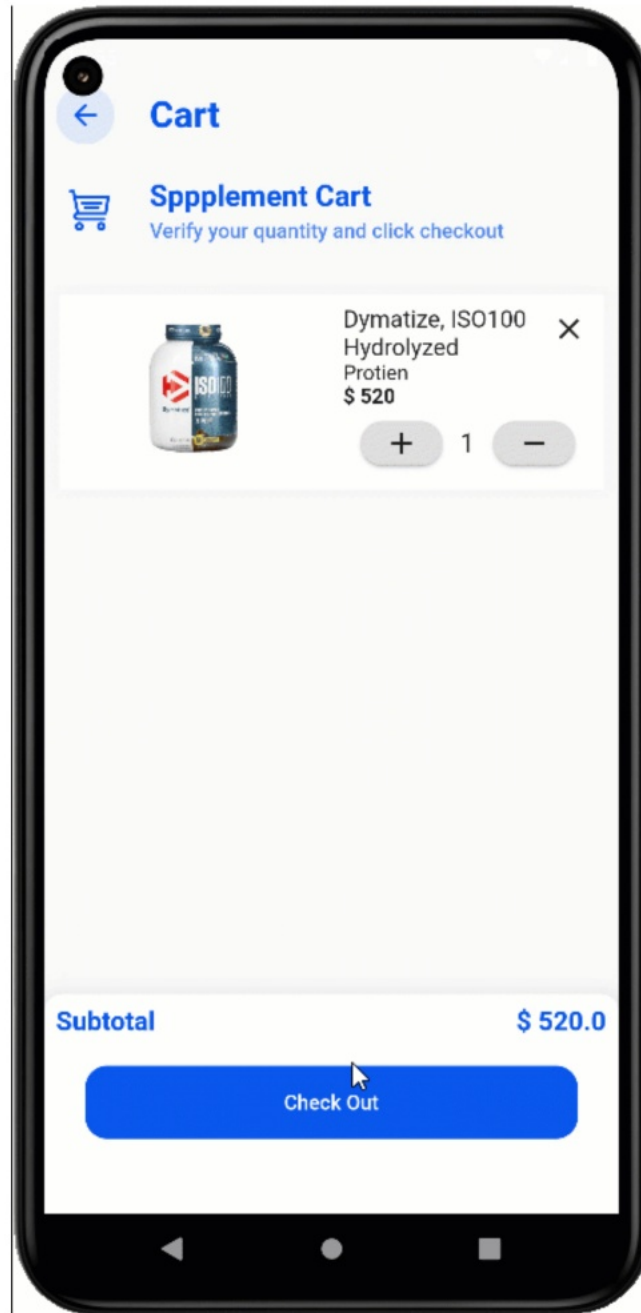


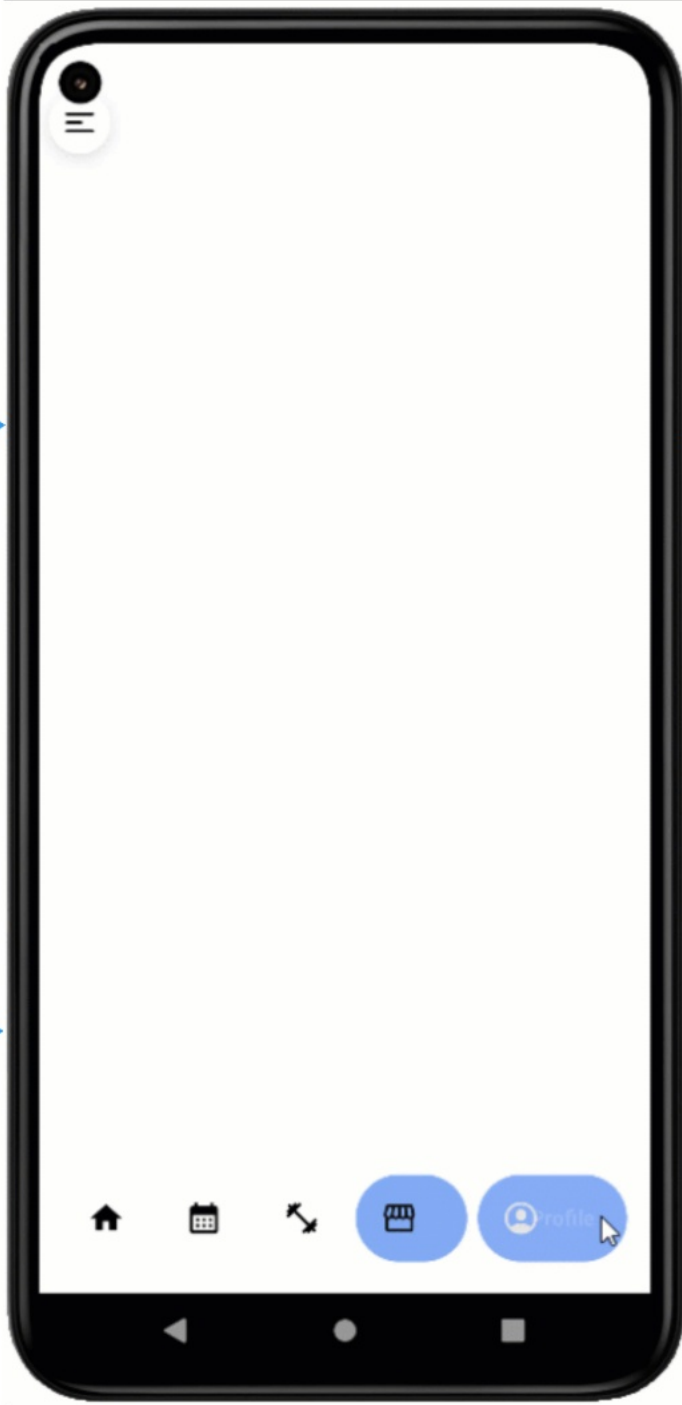
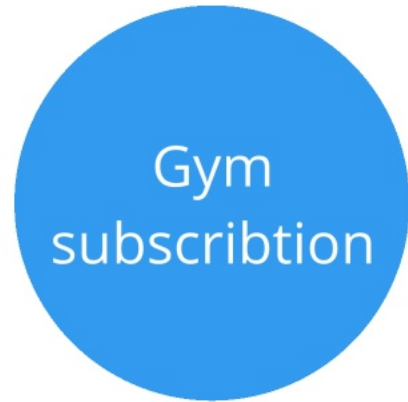
Cart



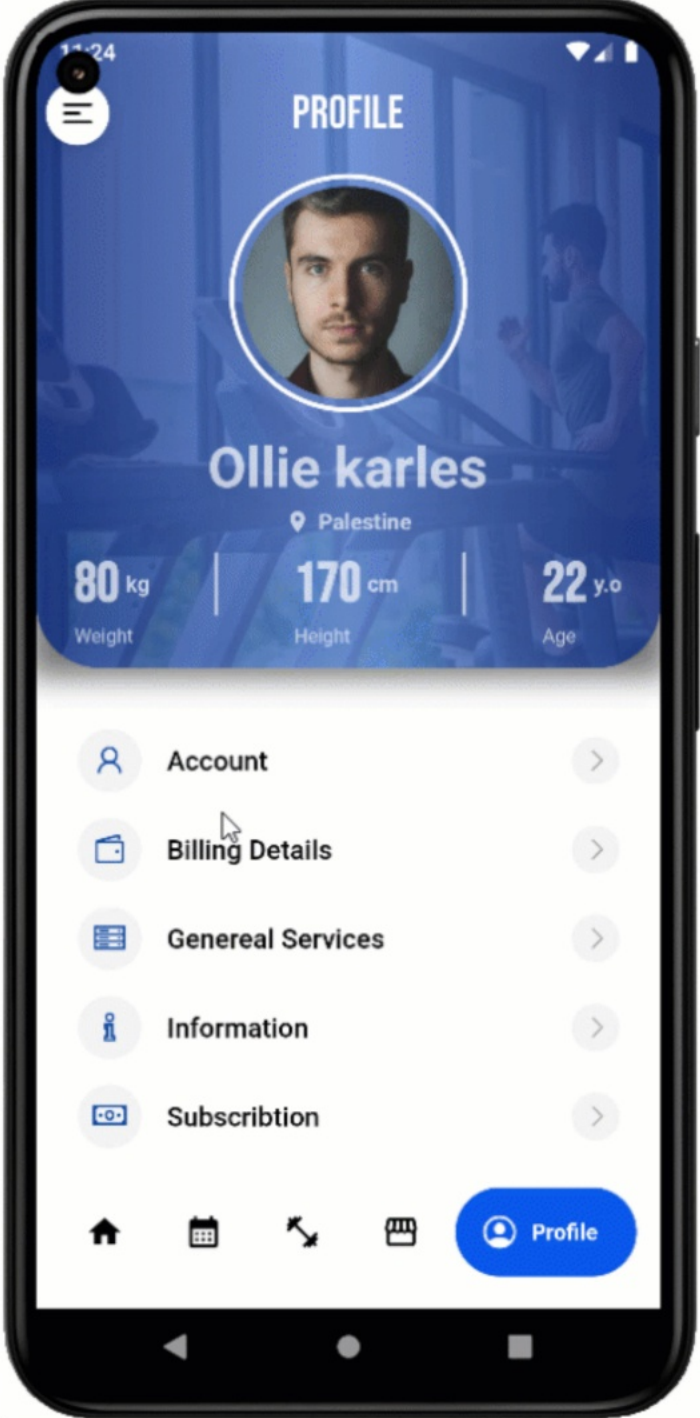
Checkout

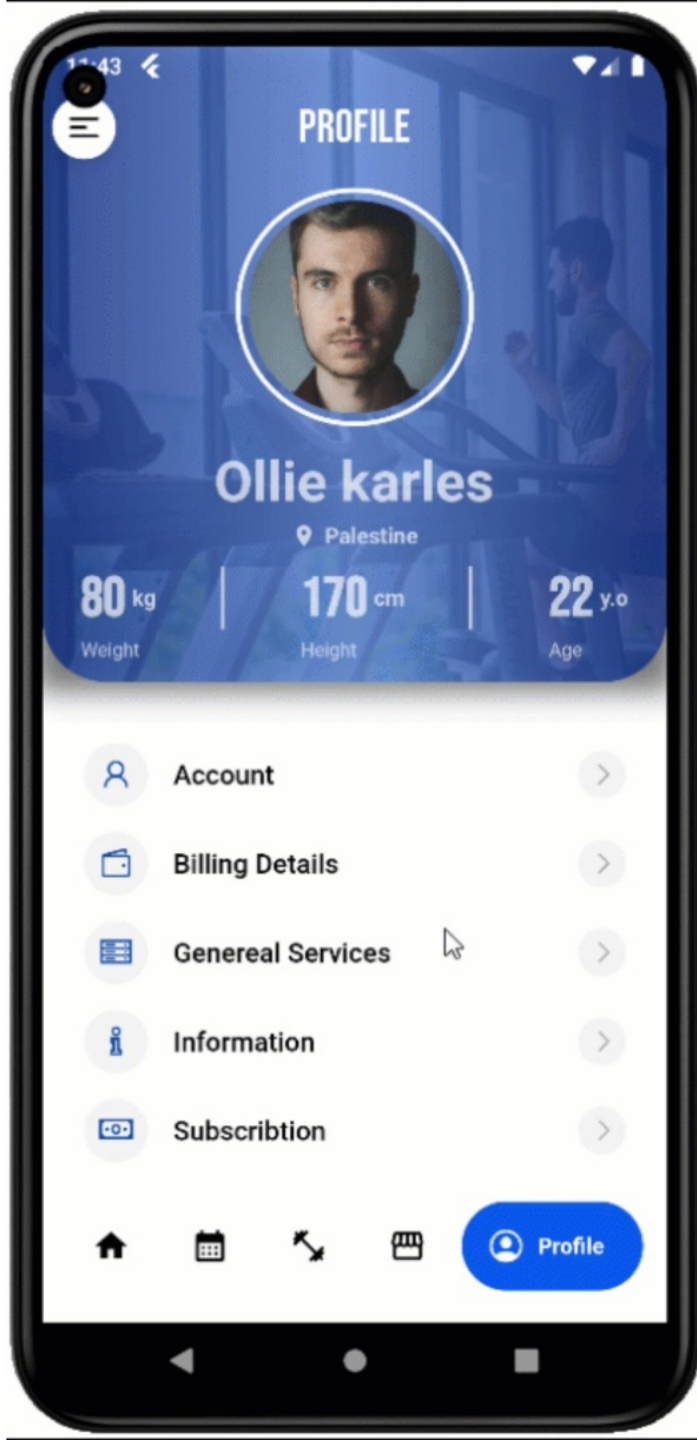
Checkout



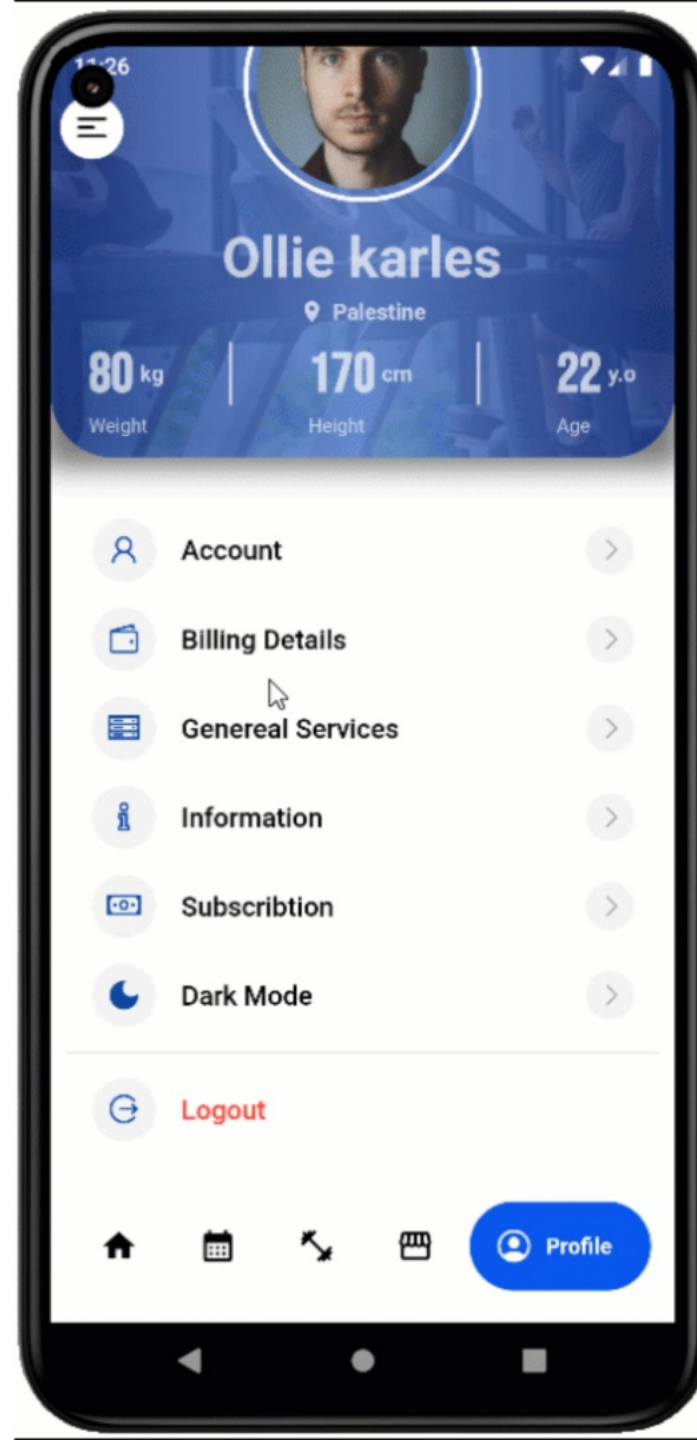


Update Account



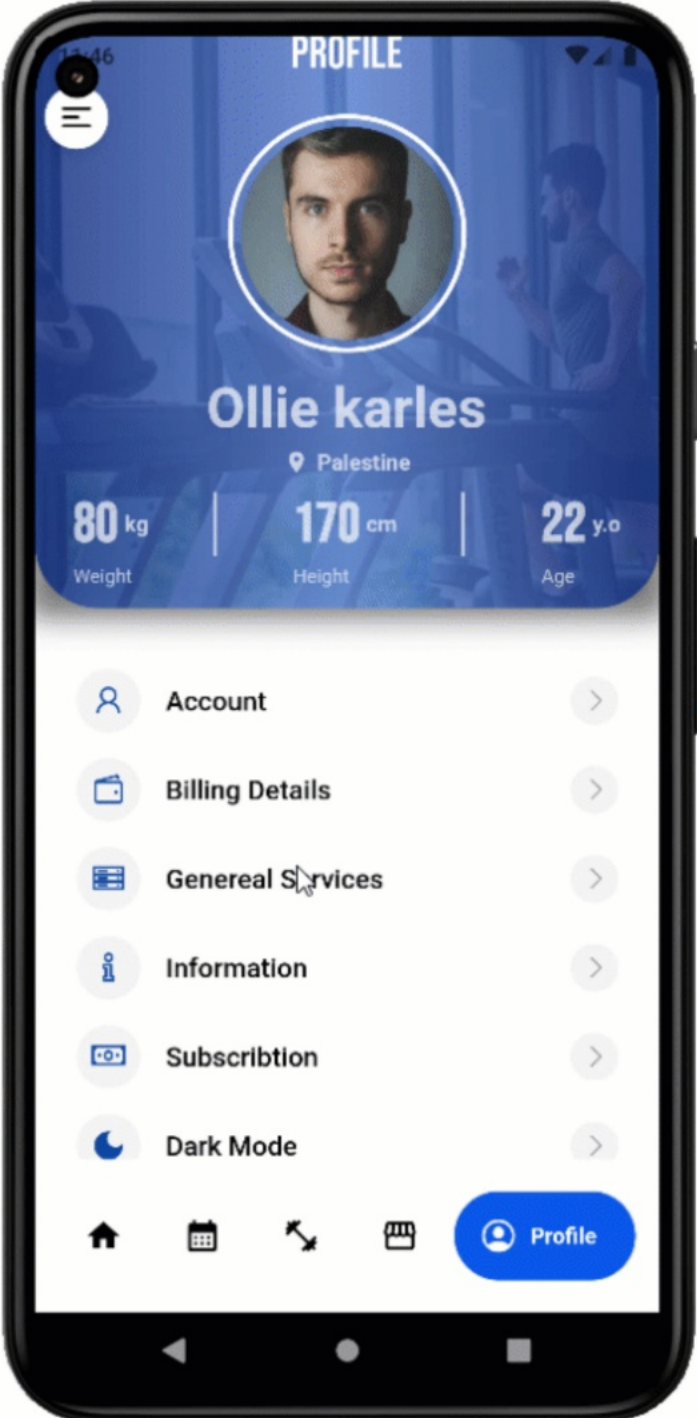


Gym subscription



Account Services

BMI
Calculator



Water
Tracker

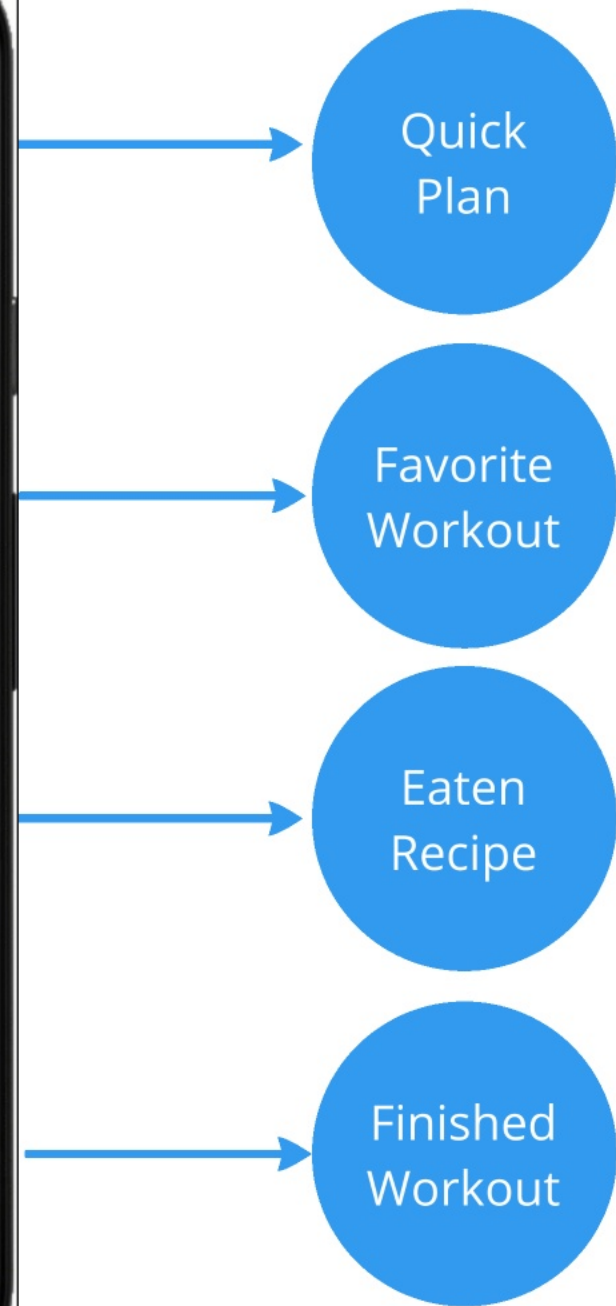
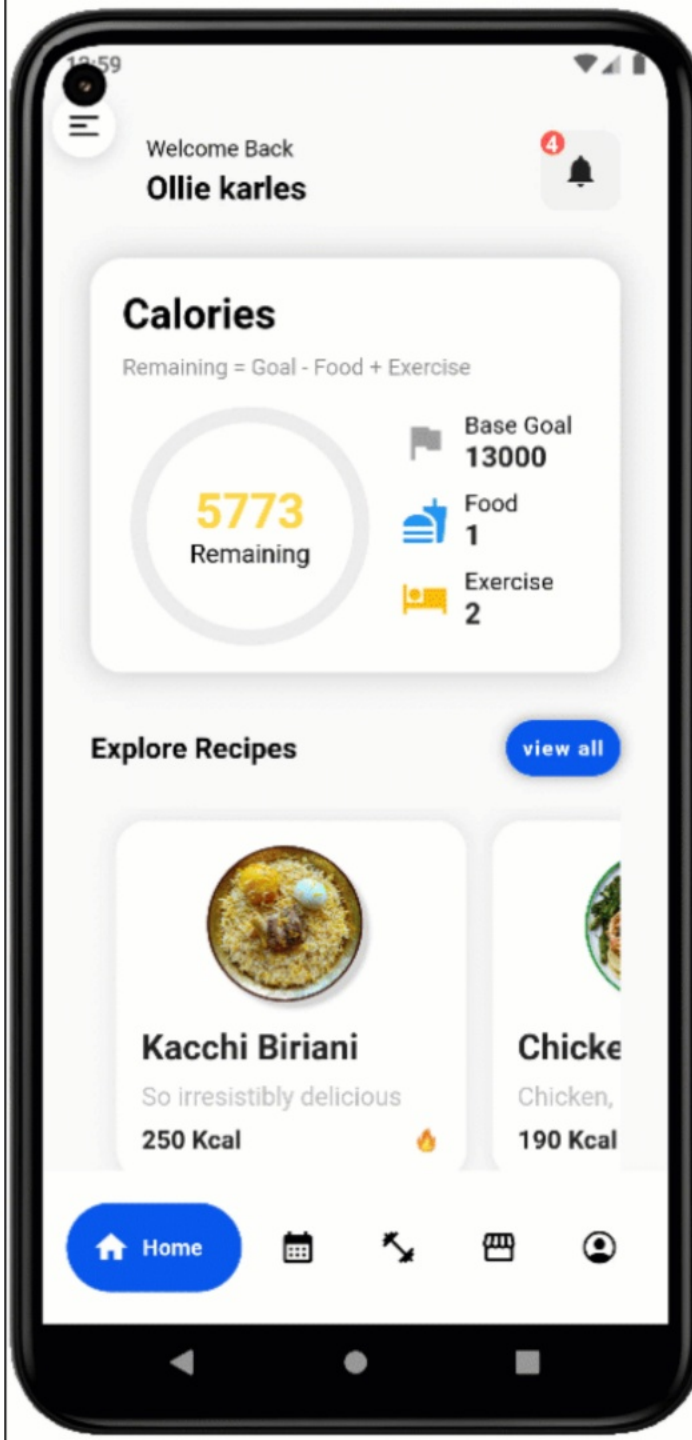
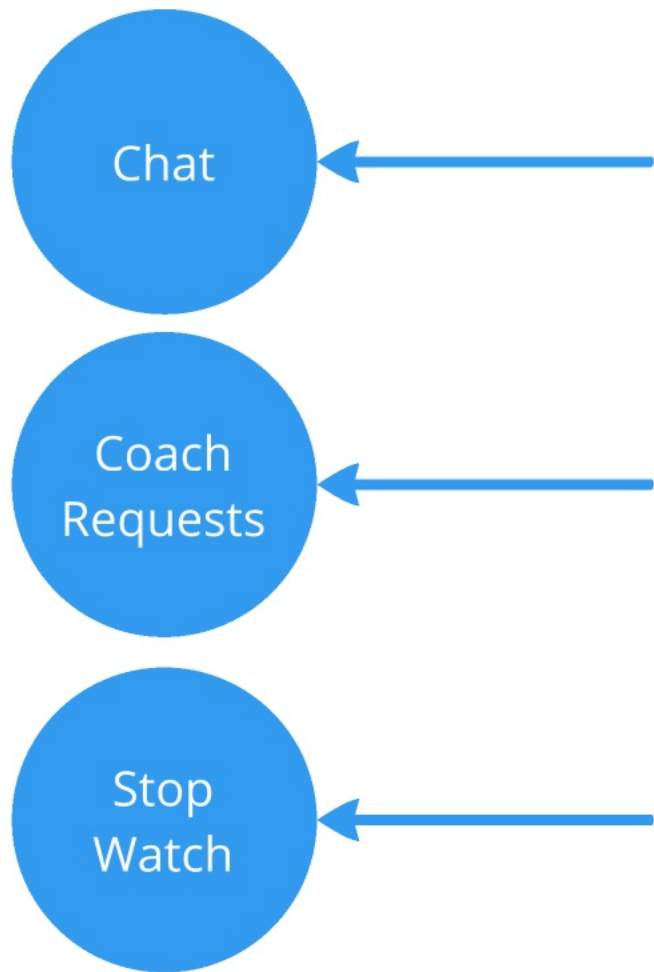


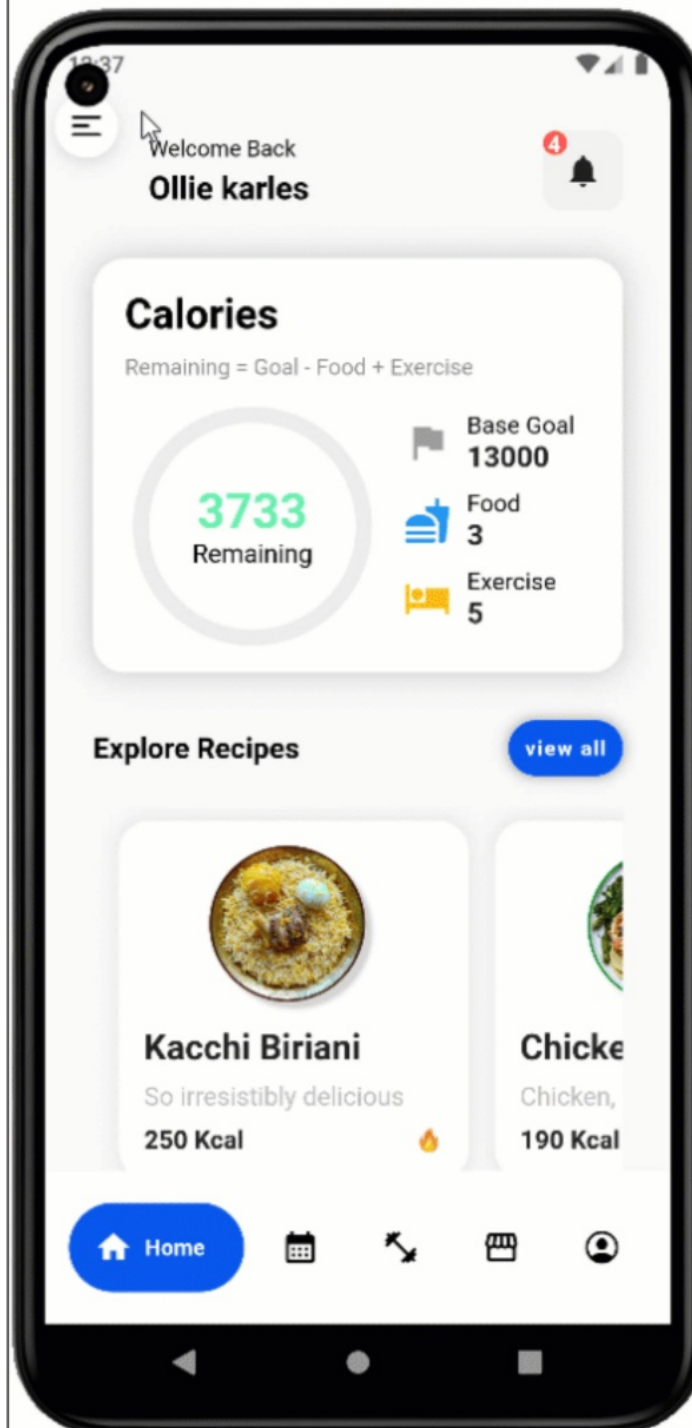
BMI Calculator



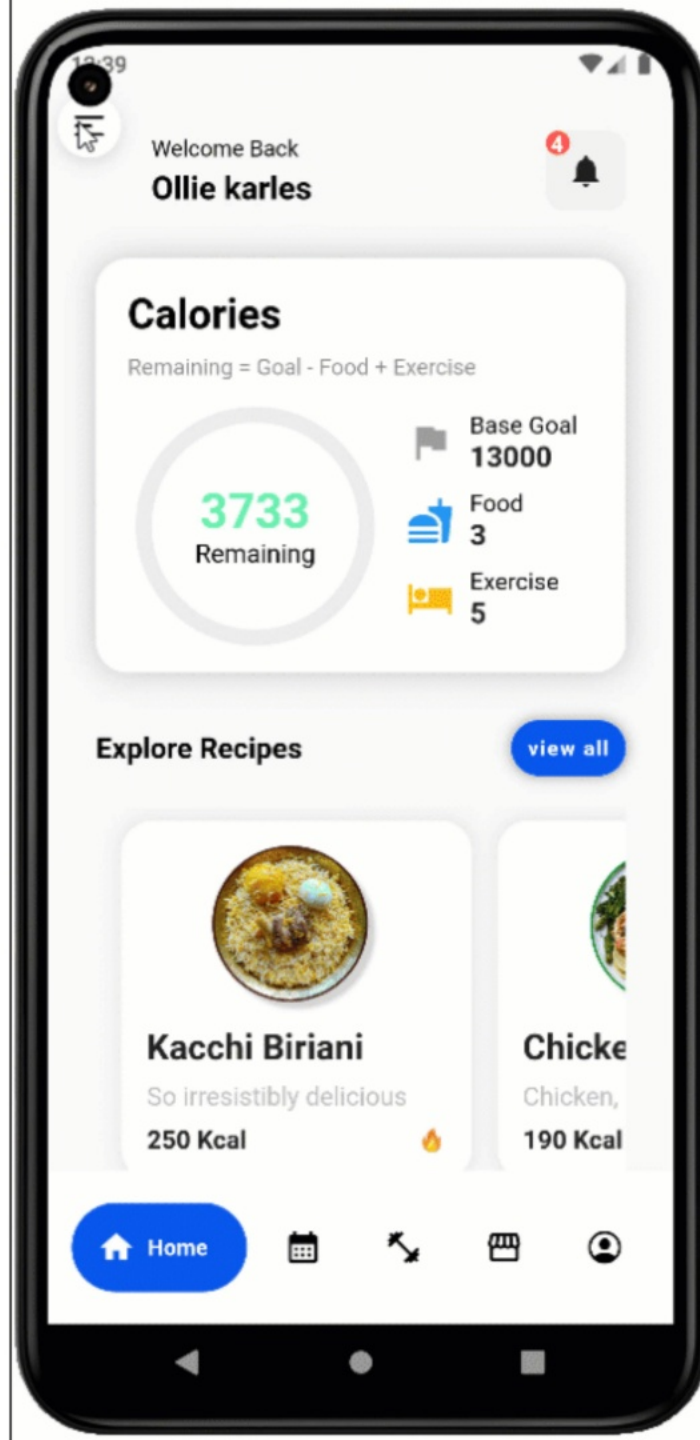
Water Tracker

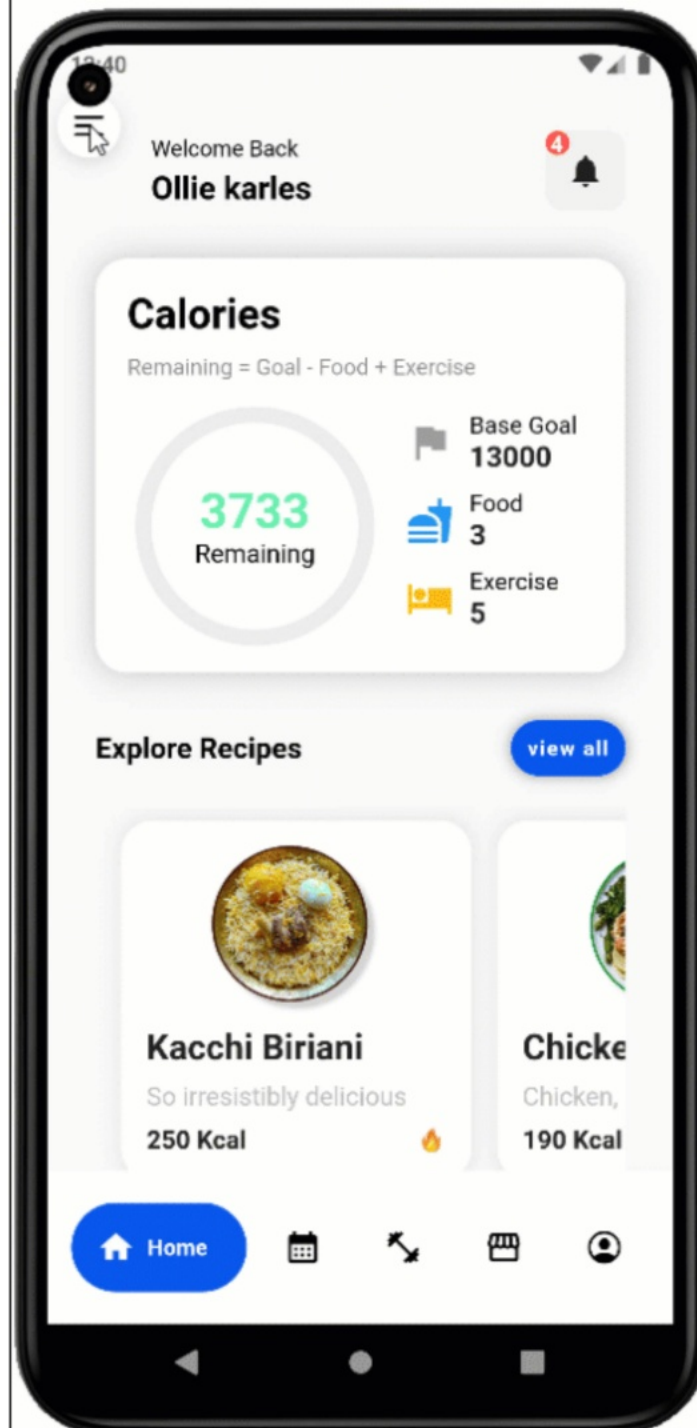




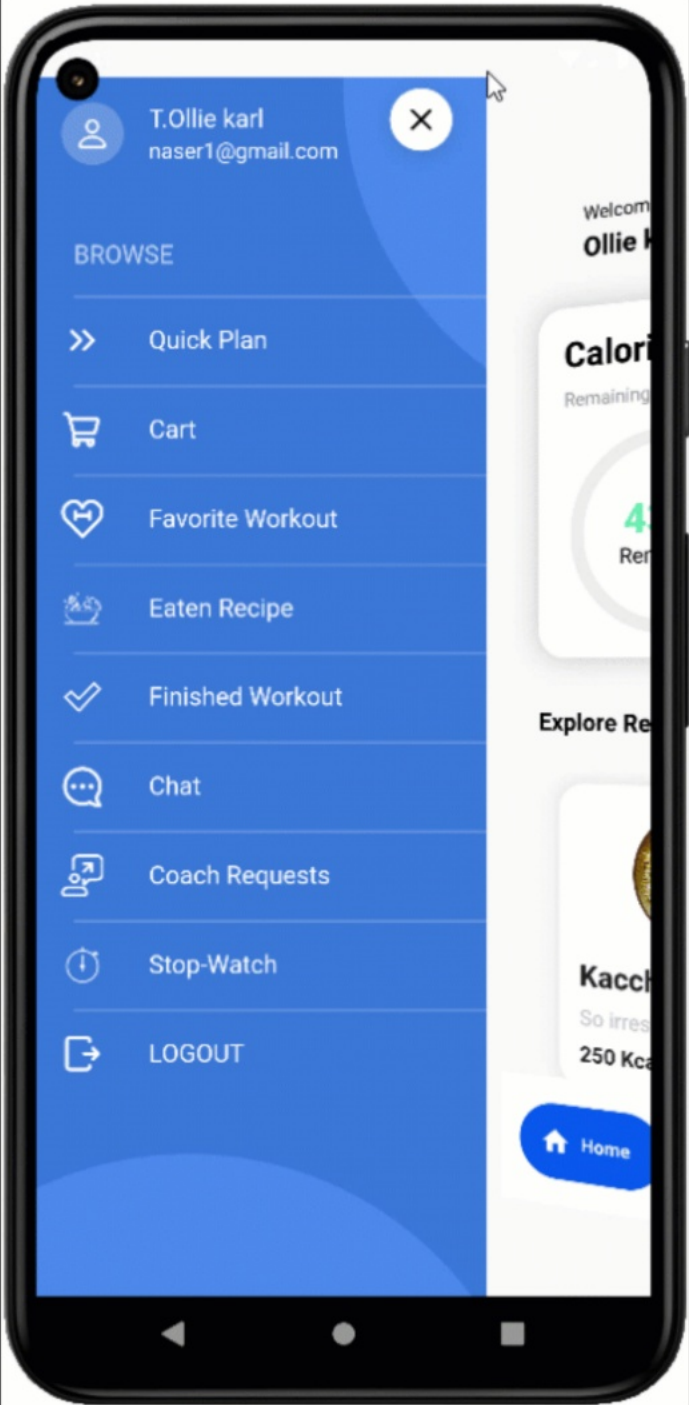


Favorite Workout





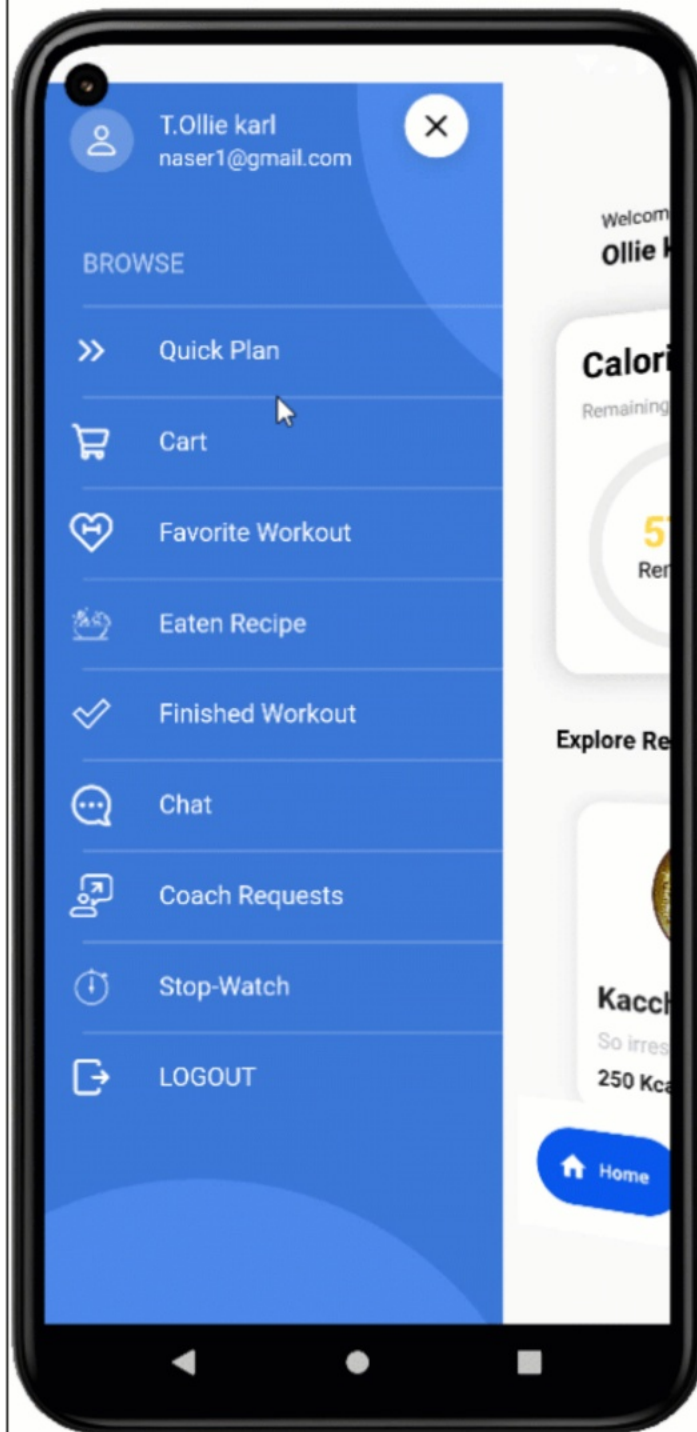
Finished Workout



Delete msg
and msg
info

Profile

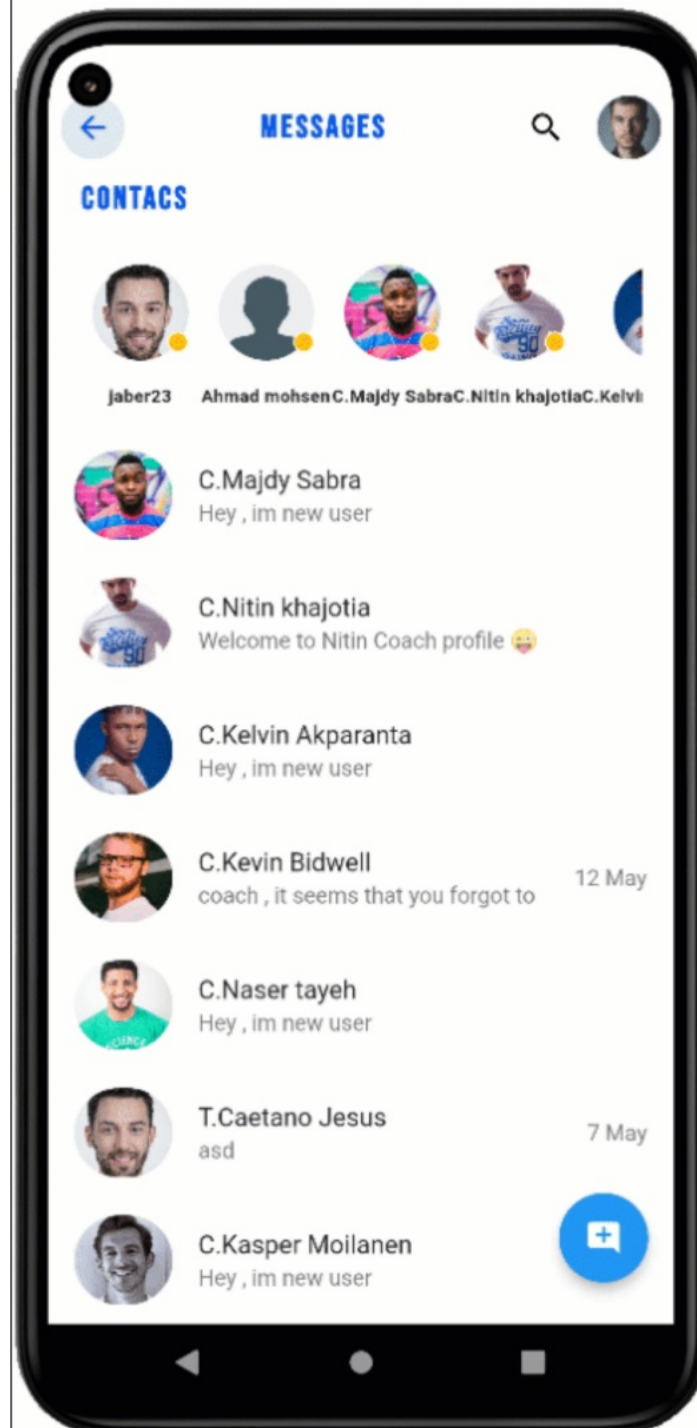
Last
Seen and
read
Message



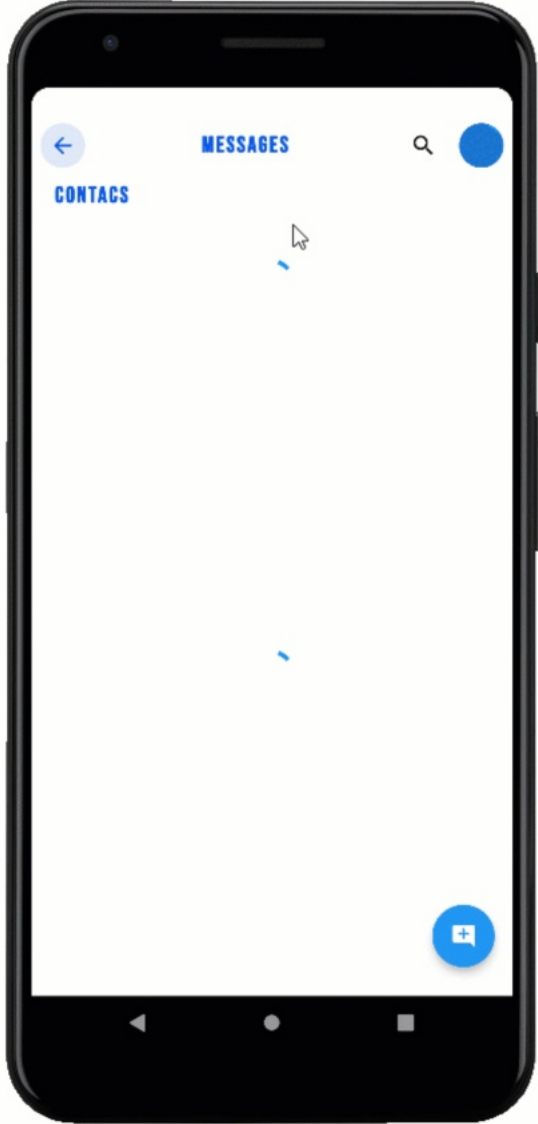
Activision
status

Notifaction

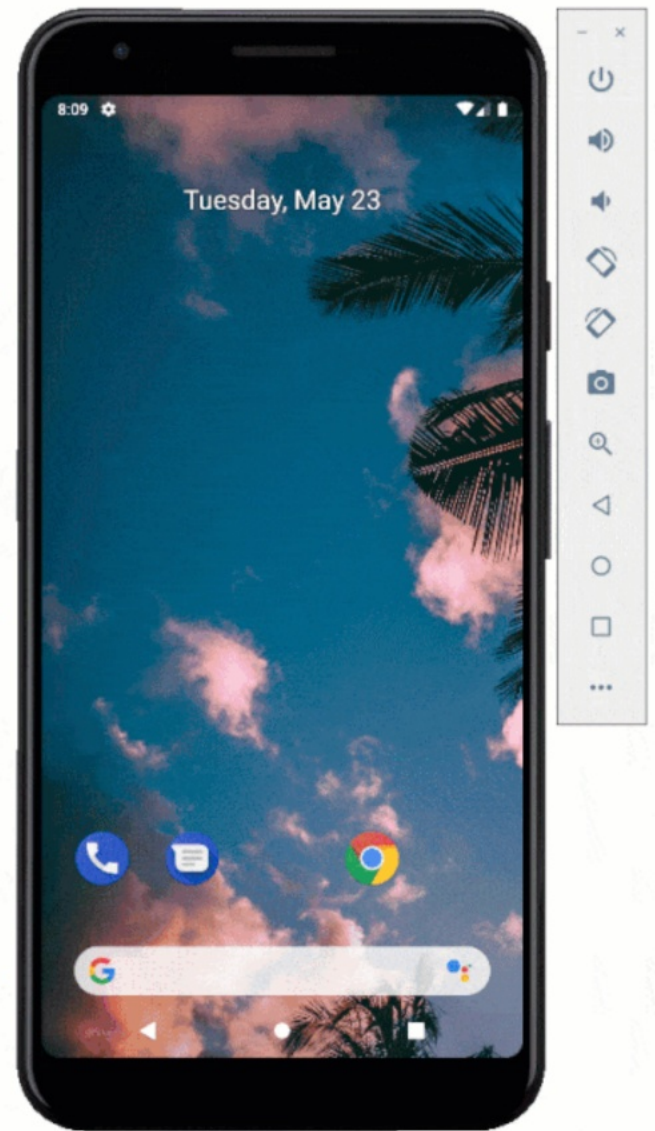
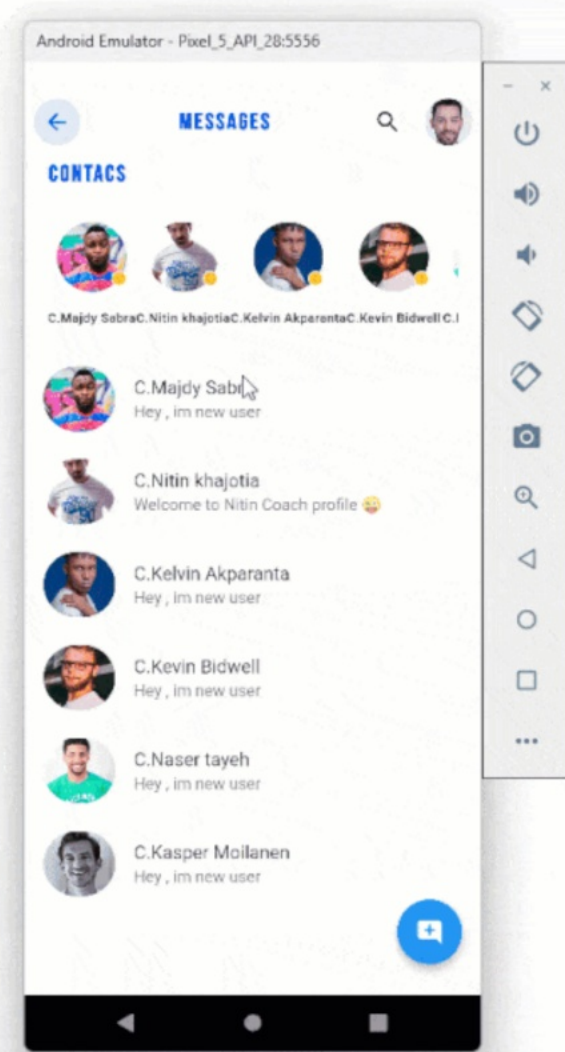
Upload
Image in
chat



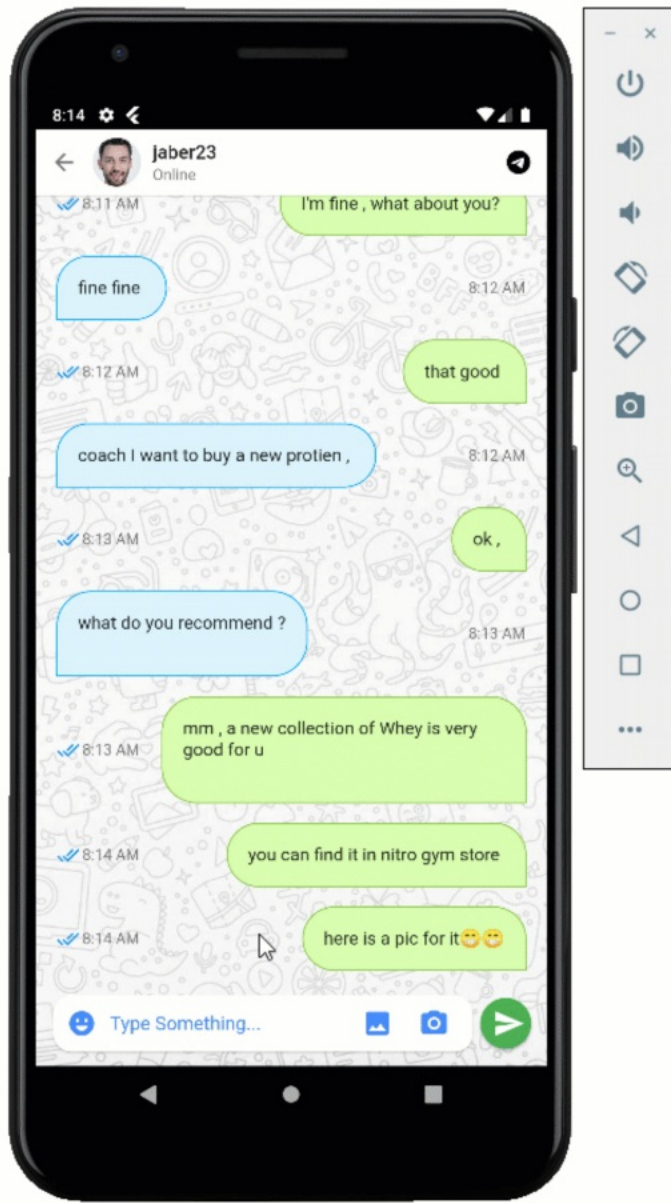
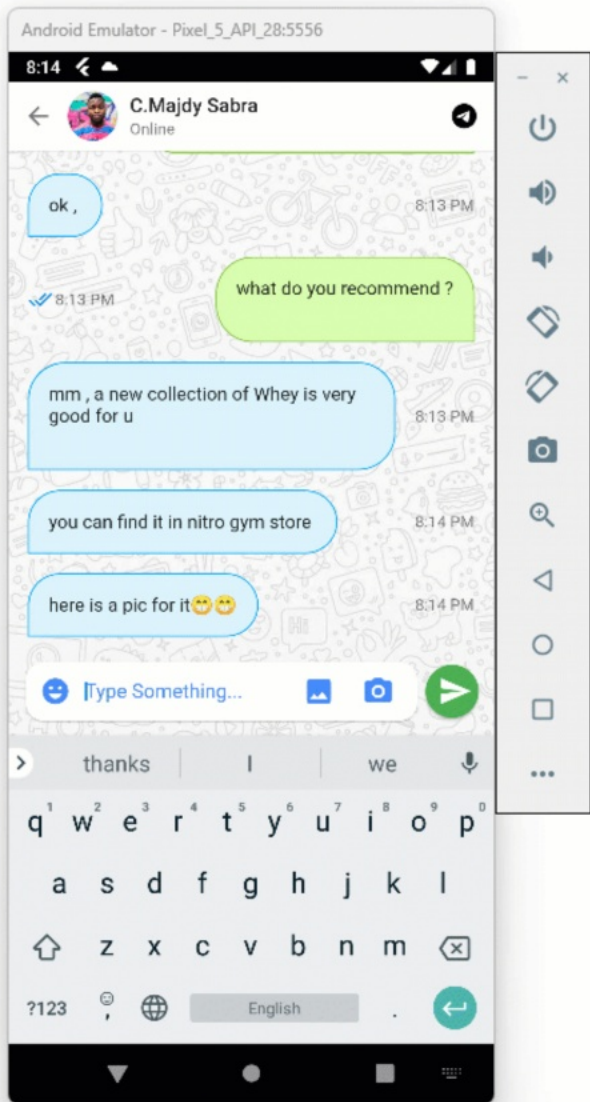
Last Seen and read Message



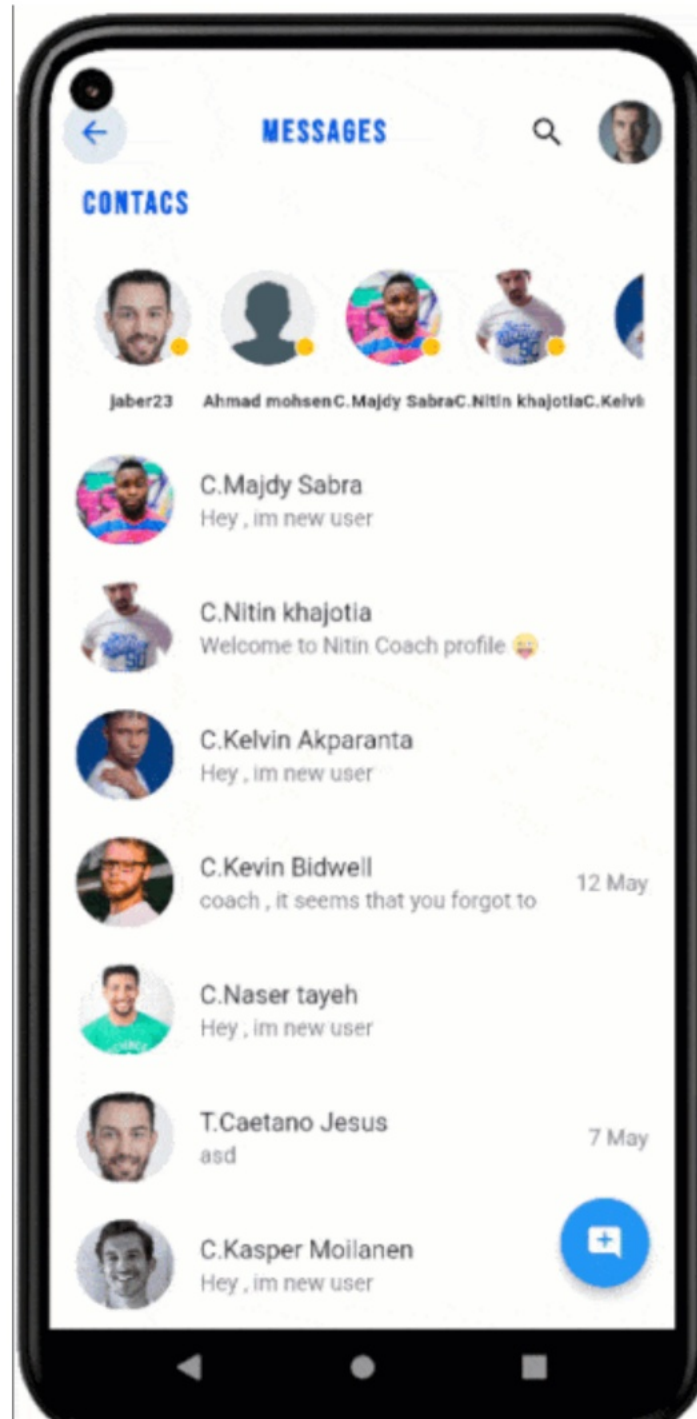
notification



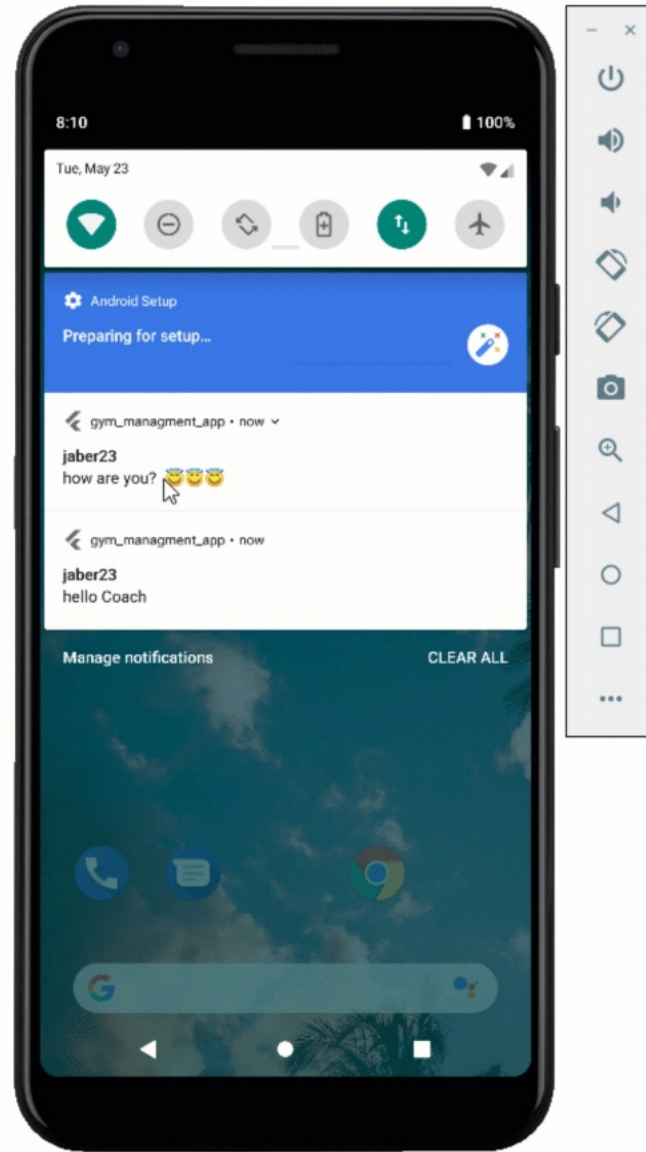
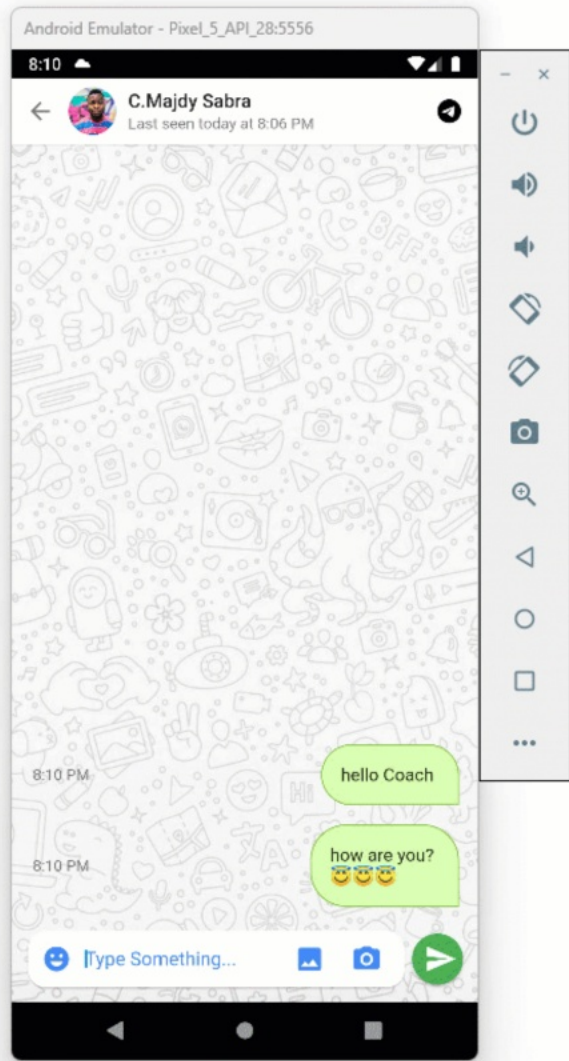
Upload Image in chat



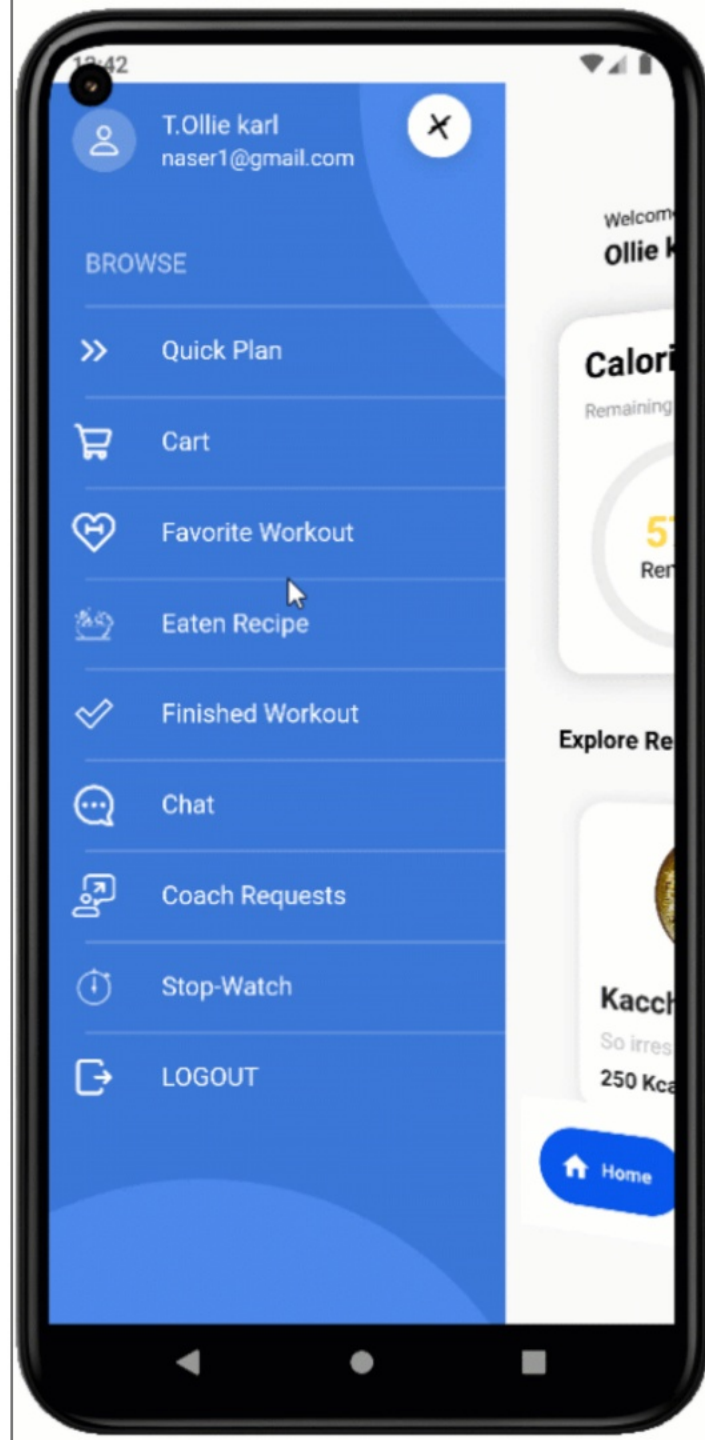
Delete msg and msg info



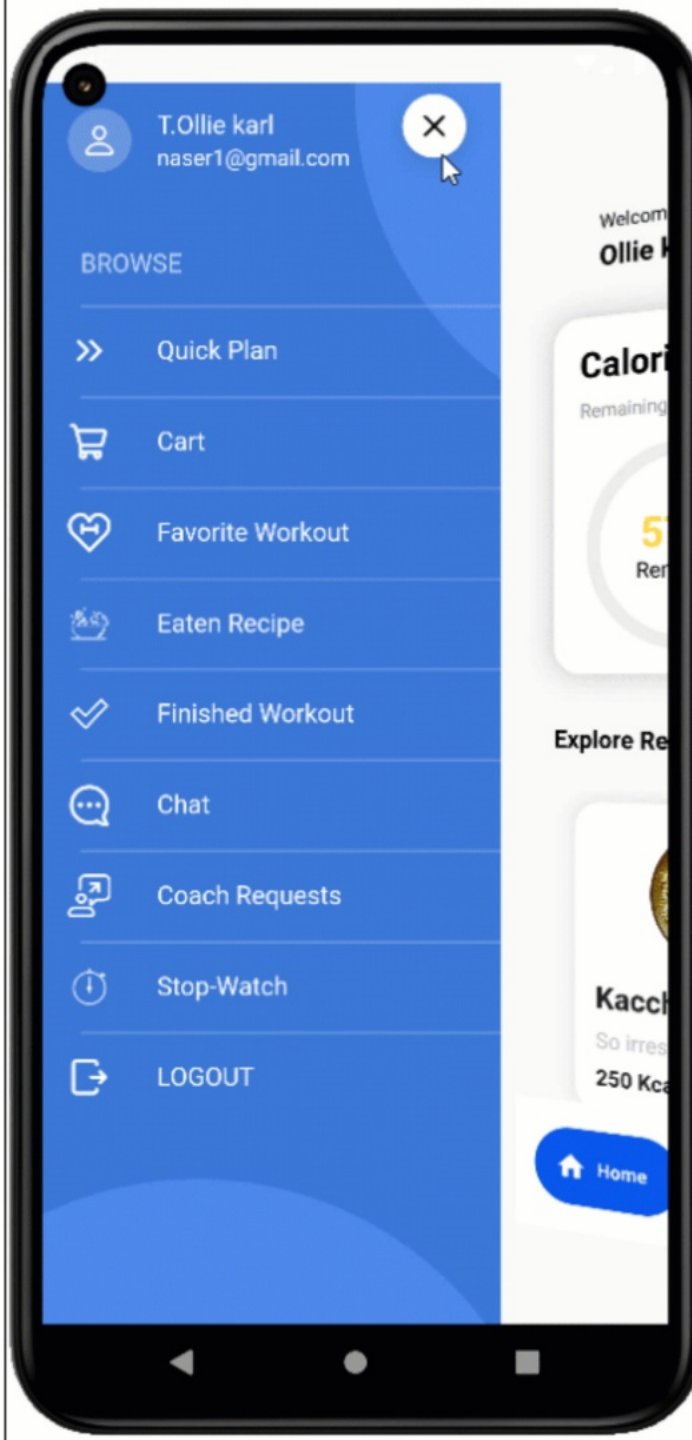
Activision status



Coach Requests



Stop-Watch



> Sign up


Coach
registration




NITRO GYM

Create Account


Train and live the new experience of exercising at Nitro GYM

 User Name

 Email

  +970

0/9

 Password



By signing up , I agree to the Nitro Gym User Agreement and Privacy Policy.

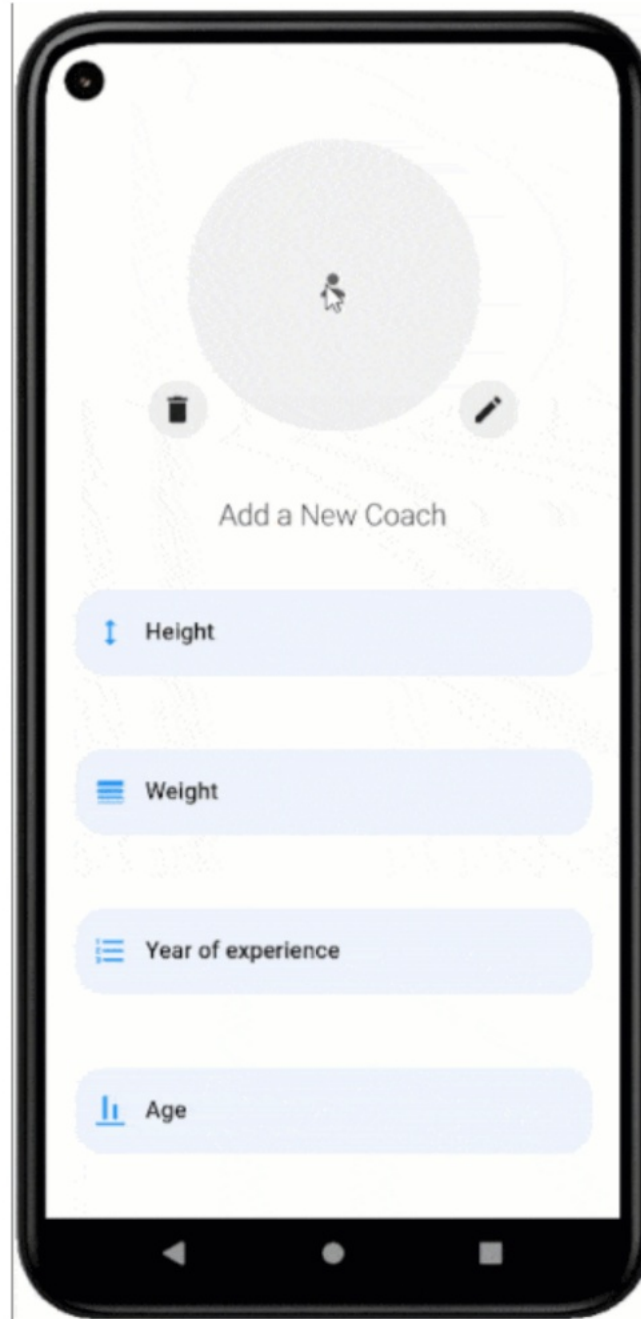
Accept Conditions



Sign Up

Trainee
registration

➤ collect Coach data



Coach Home
Screen

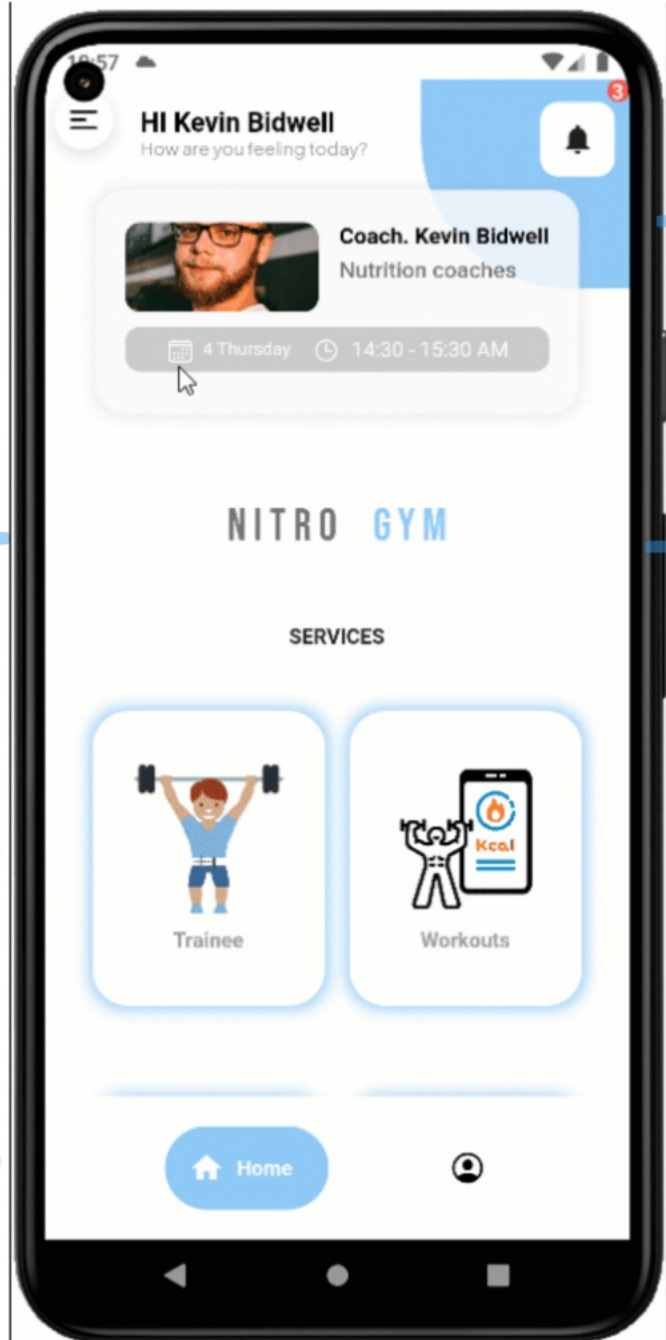
➤ Coach Home Screen

Workout

nutrition

add recipe

Request



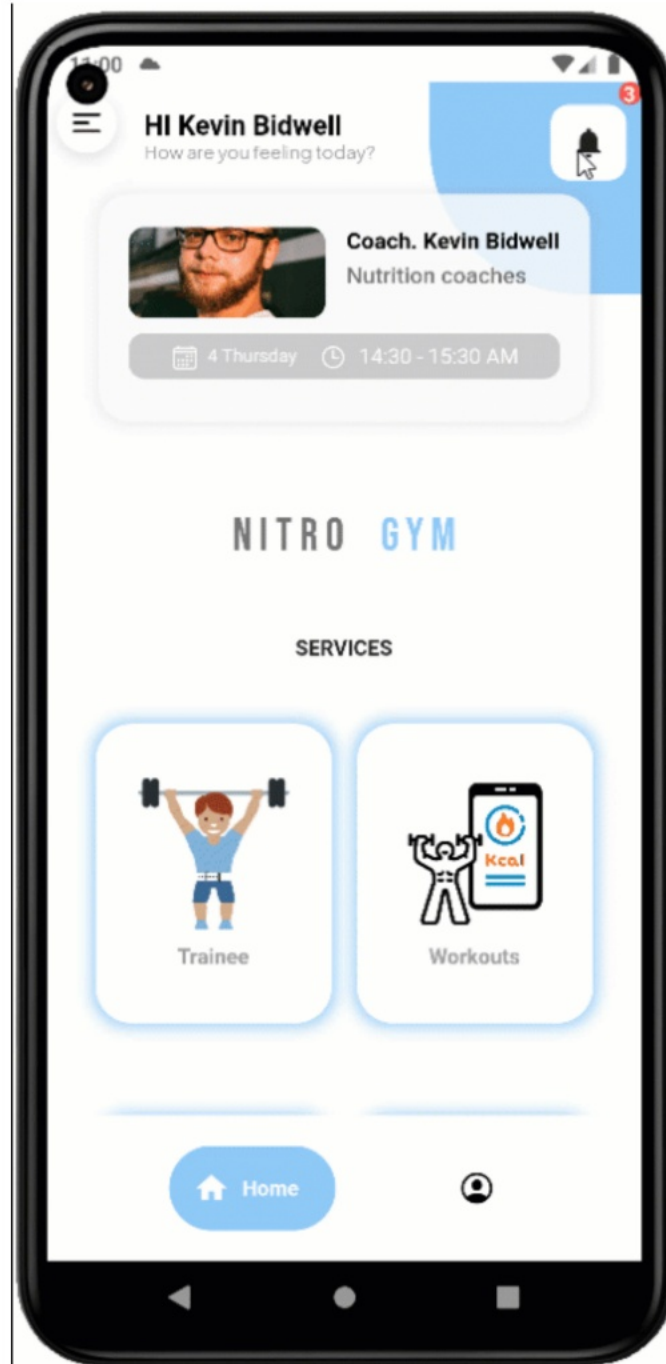
notification

Advertisement

Market

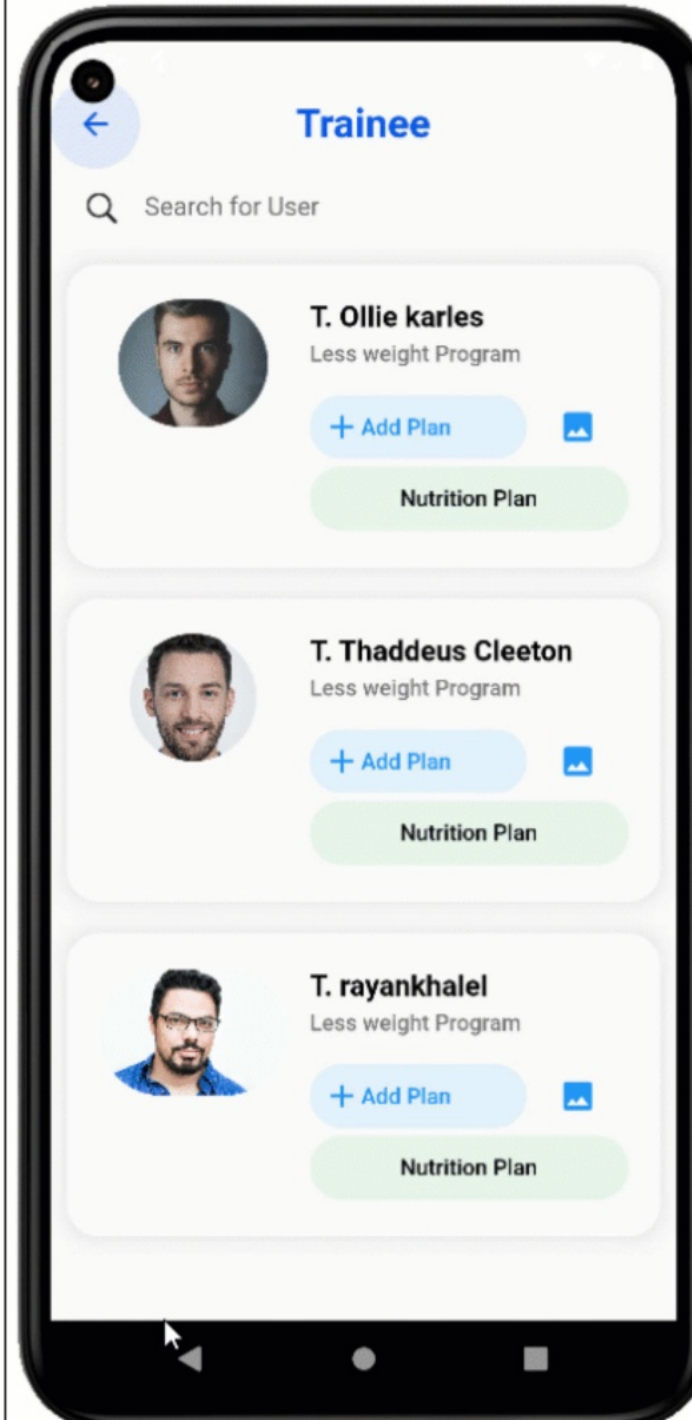
trainee tracking

> Coach Notificaiton



Trainee tracking

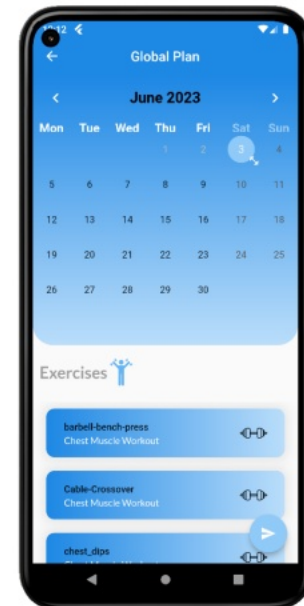
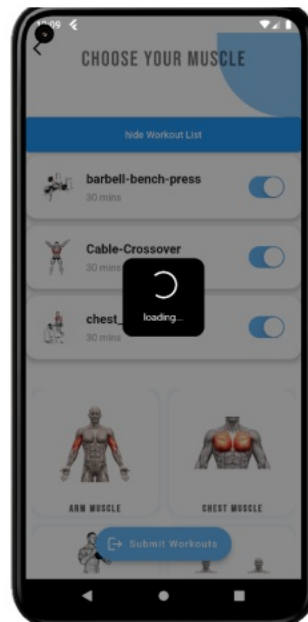
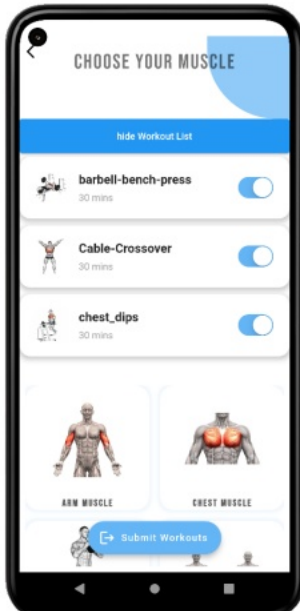
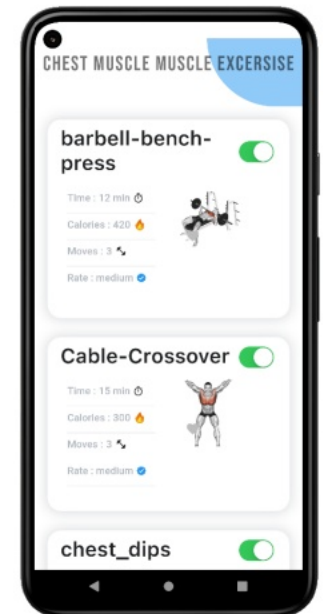
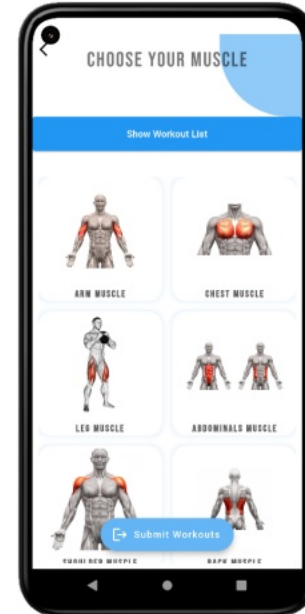
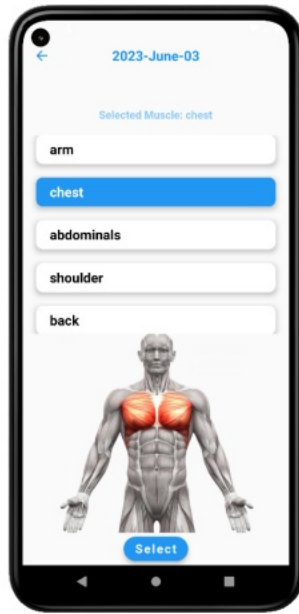
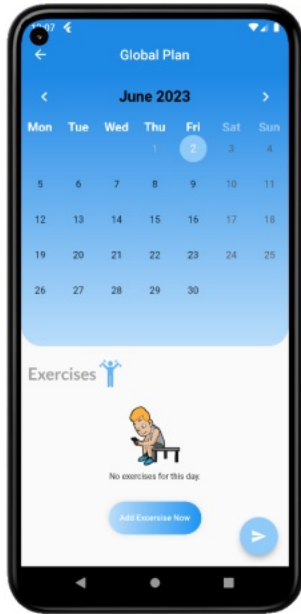
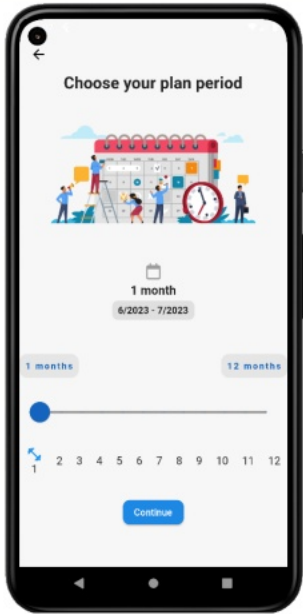
add plan

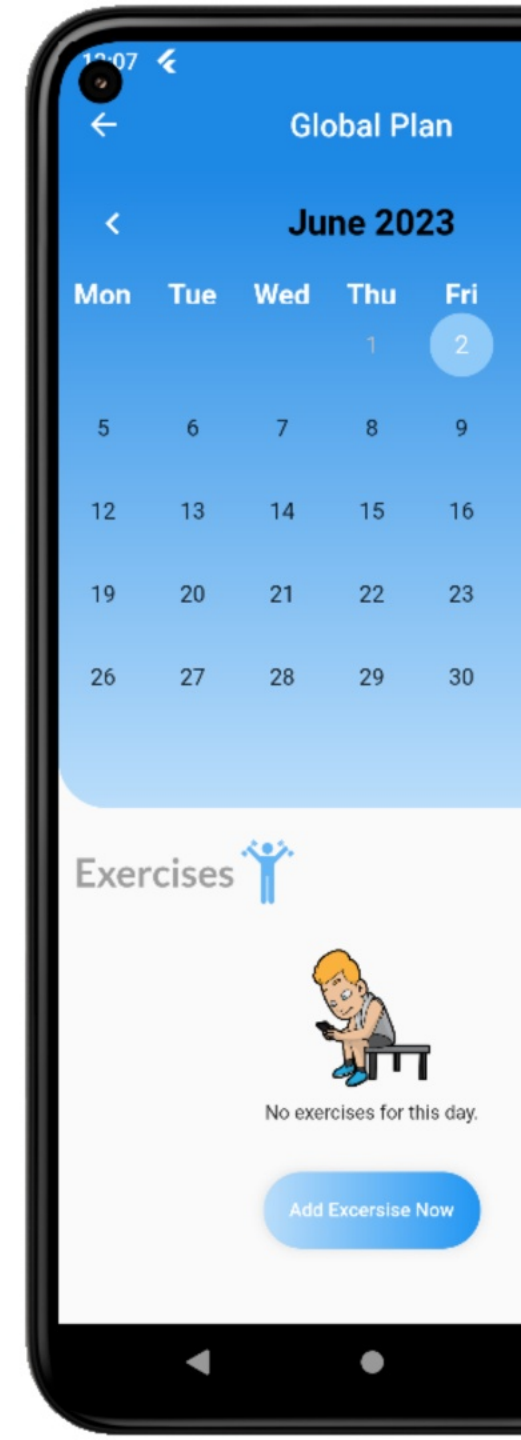
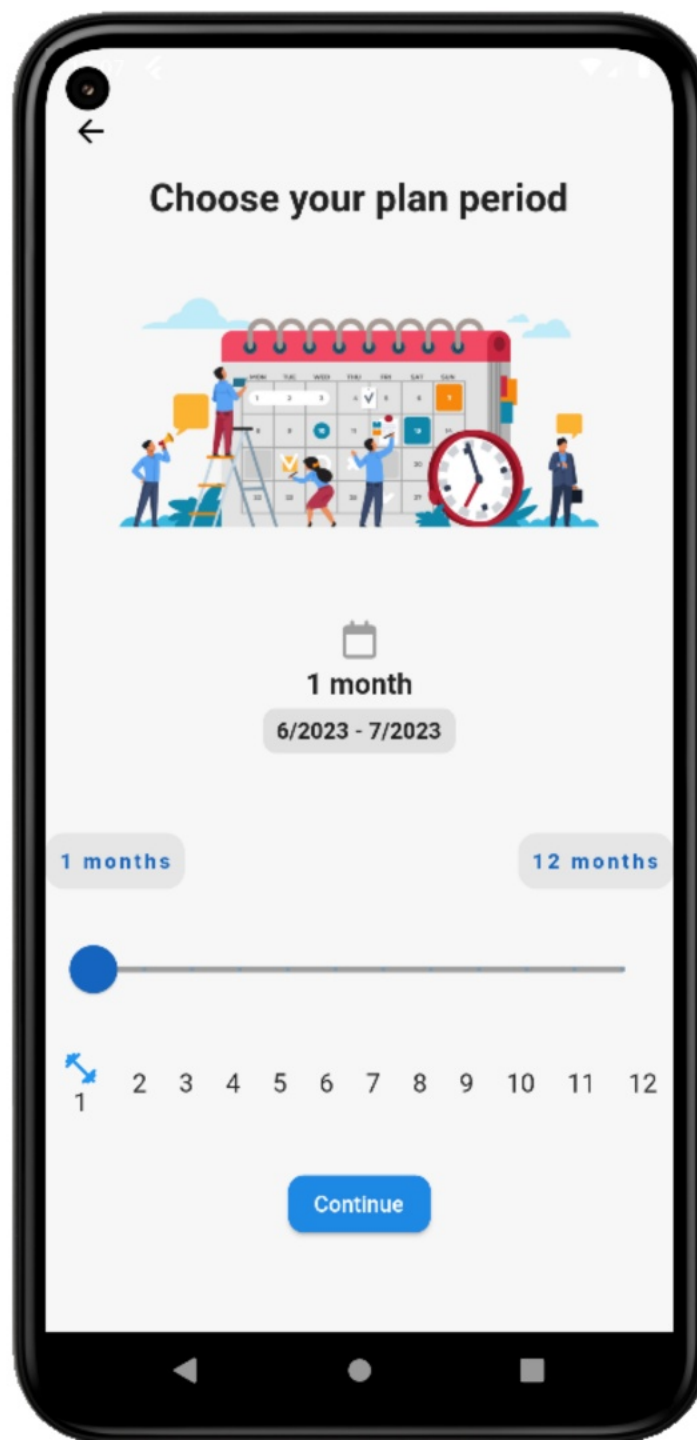


weekly
photo

assign
nutrition

Add workout plan





Choose your plan period



1 month

6/2023 - 7/2023

12 months

4 5 6 7 8 9 10 11 12

Continue

12:07

Global Plan

June 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Exercises



No exercises for this day.

Add Exercise Now



2023-June-03

Selected Muscle: chest

arm

chest

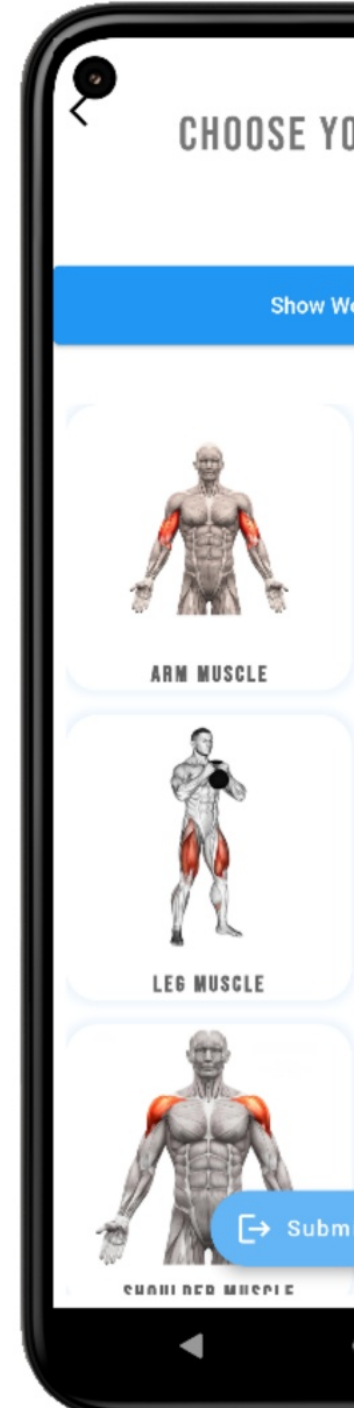
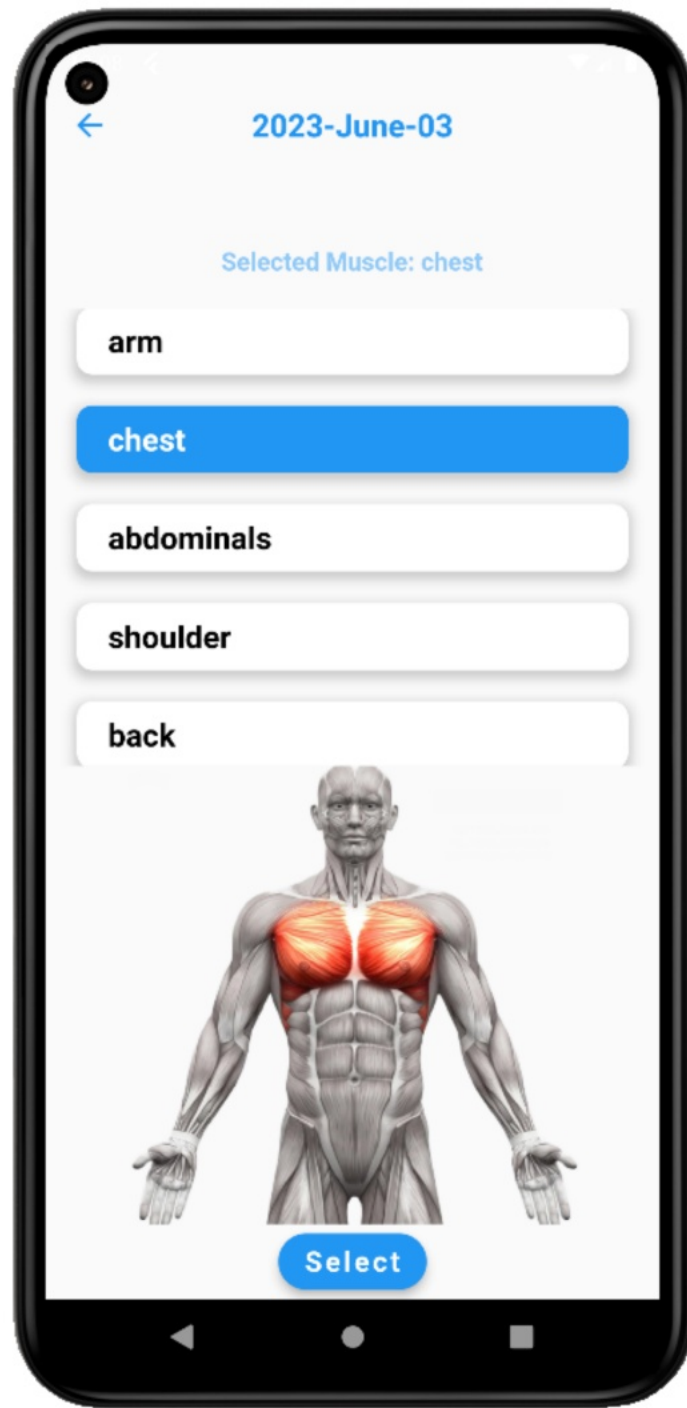
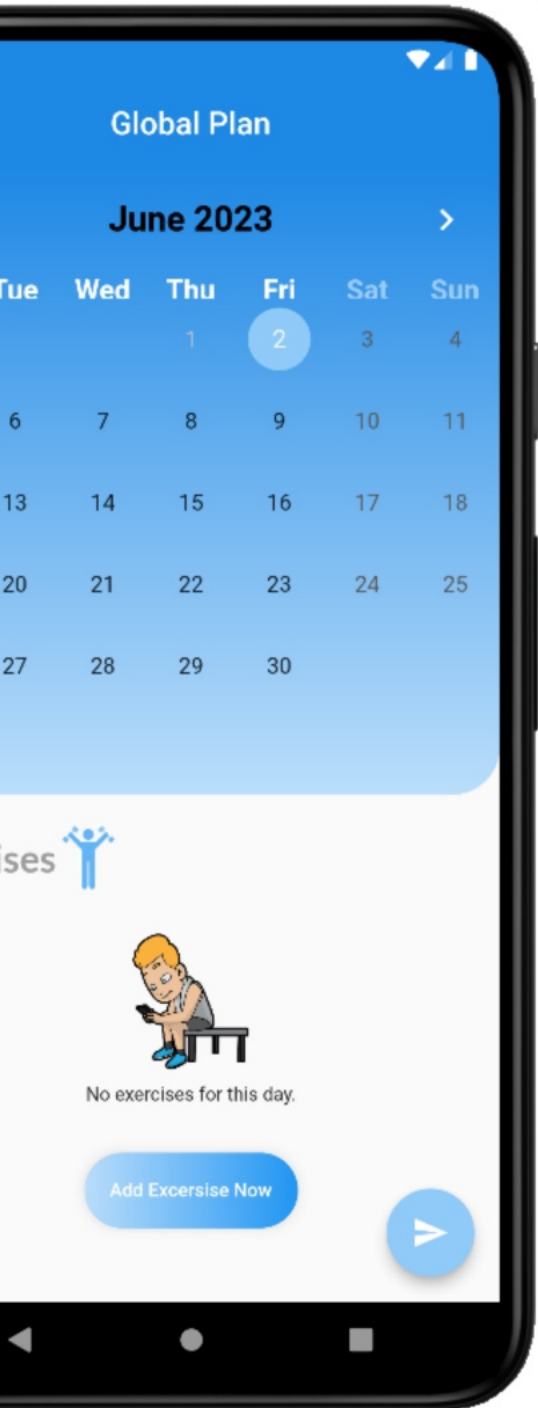
abdominals

shoulder

back

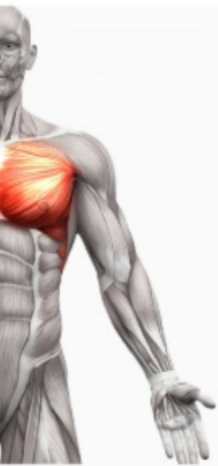


Select



une-03

muscle: chest



ect

CHOOSE YOUR MUSCLE

Show Workout List



ARM MUSCLE



CHEST MUSCLE



LEG MUSCLE



ABDOMINALS MUSCLE



SHOULDER MUSCLE



BACK MUSCLE

Submit Workouts

CHEST MUSCLE MUS

barbell-bench press

Time : 12 min ⌚

Calories : 420 🔥

Moves : 3 ↺

Rate : medium ✓

Cable-Cross

Time : 15 min ⌚

Calories : 300 🔥

Moves : 3 ↺

Rate : medium ✓

chest_dips

YOUR MUSCLE

Workout List



CHEST MUSCLE



ABDOMINALS MUSCLE



BACK MUSCLE

Submit Workouts

CHEST MUSCLE MUSCLE EXCERSISE

barbell-bench-press



Time : 12 min ⌚

Calories : 420 🔥

Moves : 3 ↕

Rate : medium ✓



Cable-Crossover



Time : 15 min ⌚

Calories : 300 🔥

Moves : 3 ↕

Rate : medium ✓



chest_dips





CHOOSE YOUR MUSCLE

hide Workout List



barbell-bench-press

30 mins



Cable-Crossover

30 mins



chest_dips

30 mins



ARM MUSCLE



CHEST MUSCLE



Submit Workouts



12:09

CHOOSE YOUR MUSCLE

hide Workout List



barbell-bench-press

30 mins



Cable-Crossover

30 mins



chest

30 mins



ARM MUSCLE

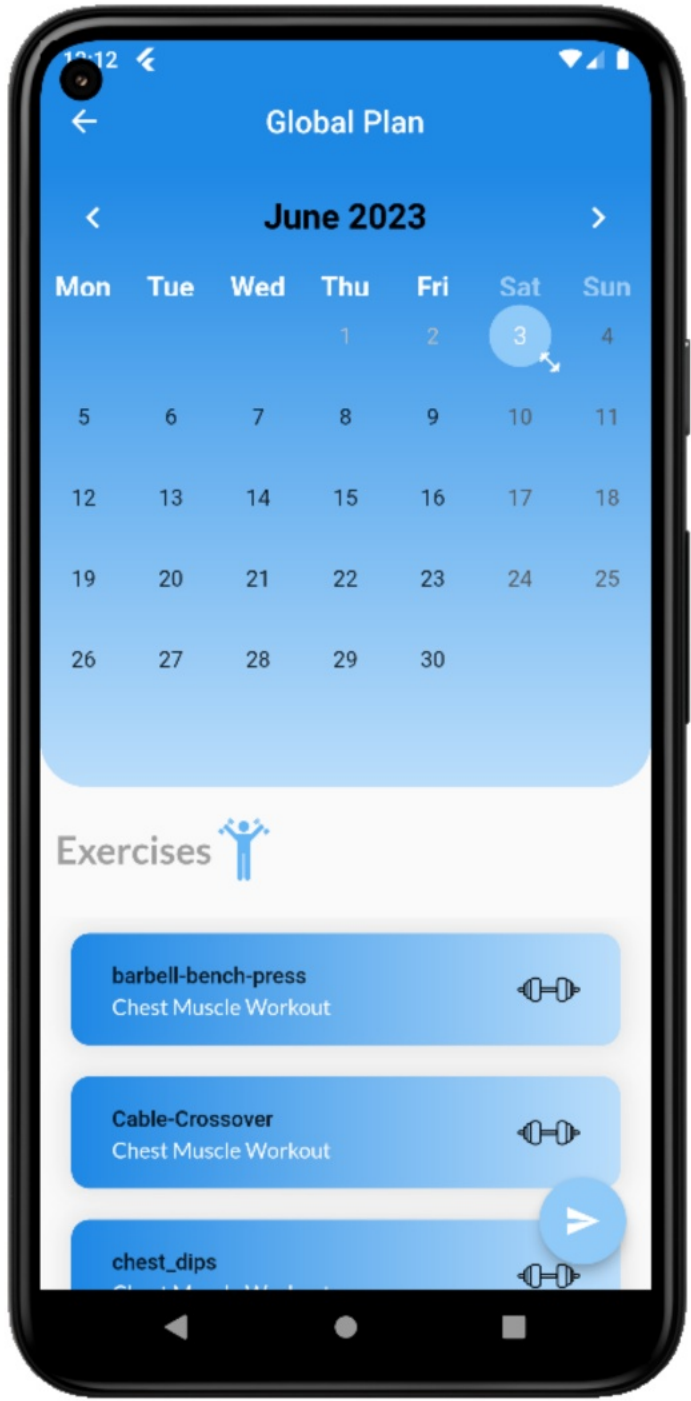


CHEST MUSCLE

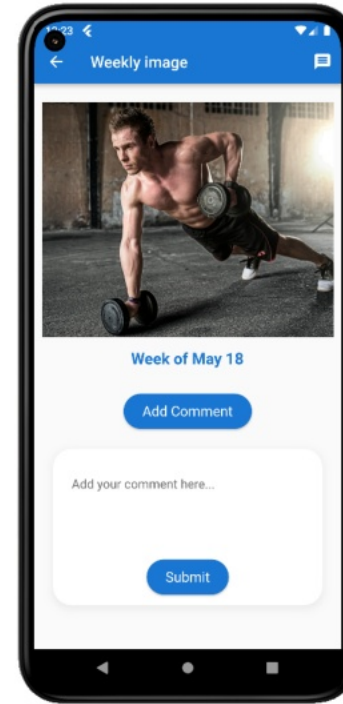
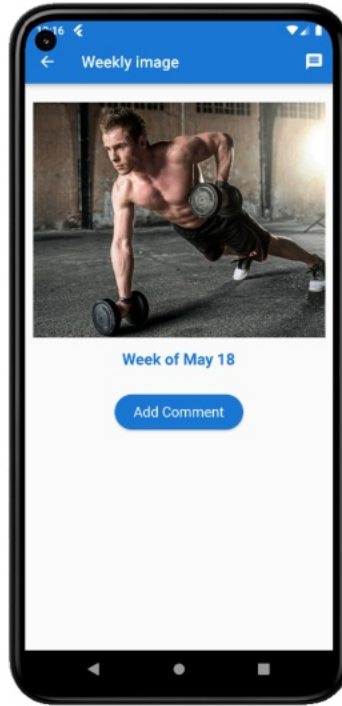
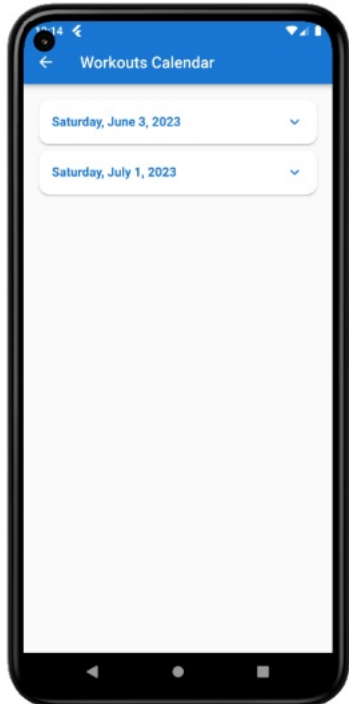


Submit Workouts





Weekly photo





12:16

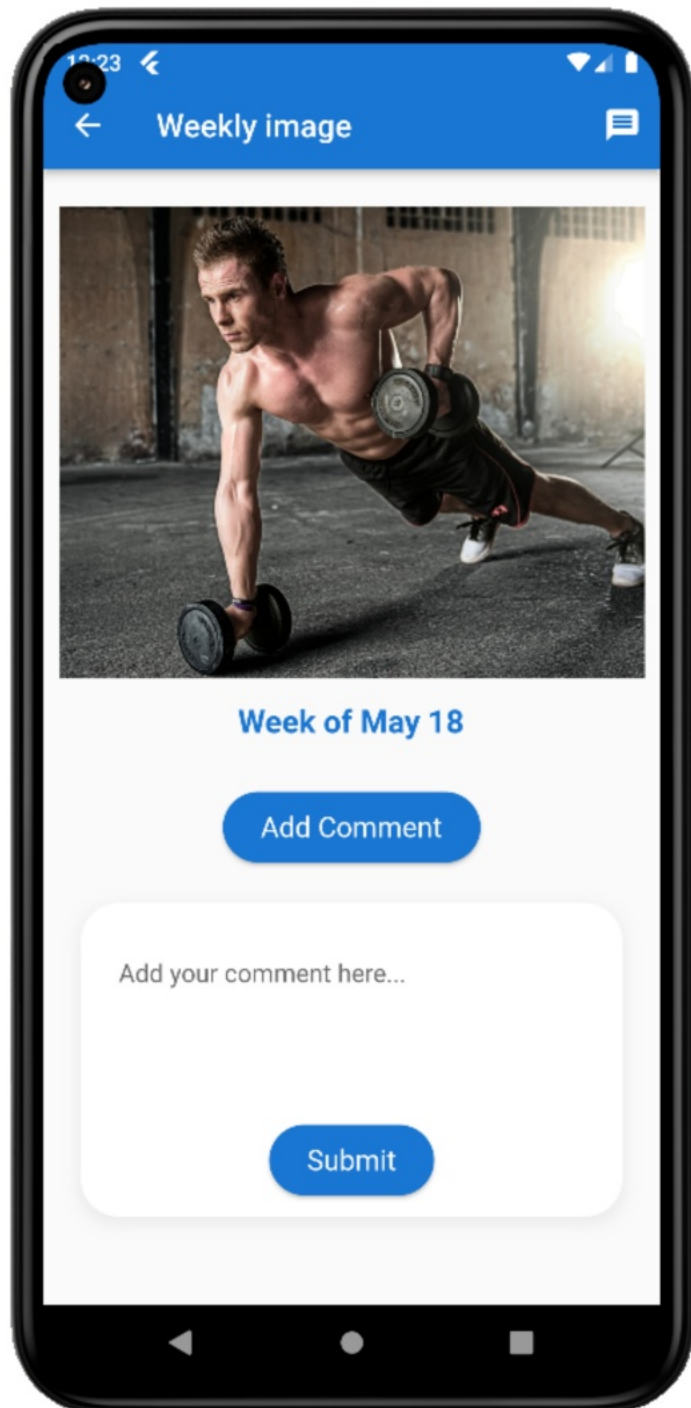


Weekly image

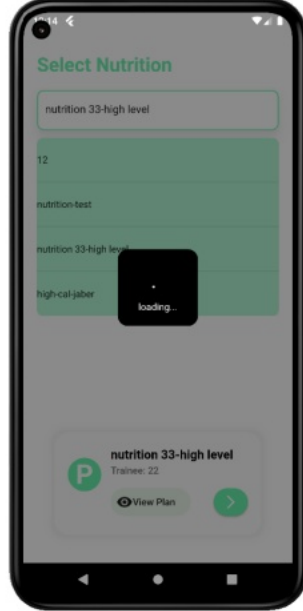
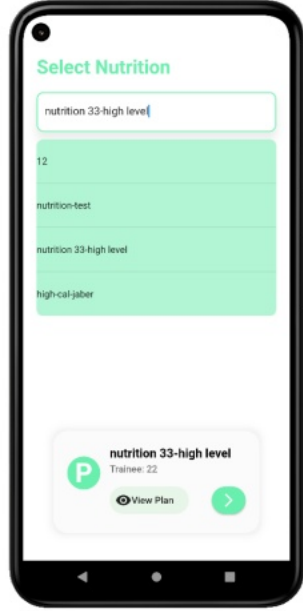
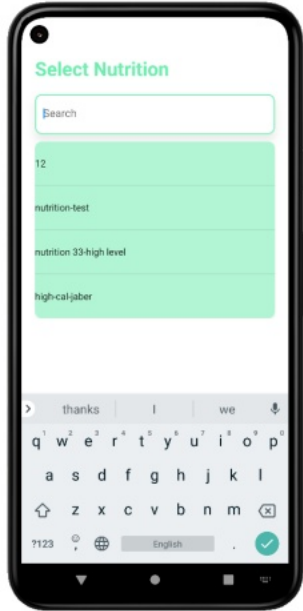


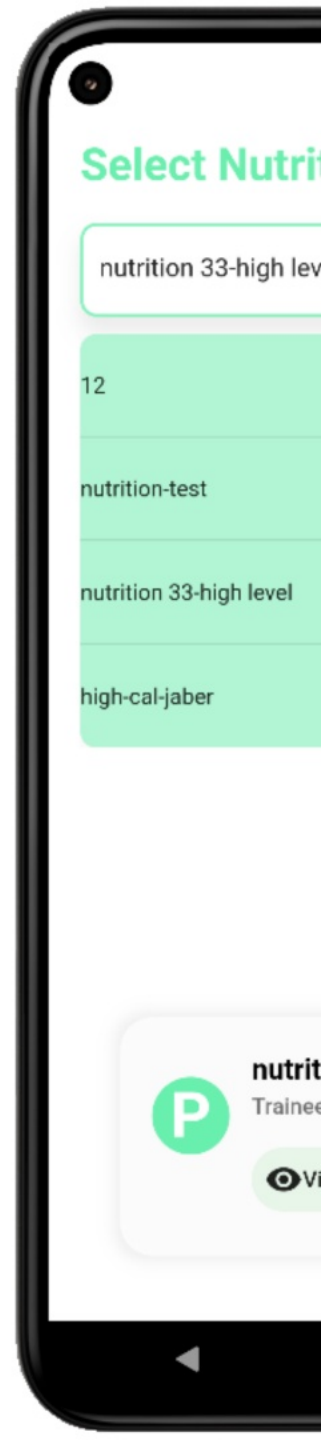
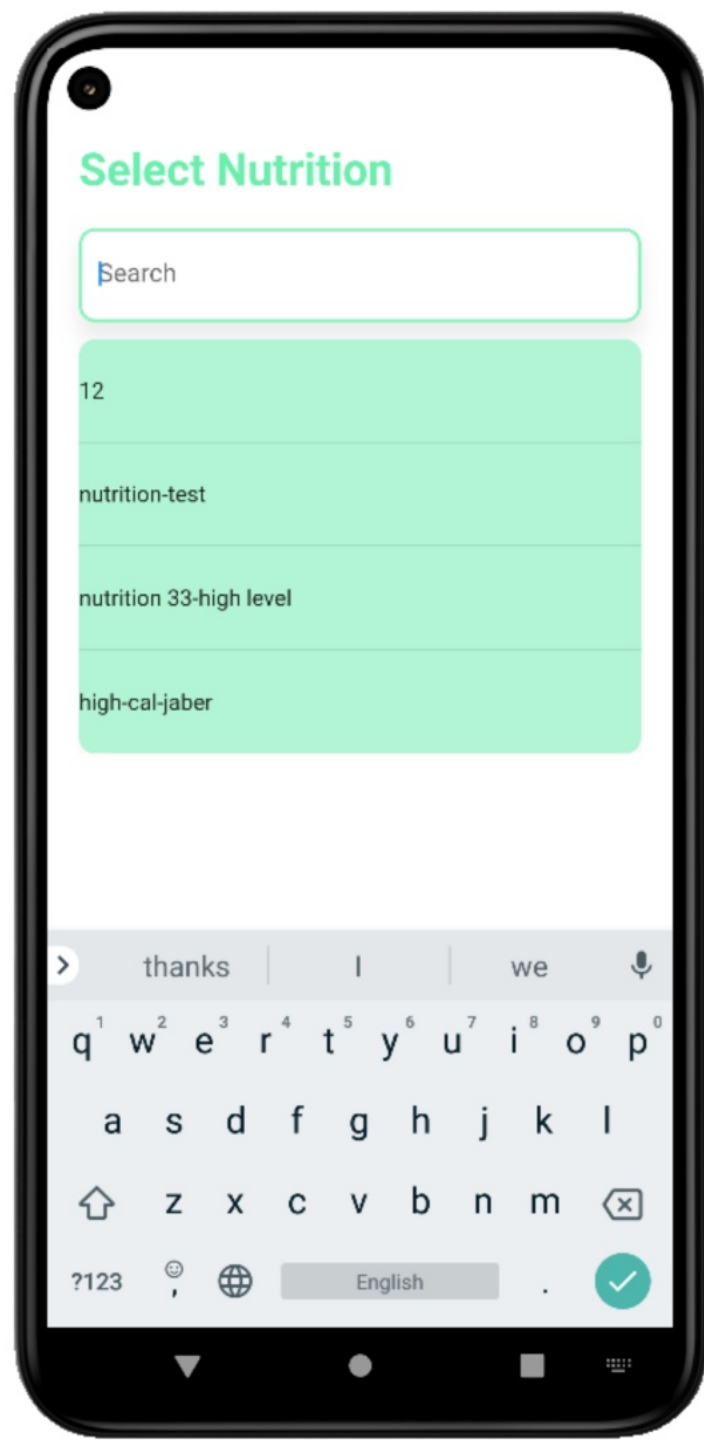
Week of May 18

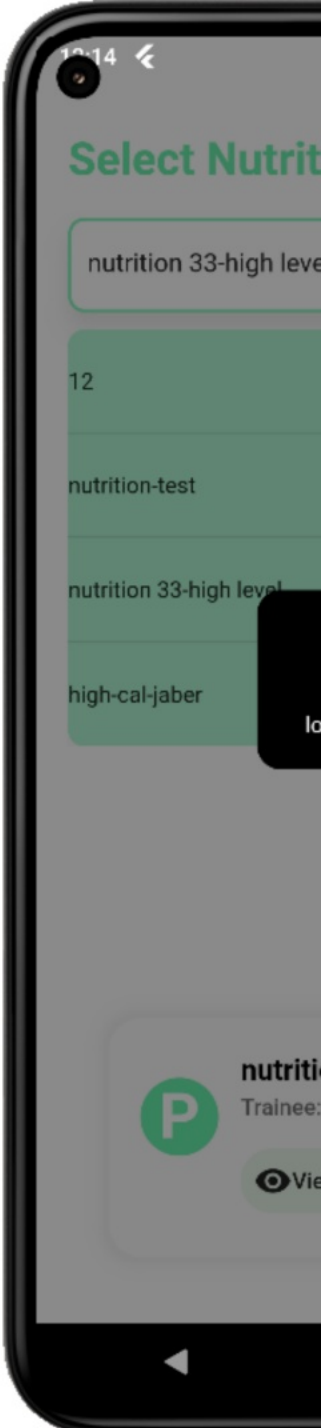
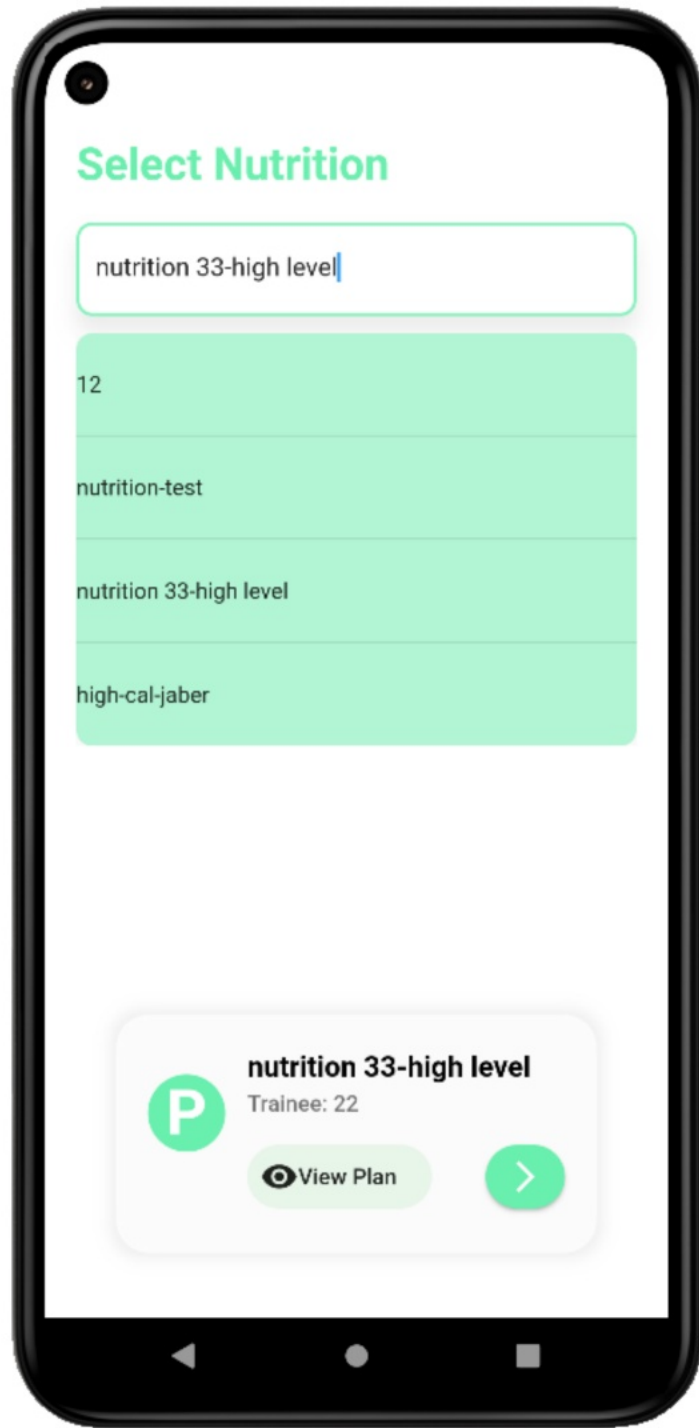
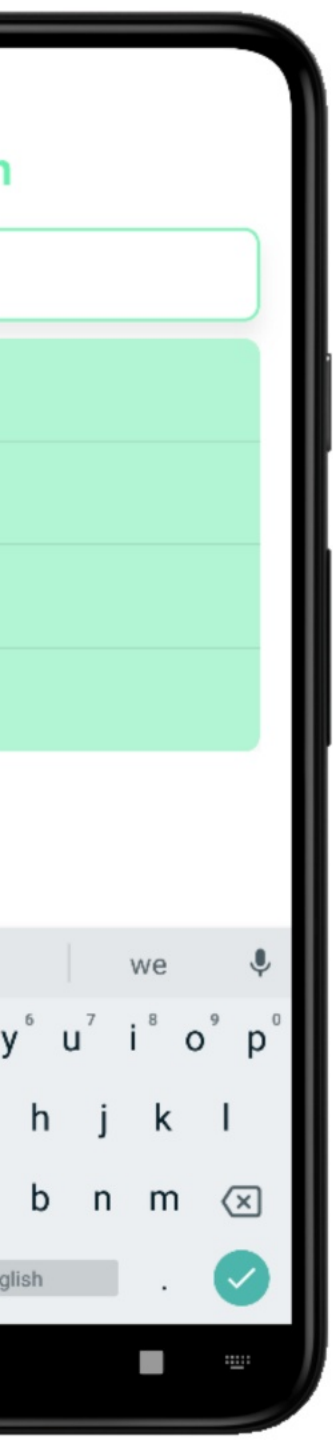
Add Comment

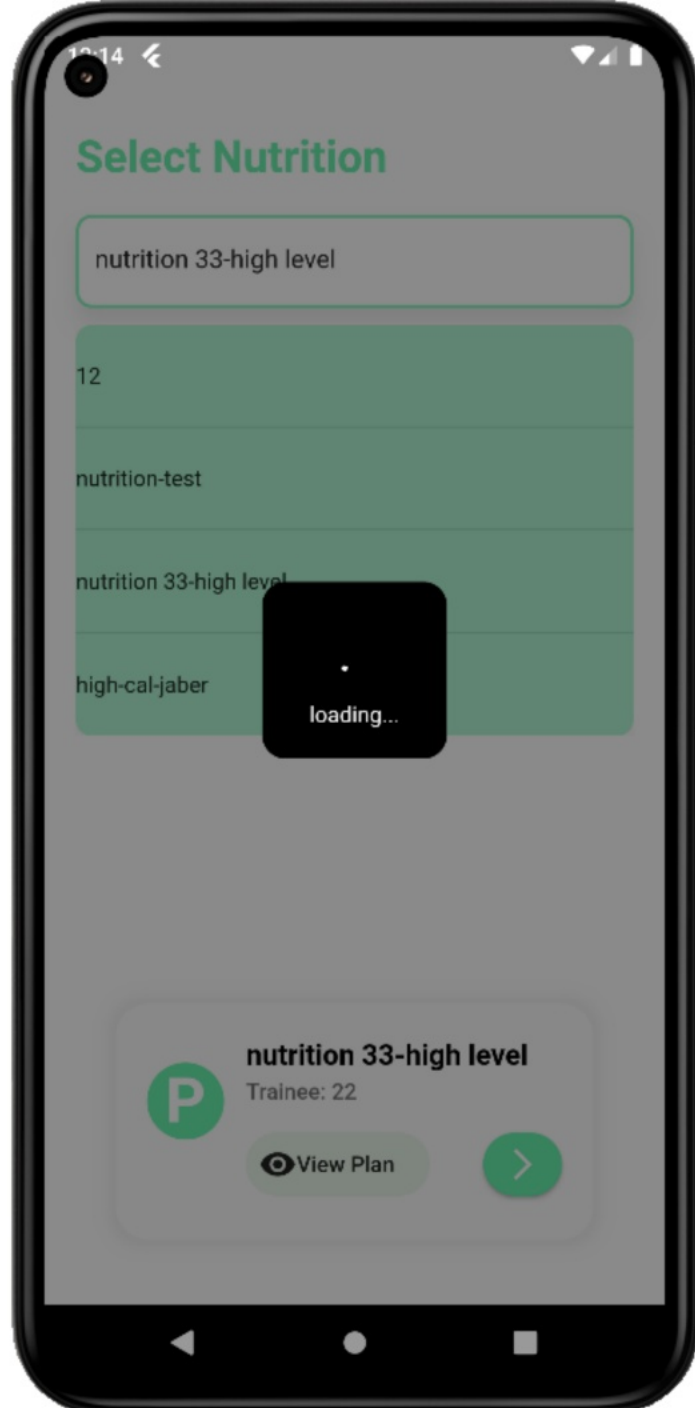
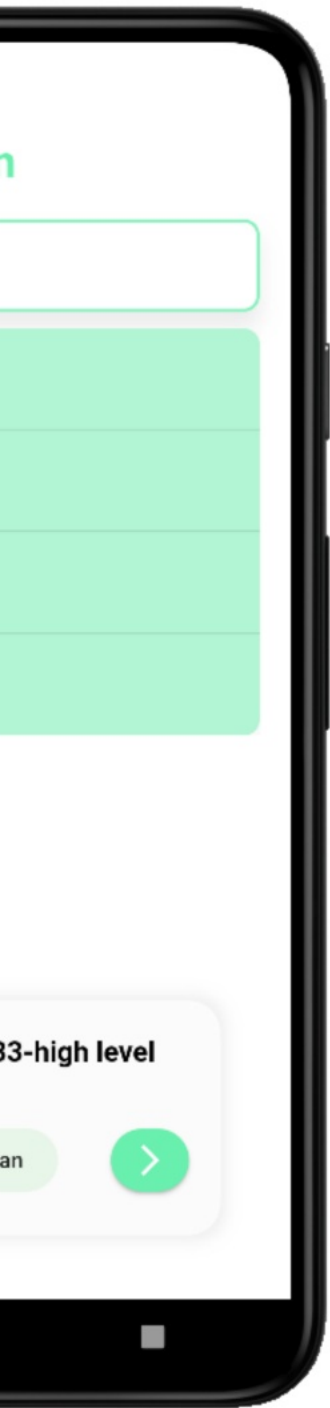


assign nutrition



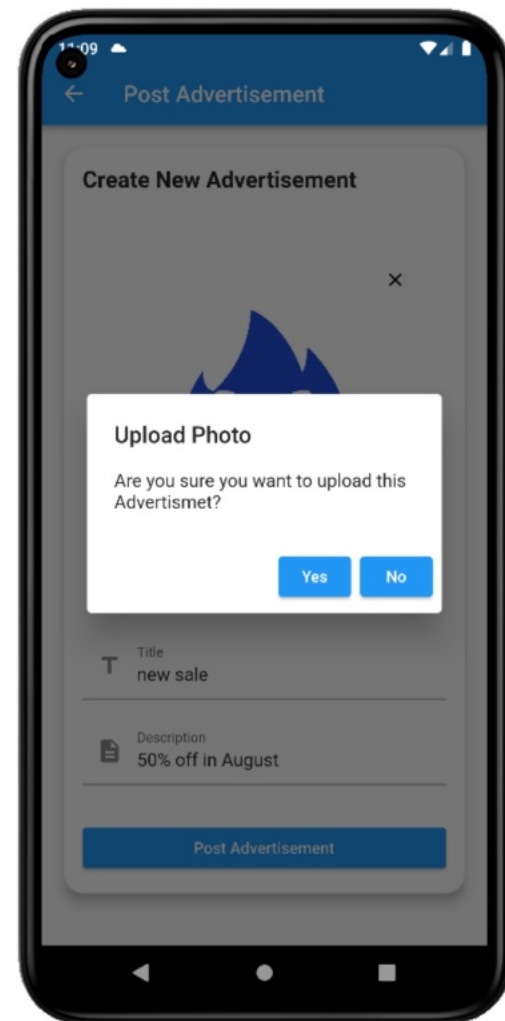
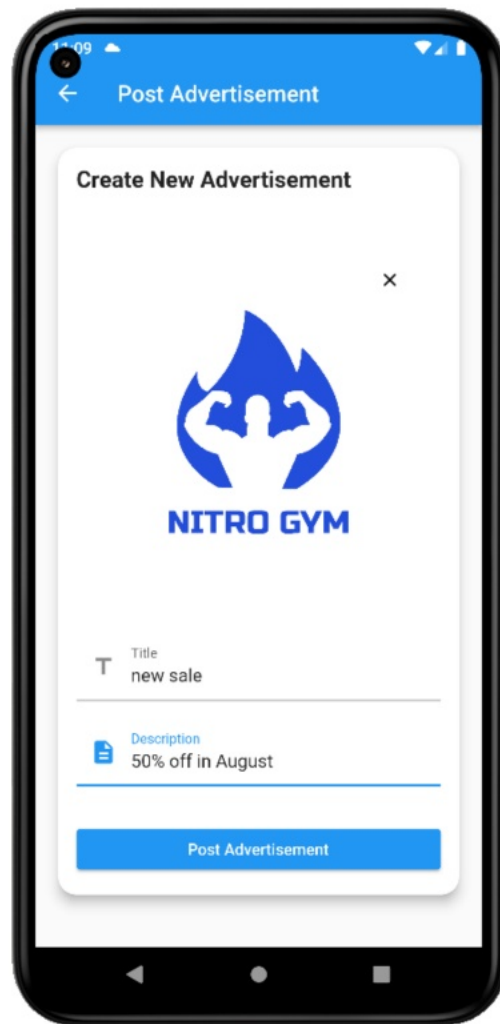
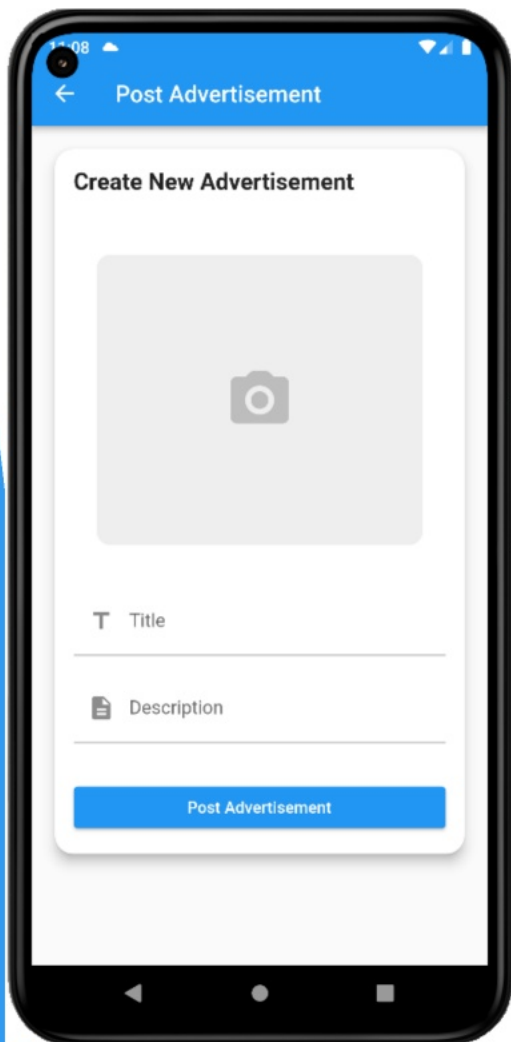




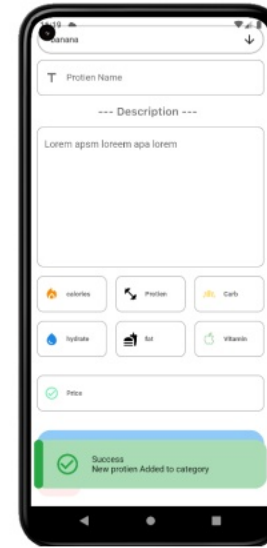
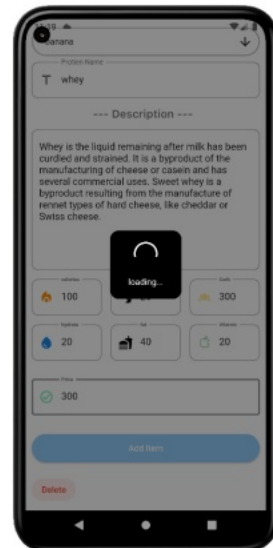
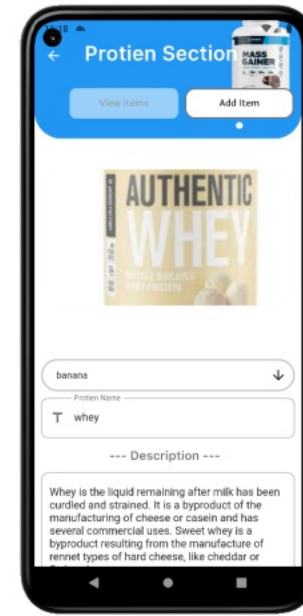
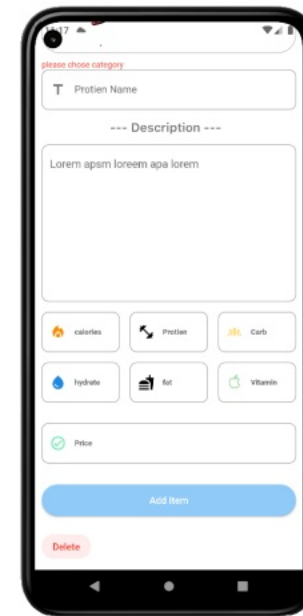
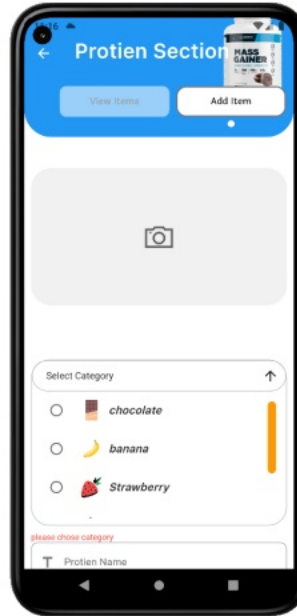
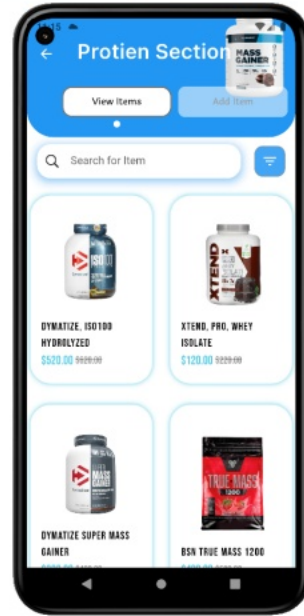
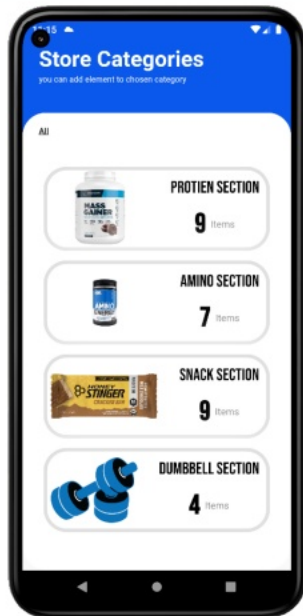


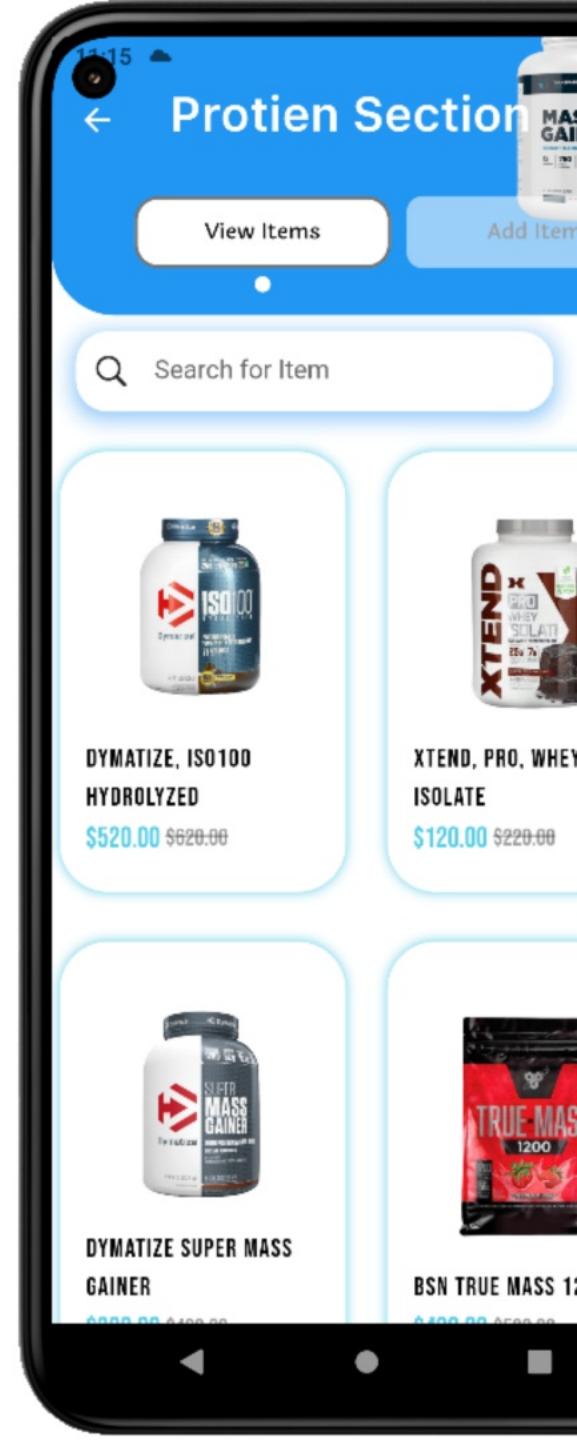
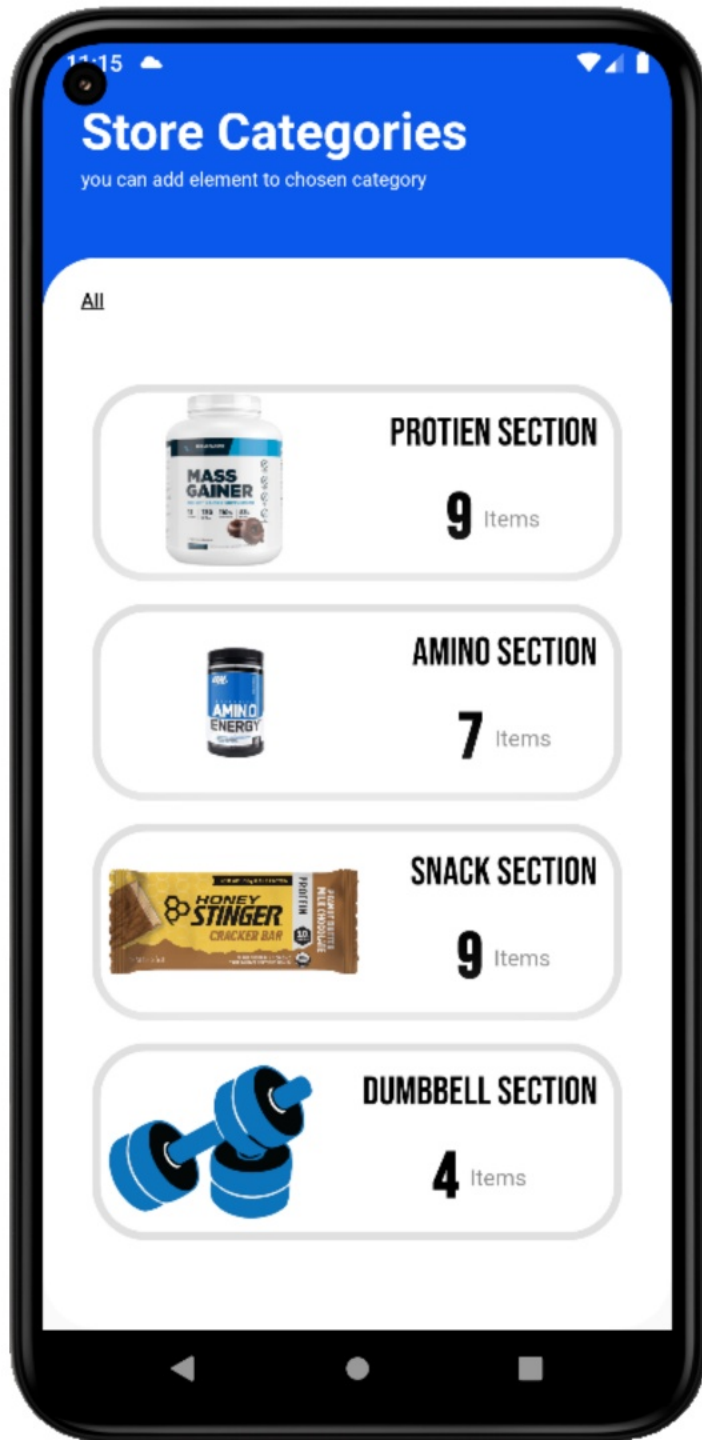


Coach Advertisement



Gym Market control





Categories

add element to chosen category



PROTIEN SECTION

9 Items



AMINO SECTION

7 Items



SNACK SECTION

9 Items



DUMBBELL SECTION

4 Items

11:15

Protien Section



View Items

Add Item



Search for Item



DYMATIZE, ISO 100
HYDROLYZED
\$520.00 ~~\$620.00~~



XTEND, PRO, WHEY
ISOLATE
\$120.00 ~~\$220.00~~



DYMATIZE SUPER MASS
GAINER
\$380.00 ~~\$480.00~~



BSN TRUE MASS 1200
\$180.00 ~~\$280.00~~

11:16

Protien Section



View Items

Add Item



Select Category



chocolate



banana

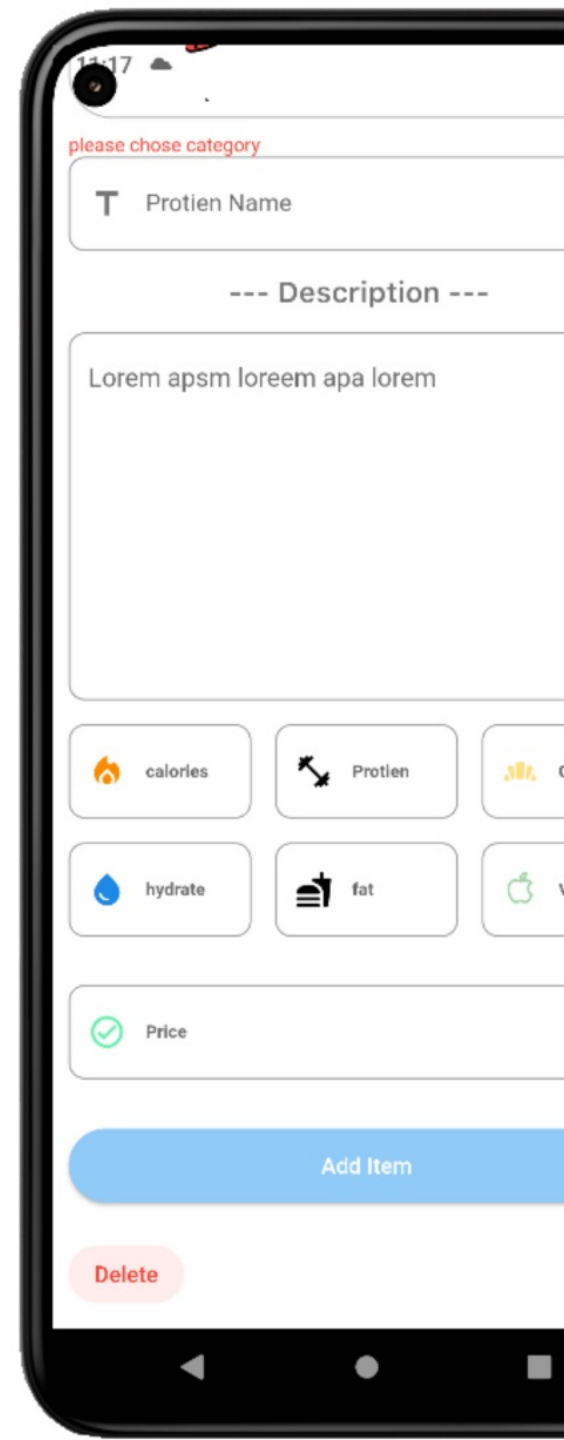
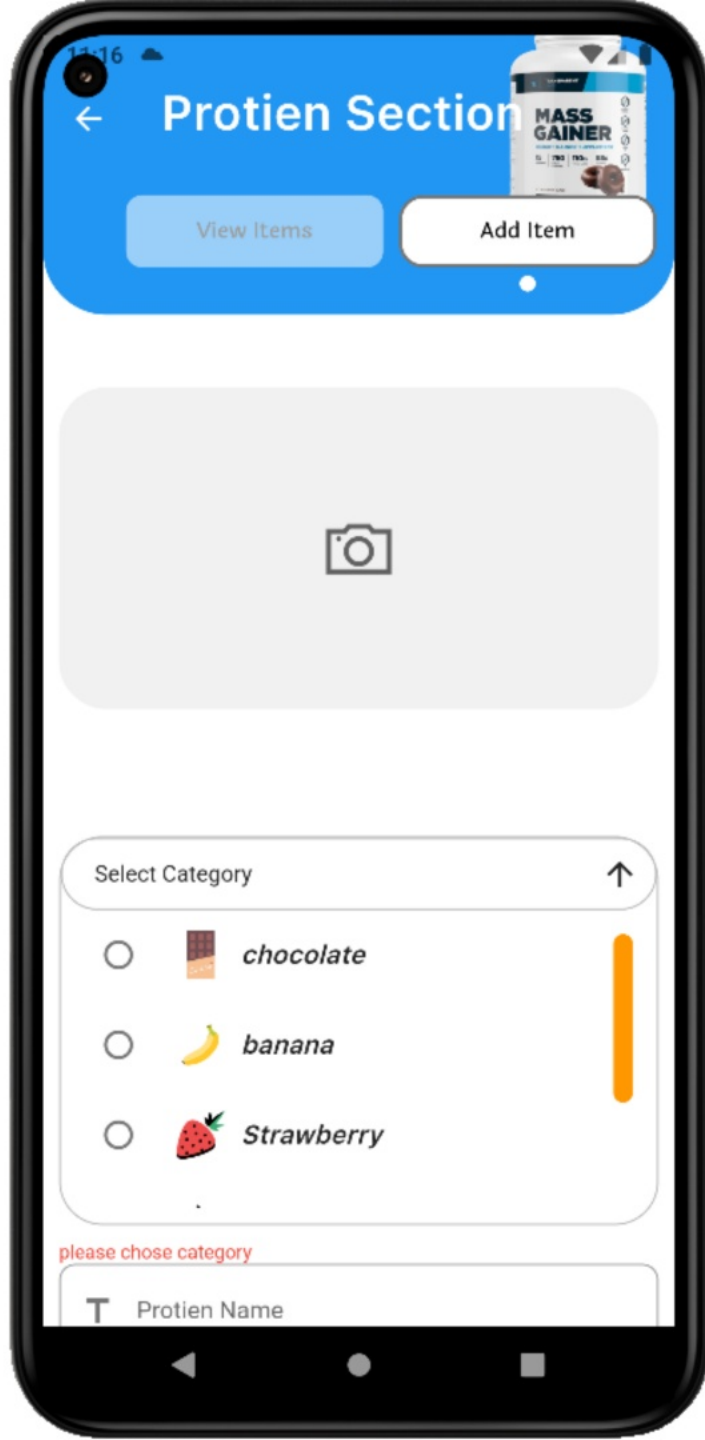
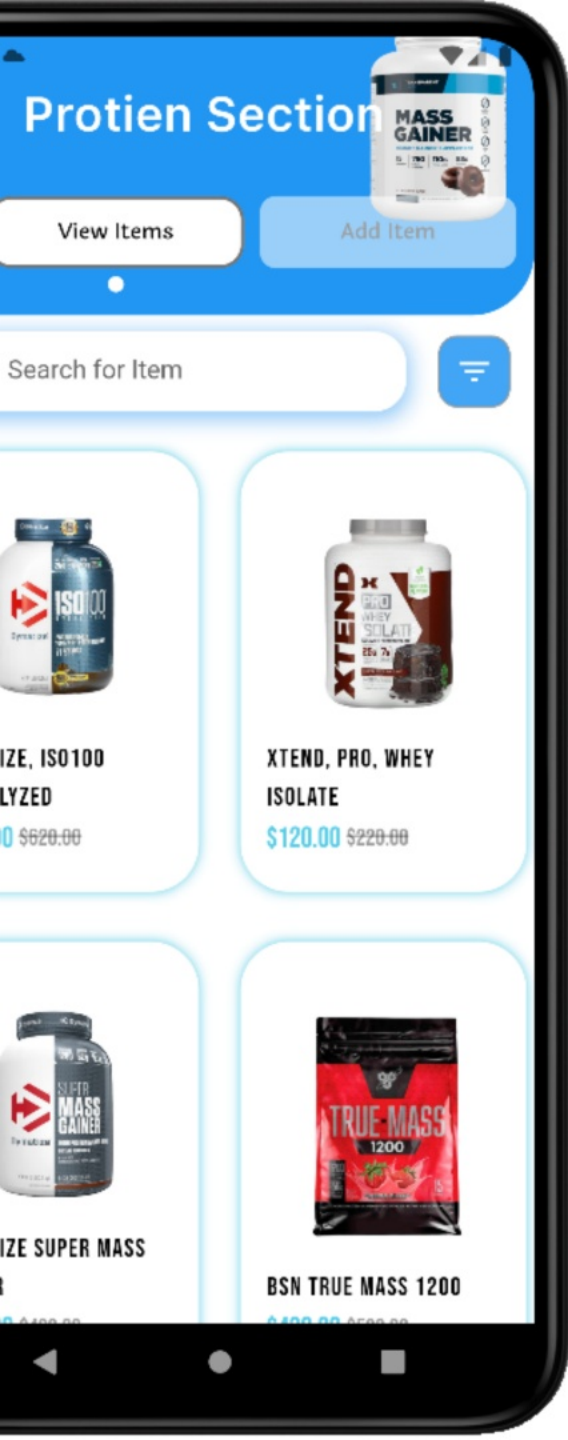


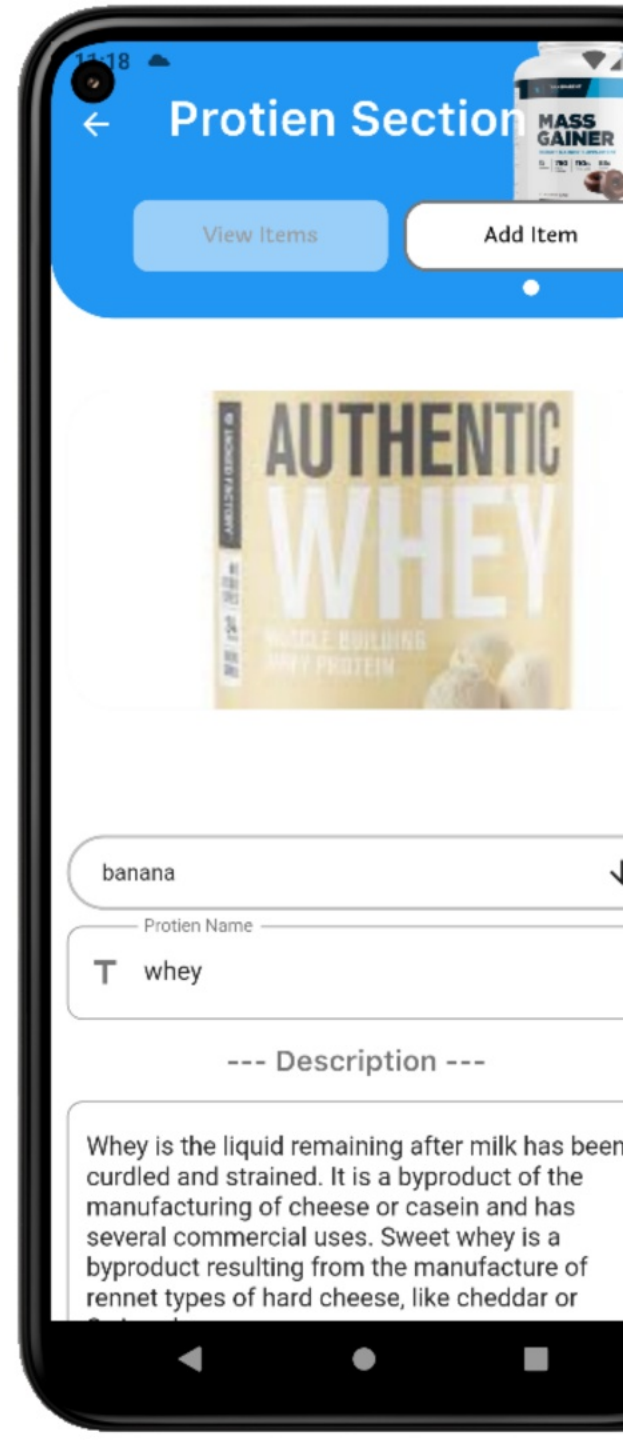
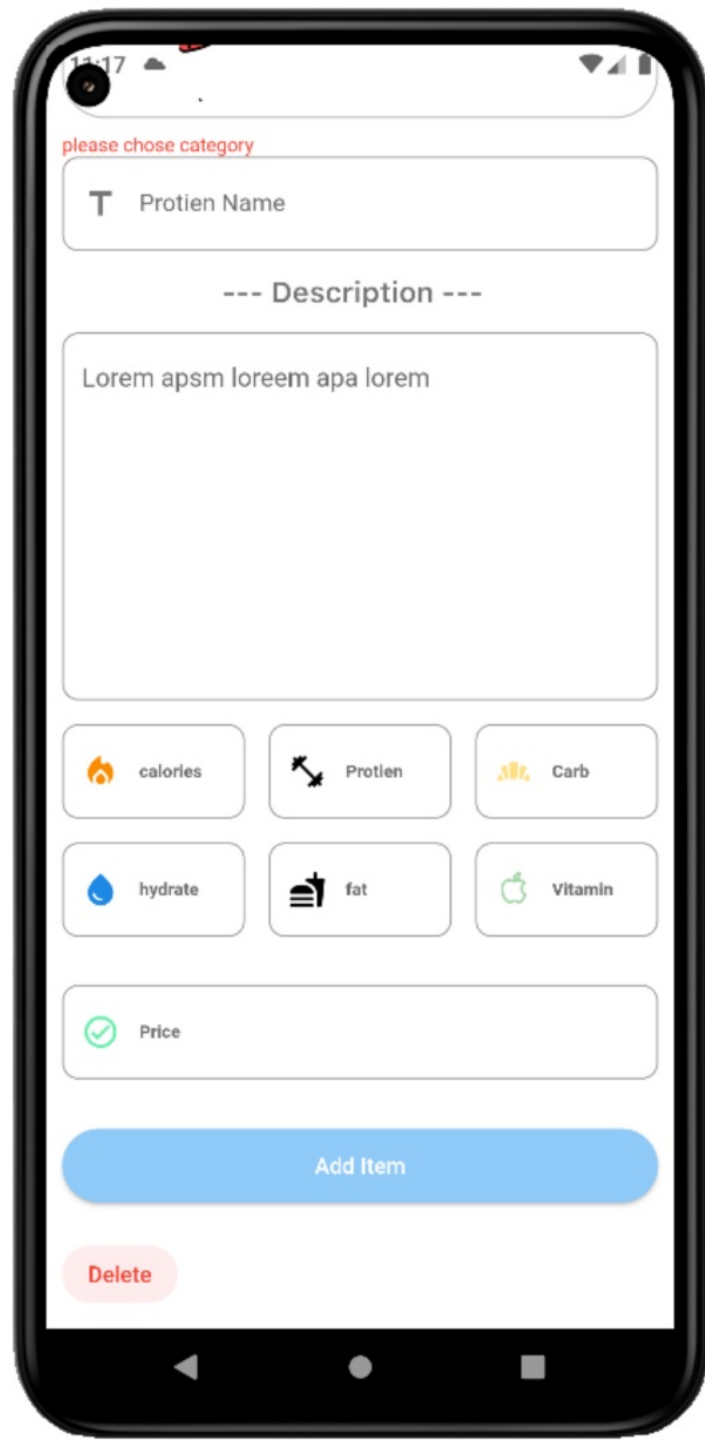
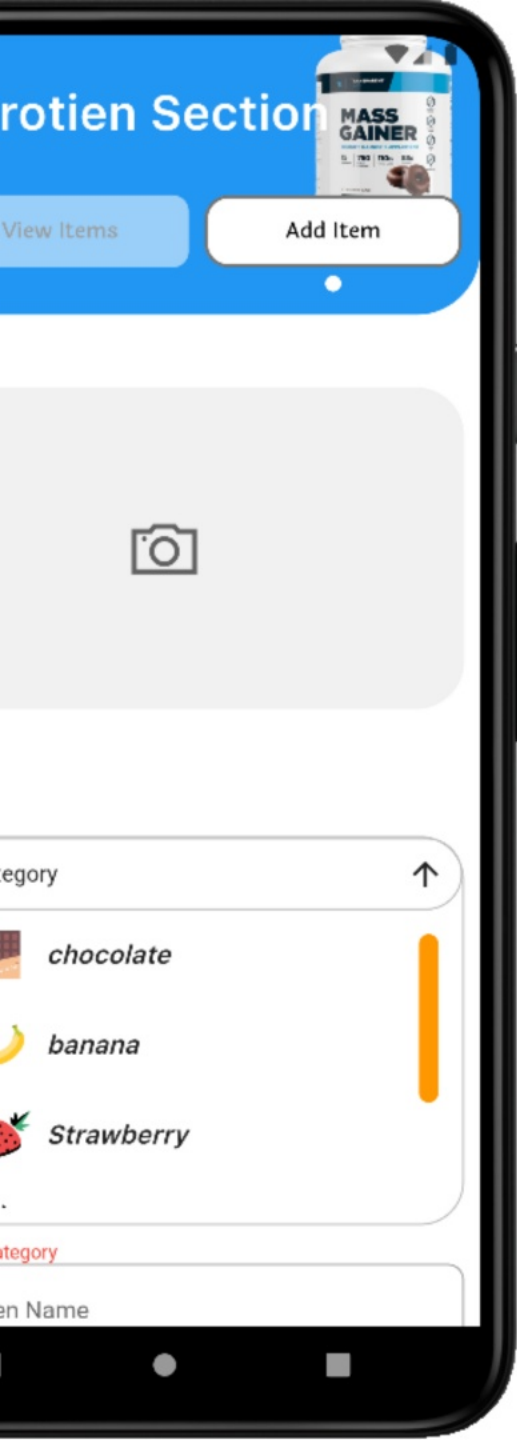
Strawberry

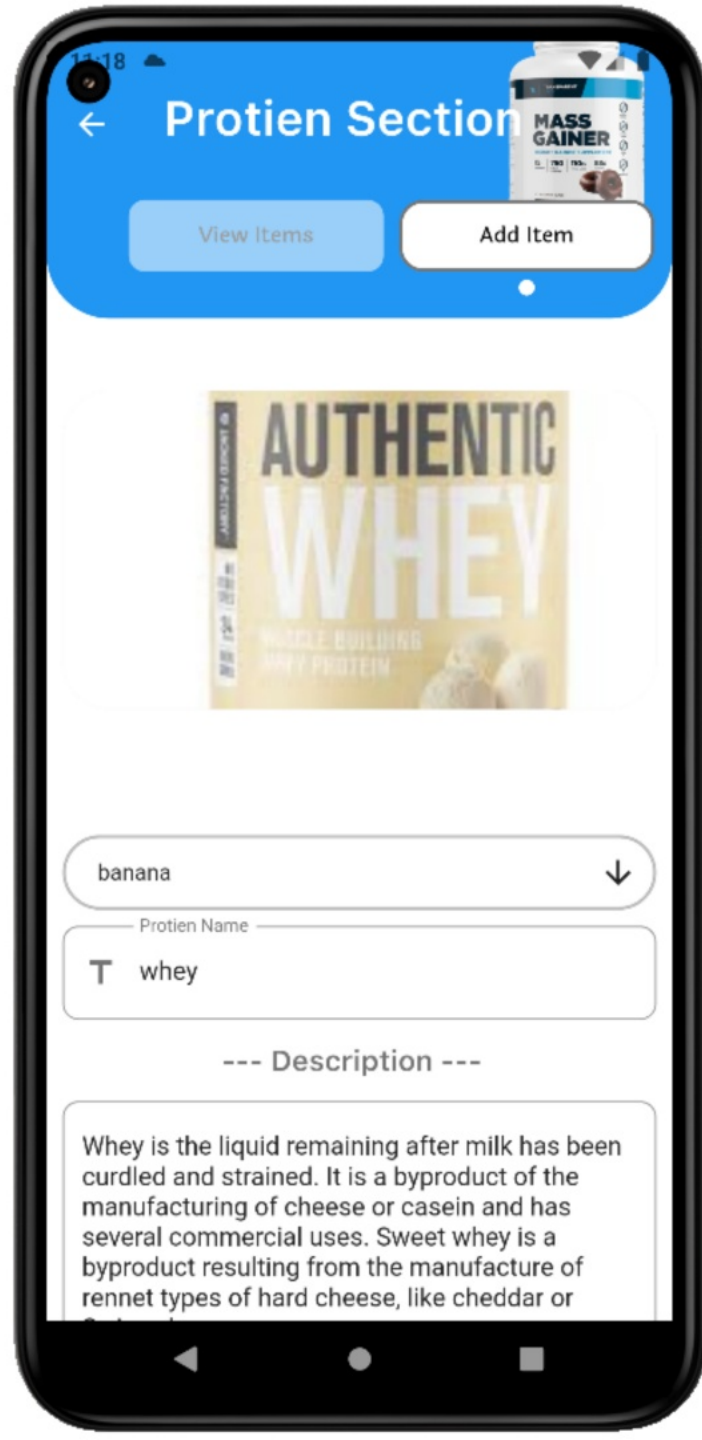
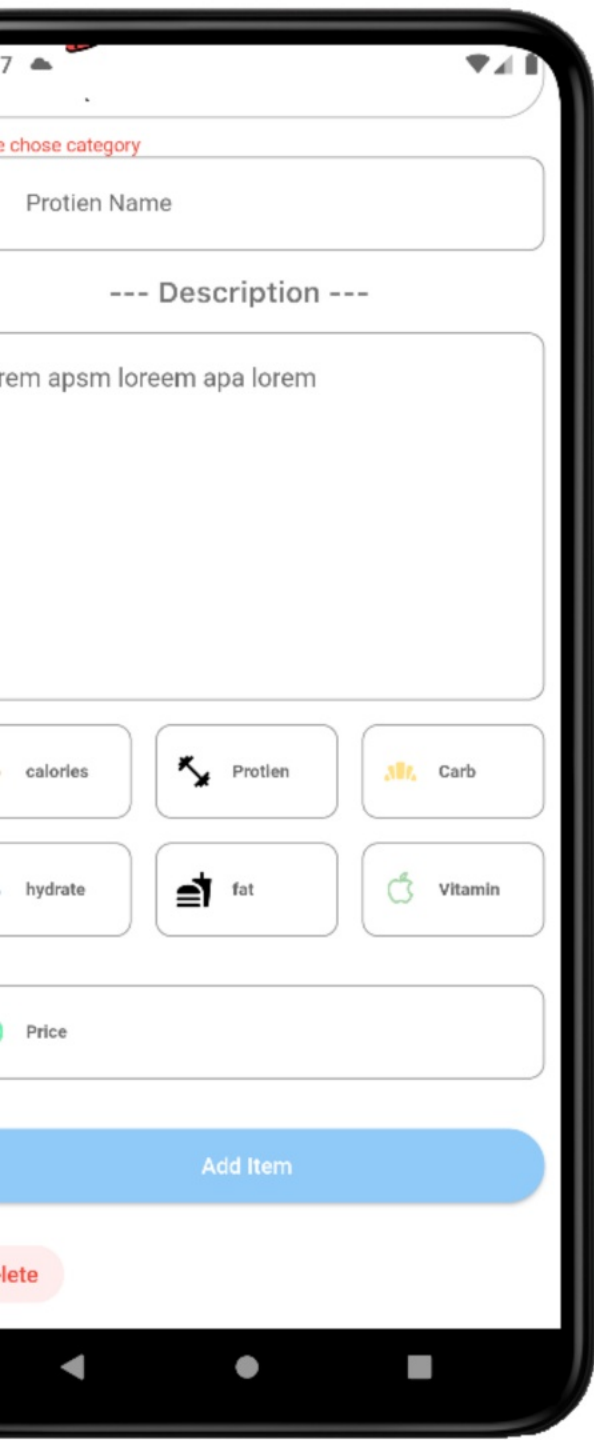
please chose category



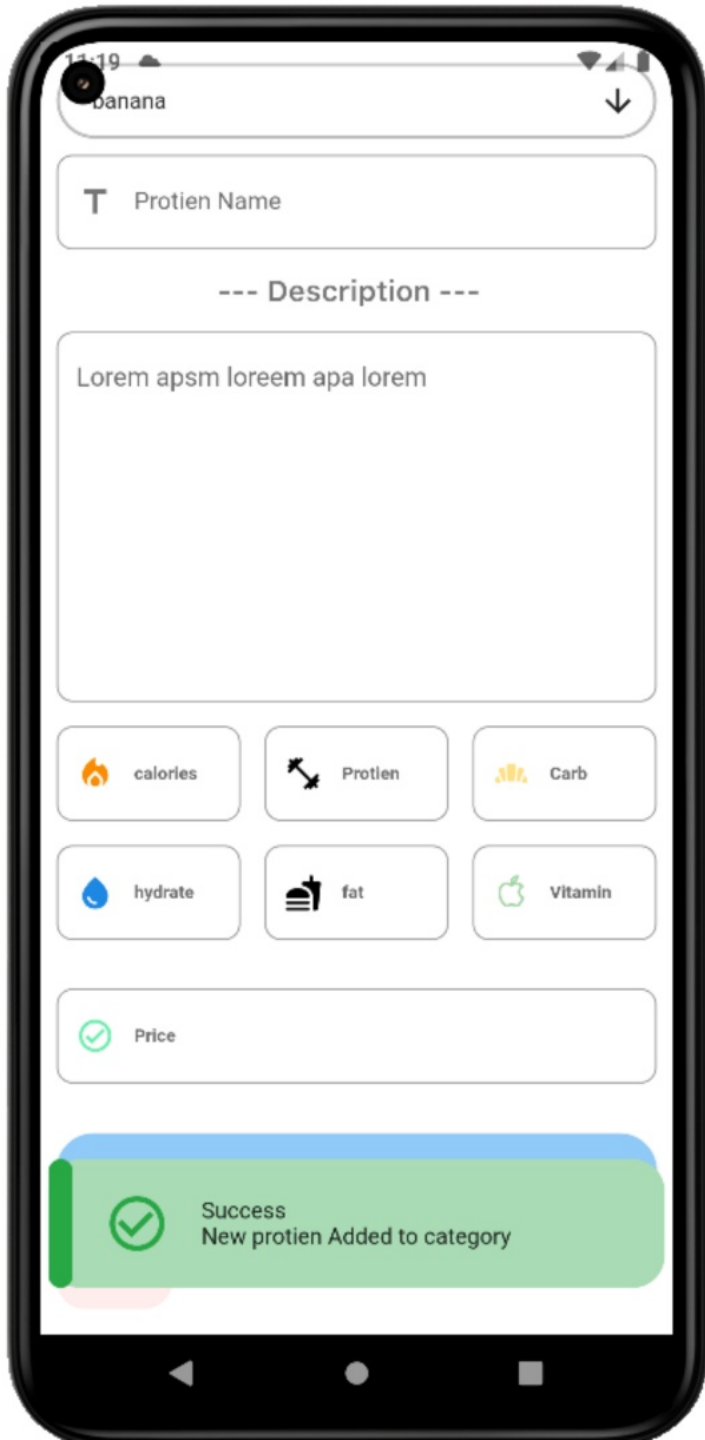
Protien Name



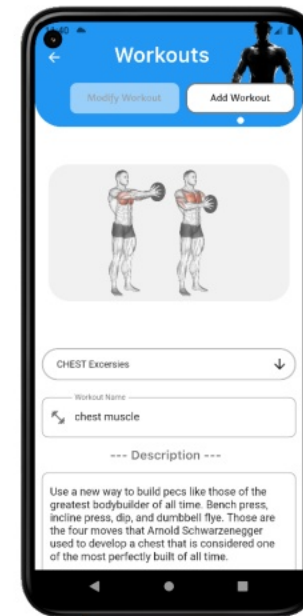
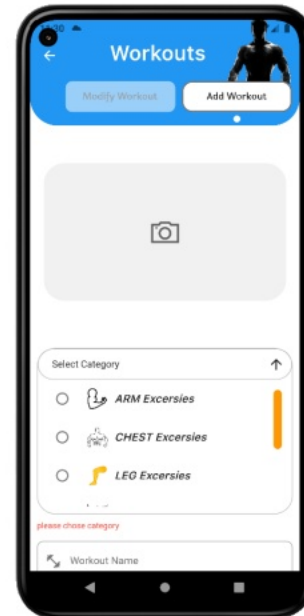
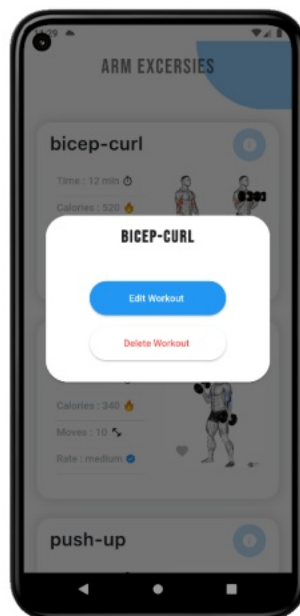
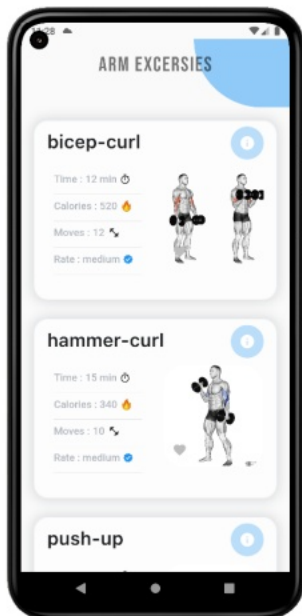
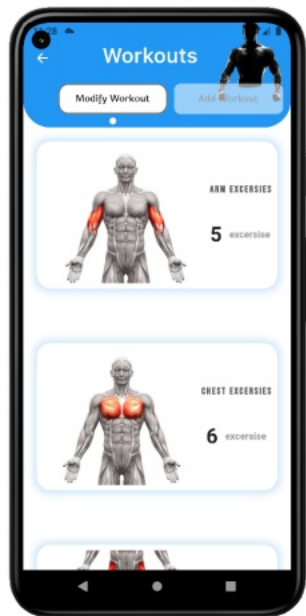


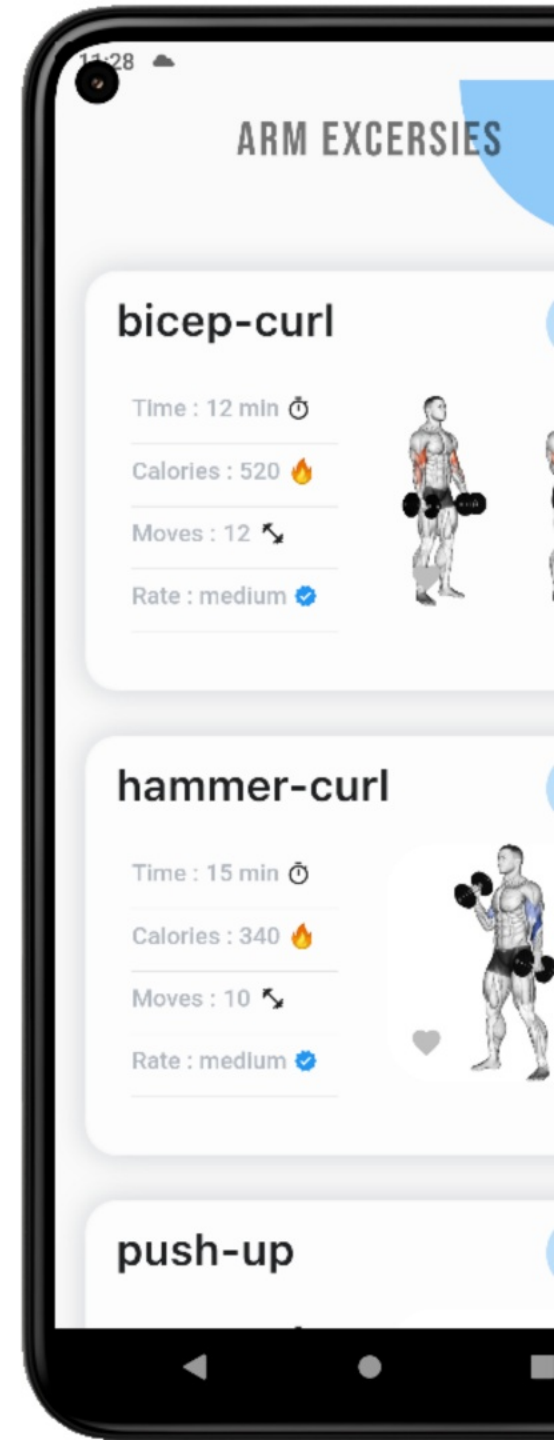
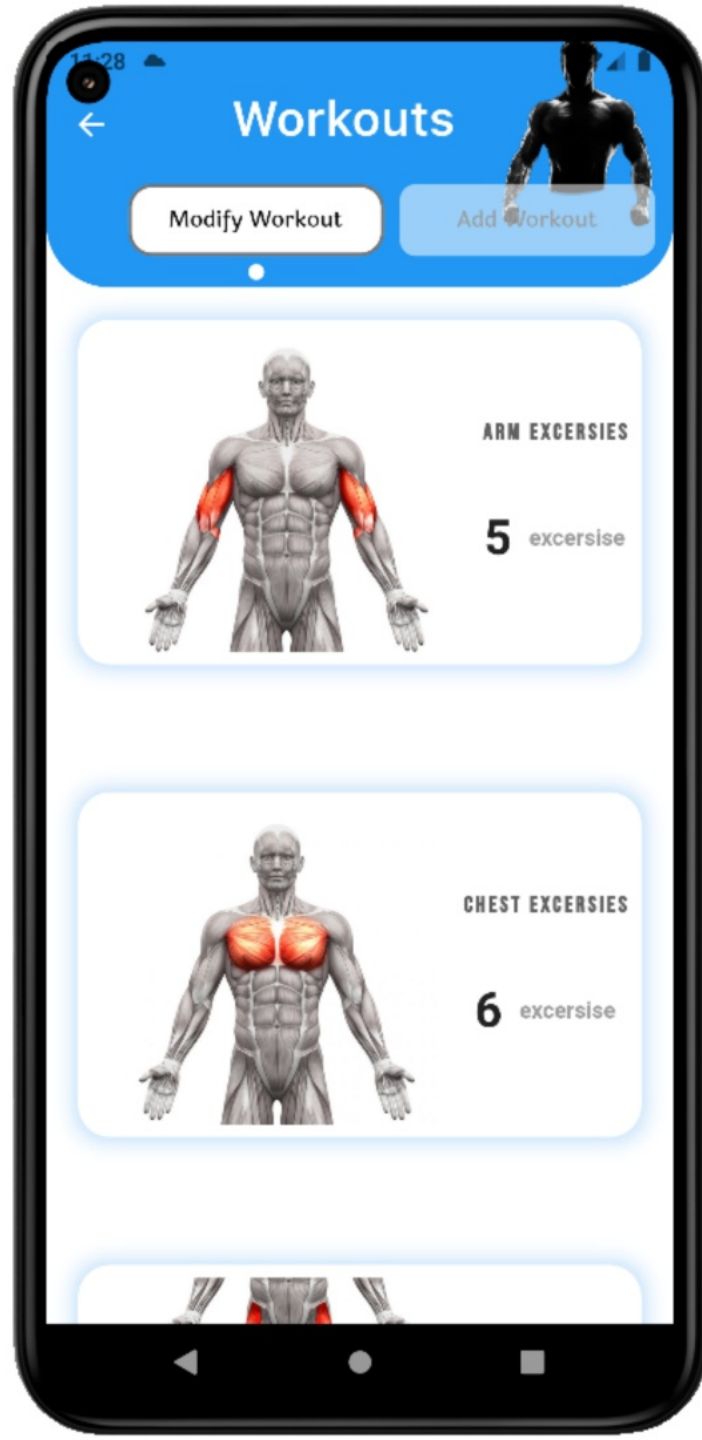


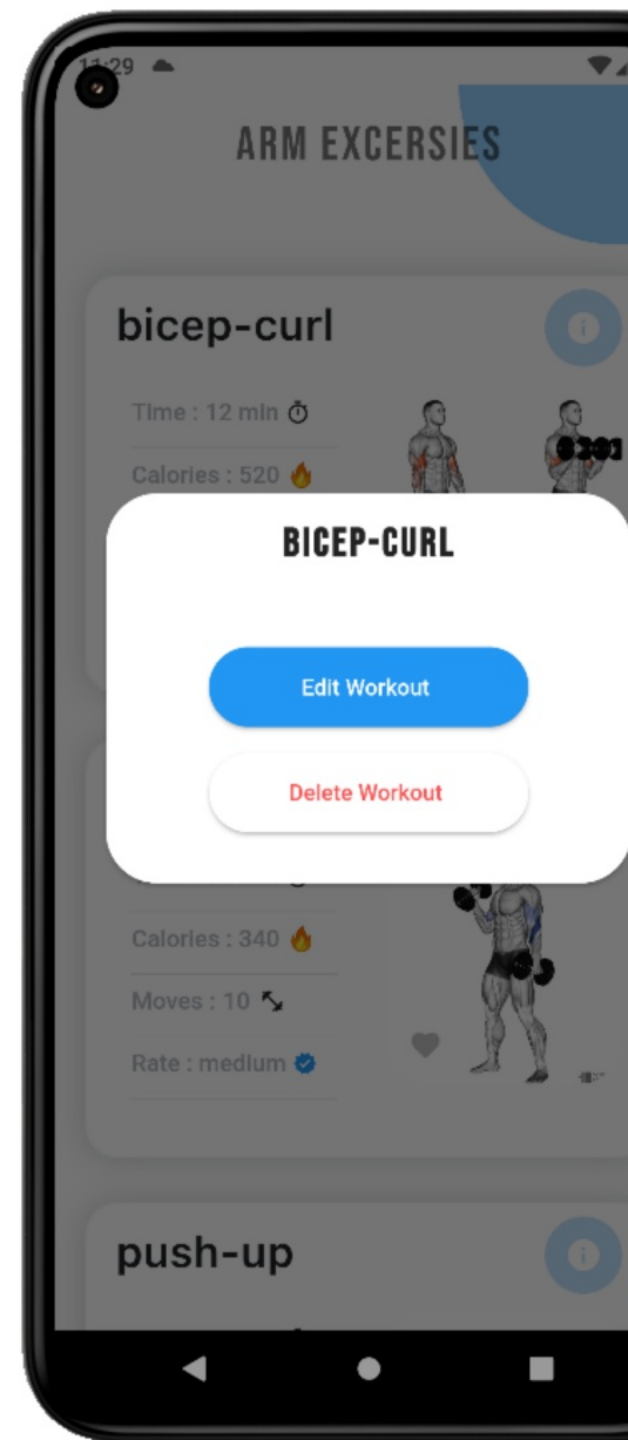
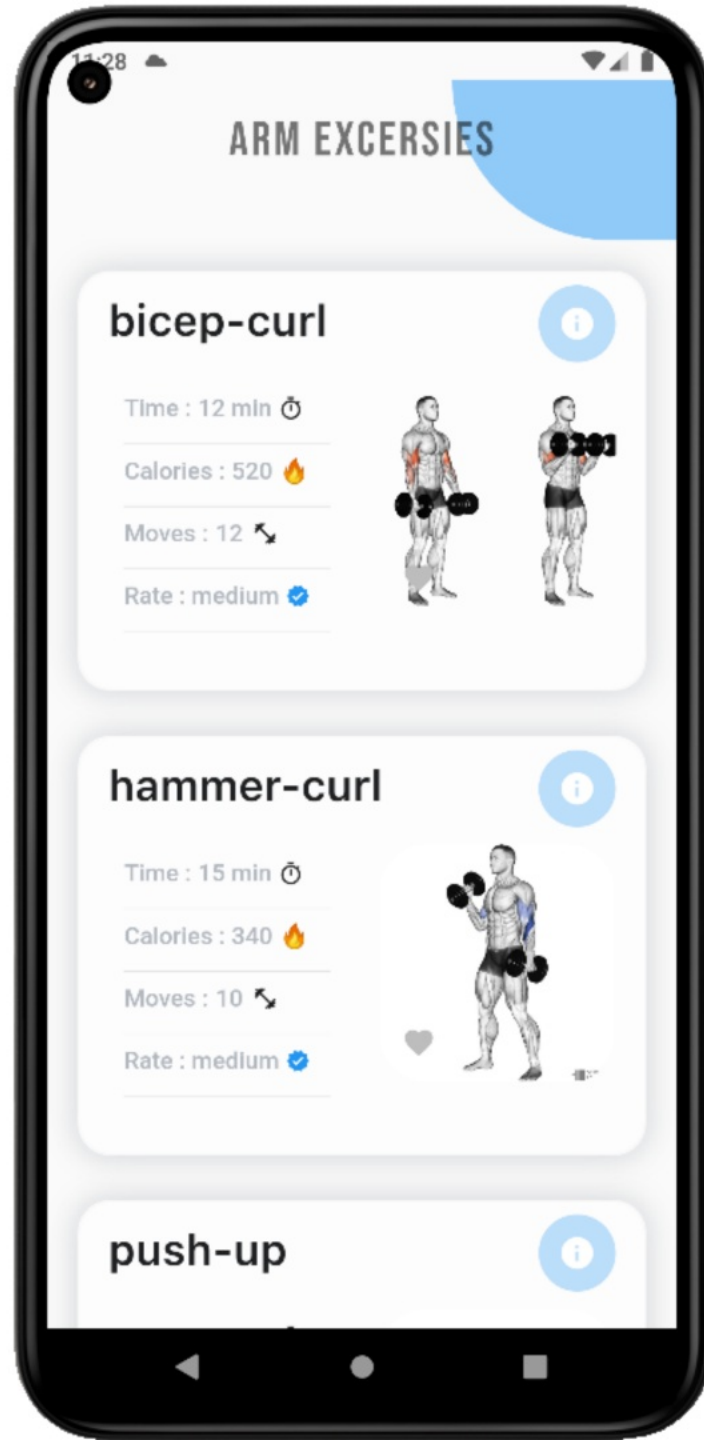
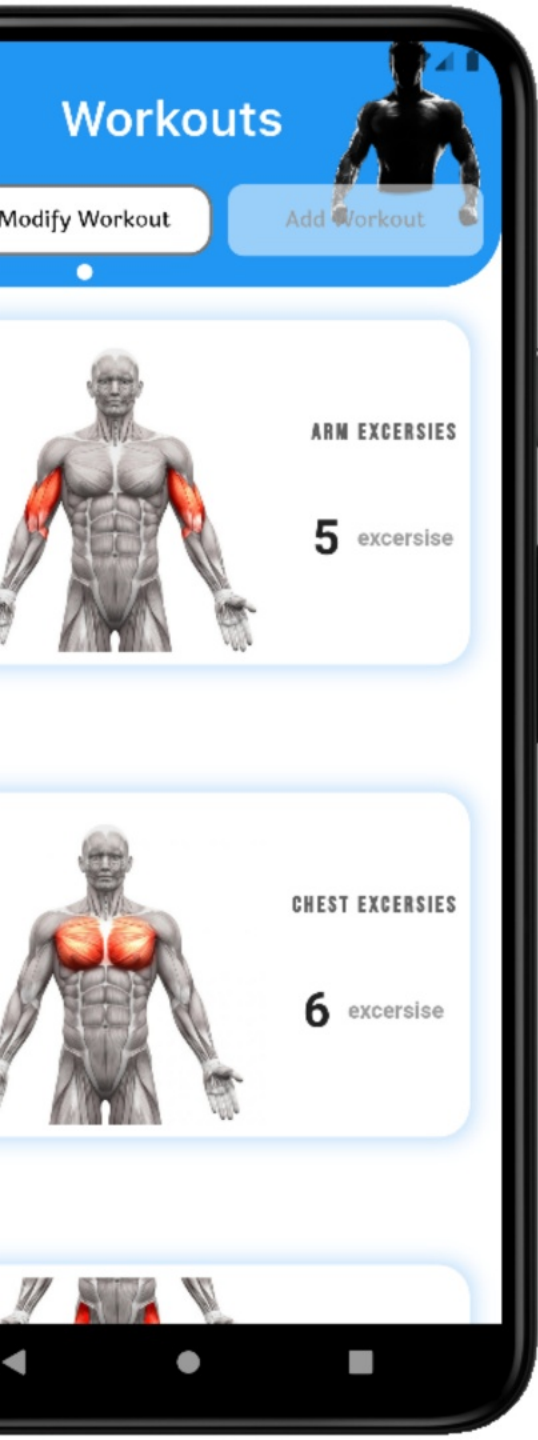


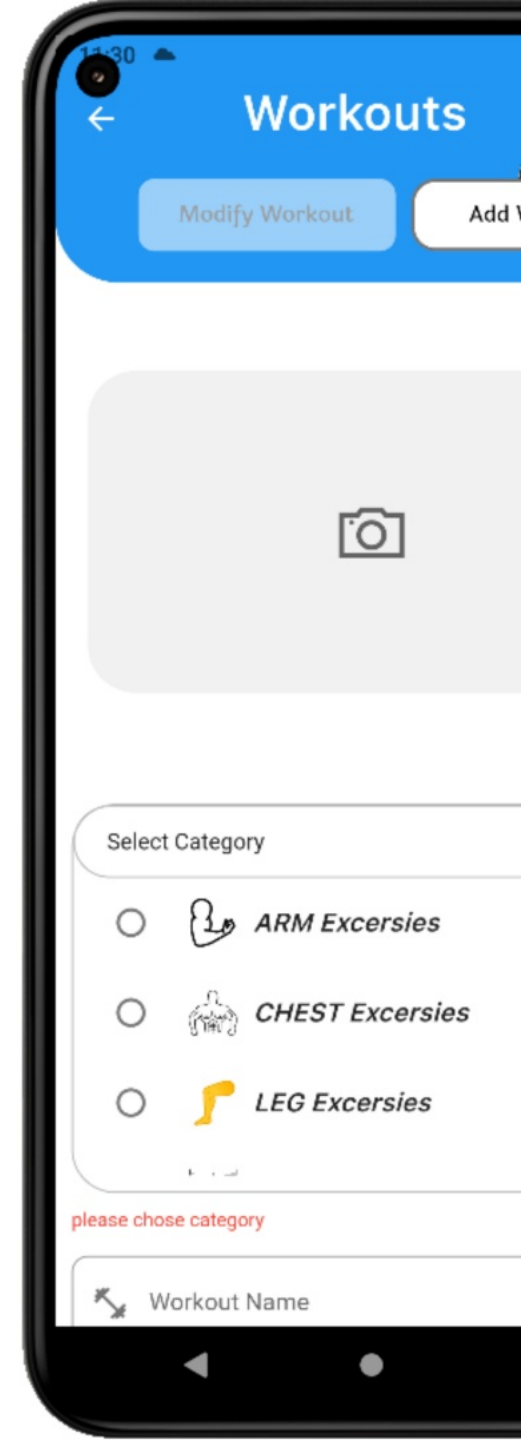
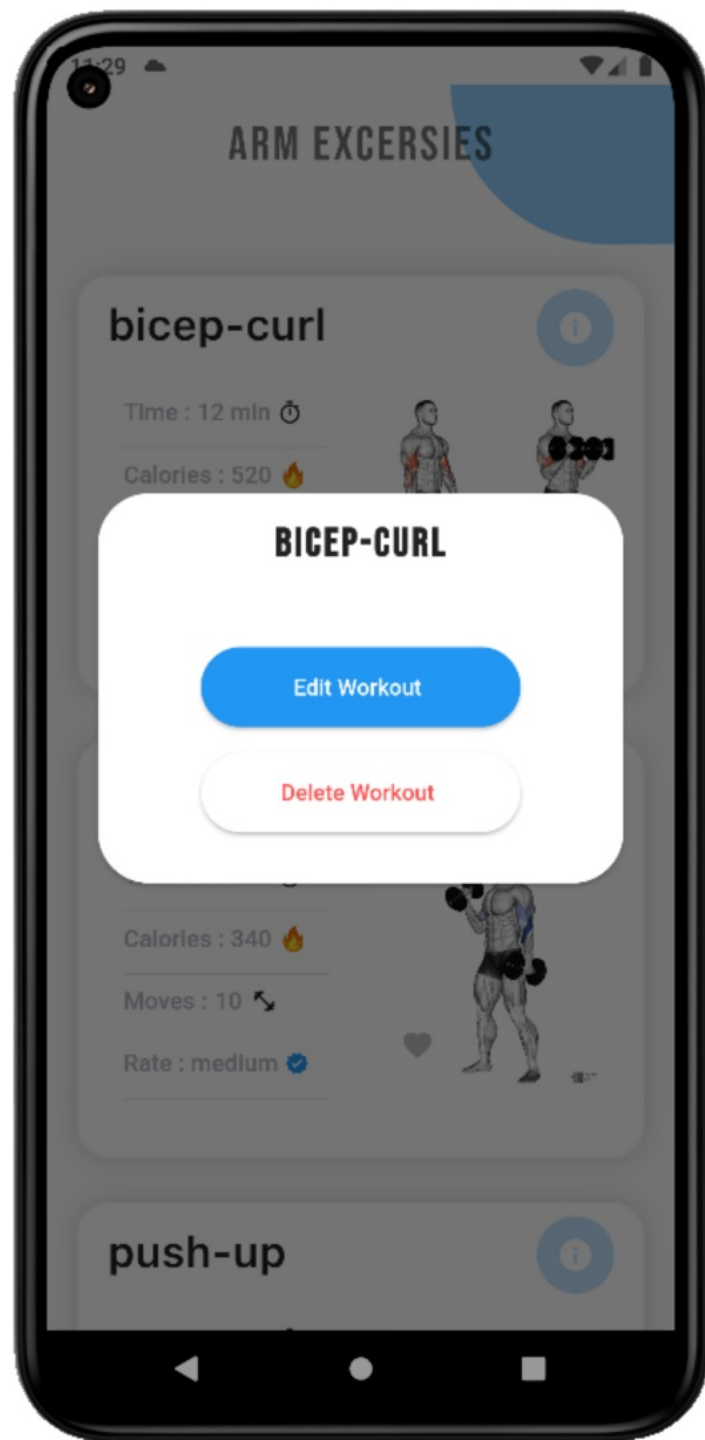
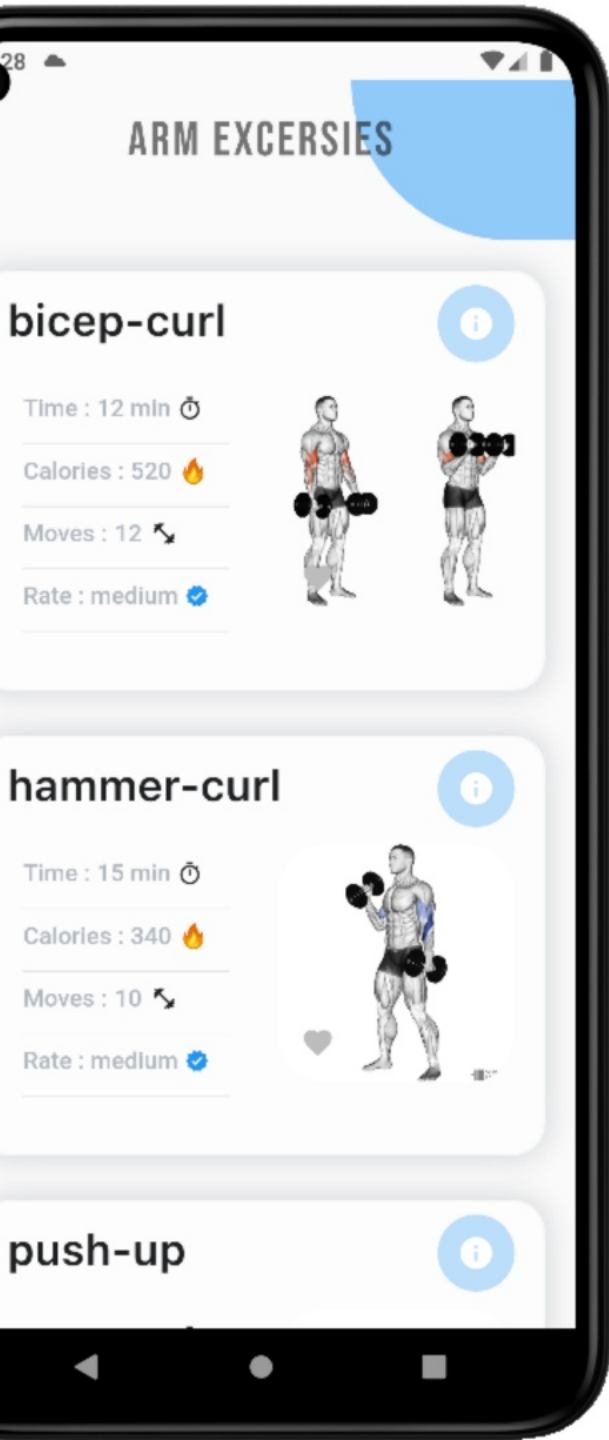


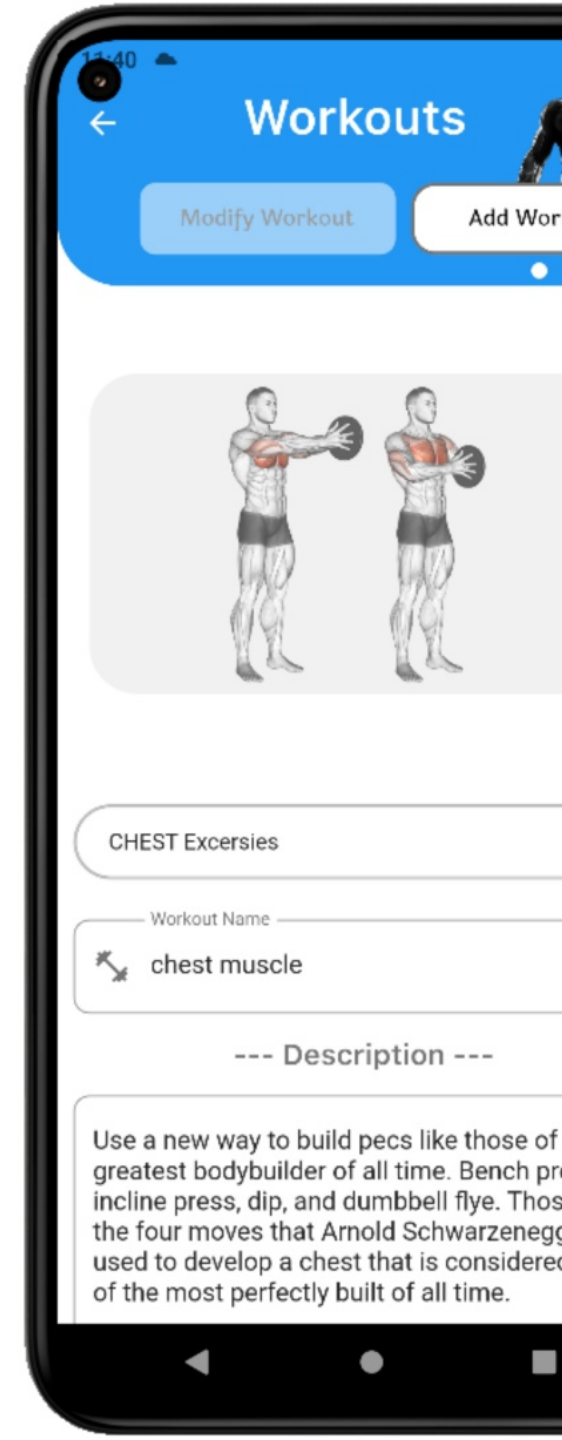
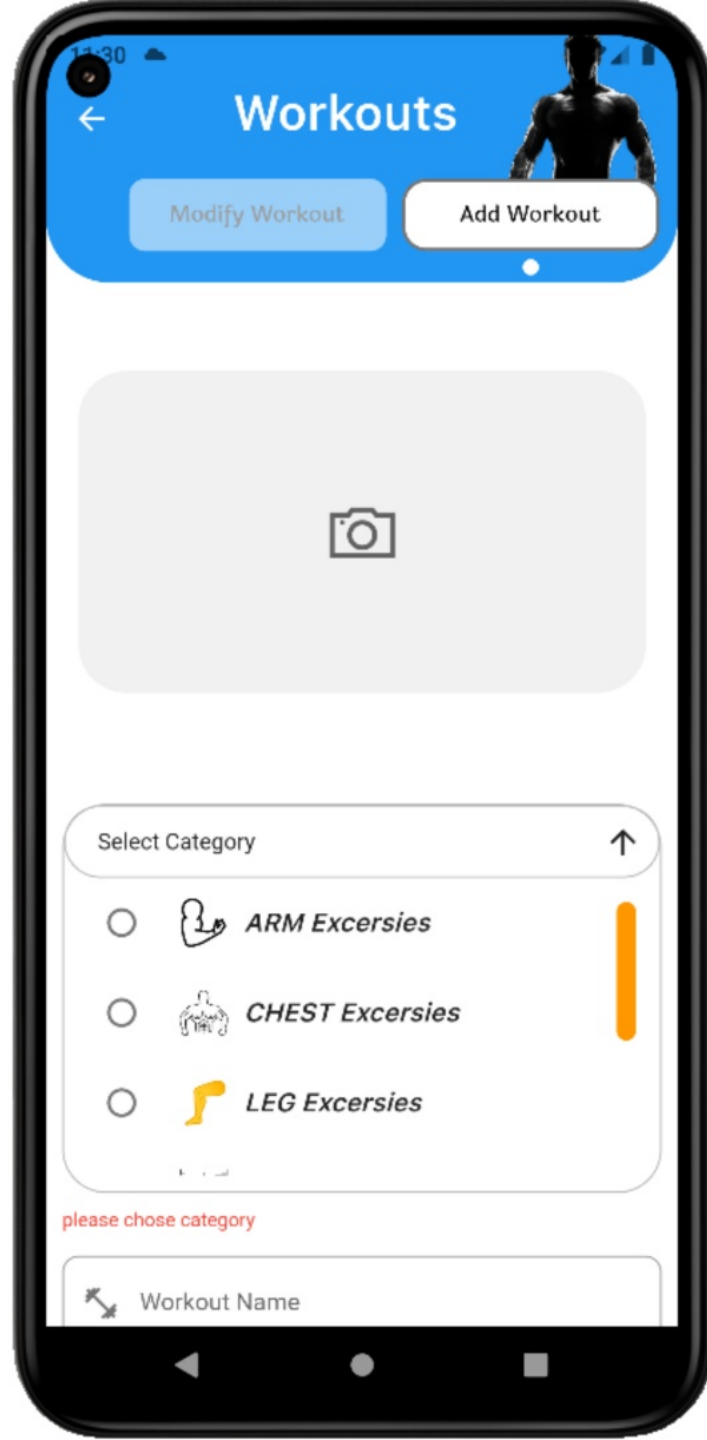
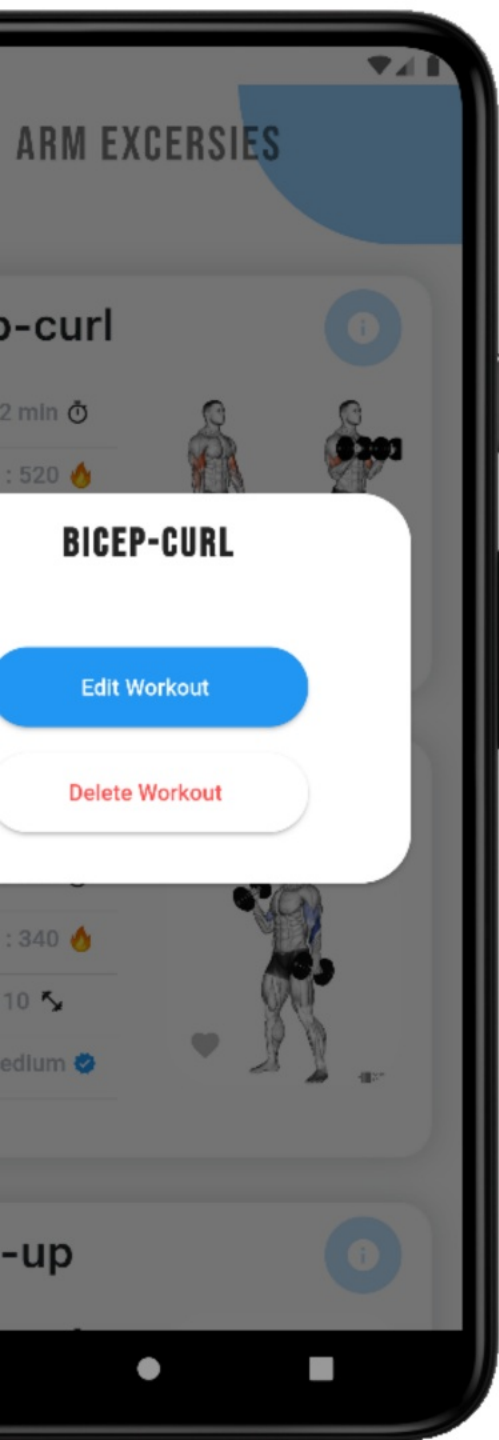
Workout management

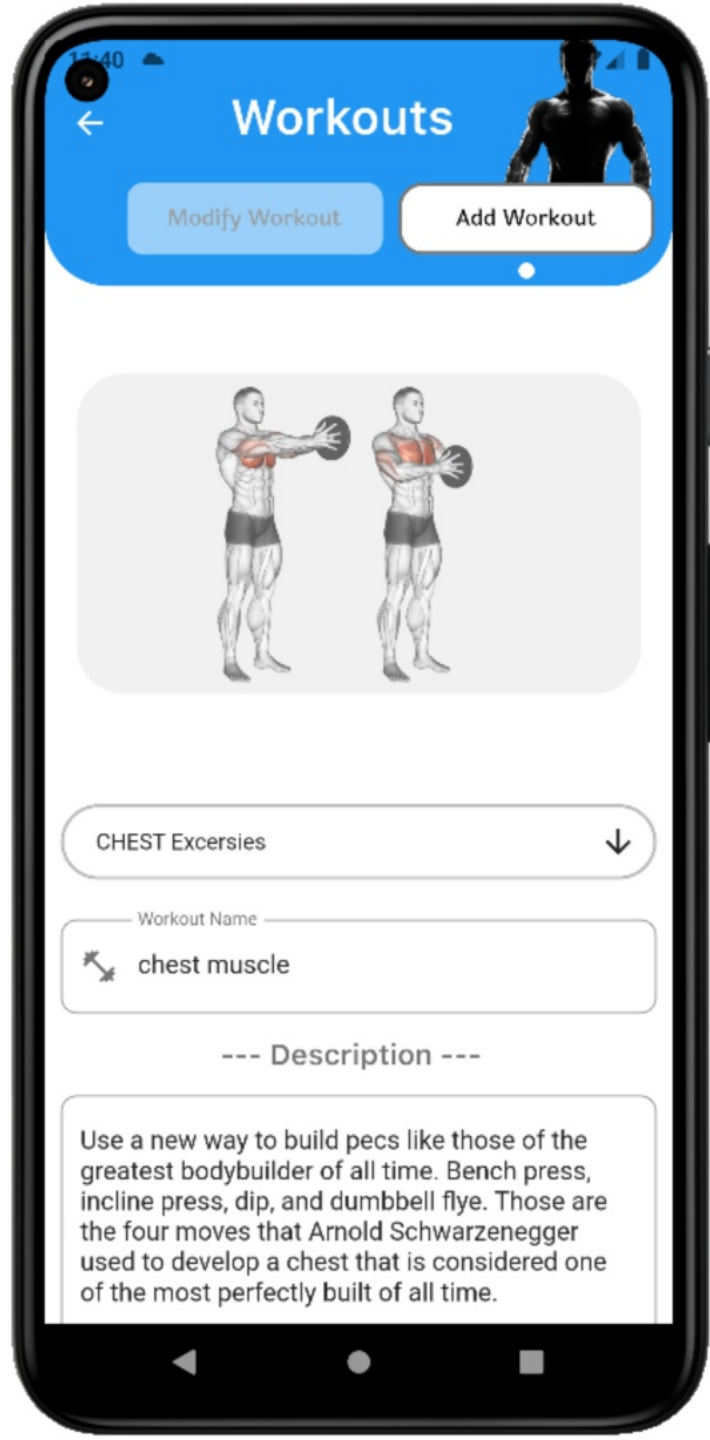
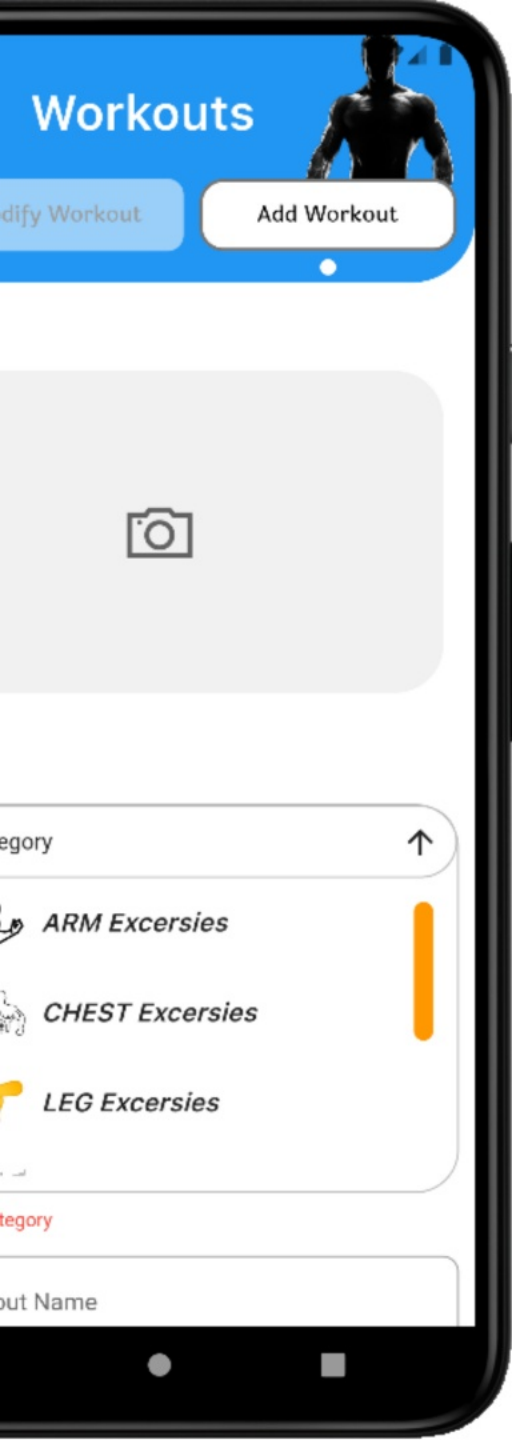




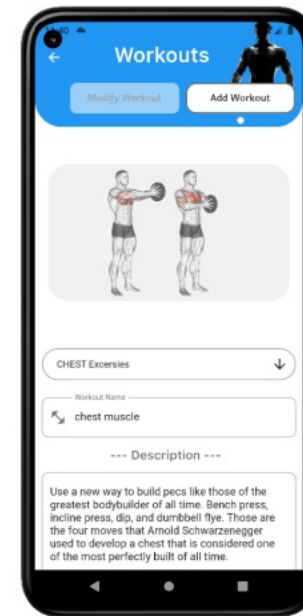
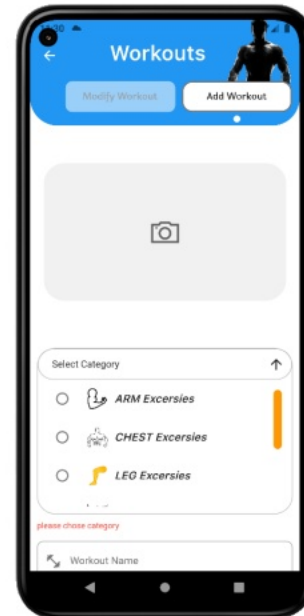
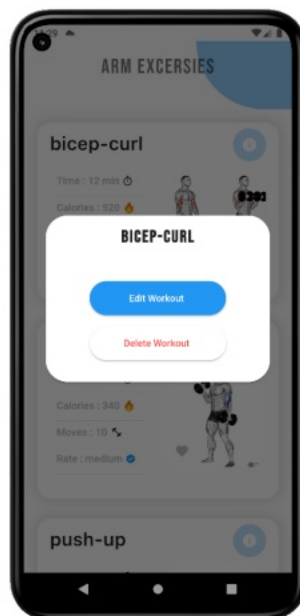
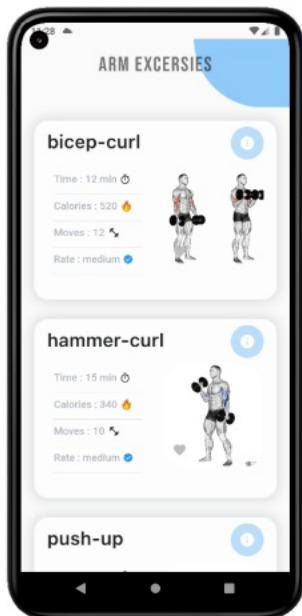
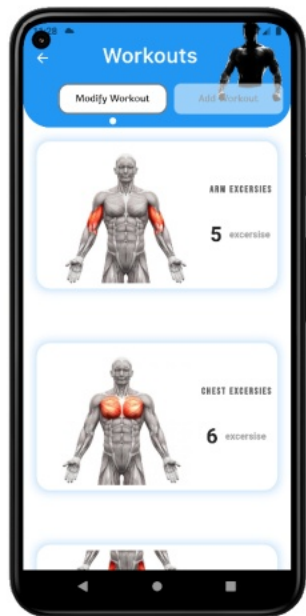




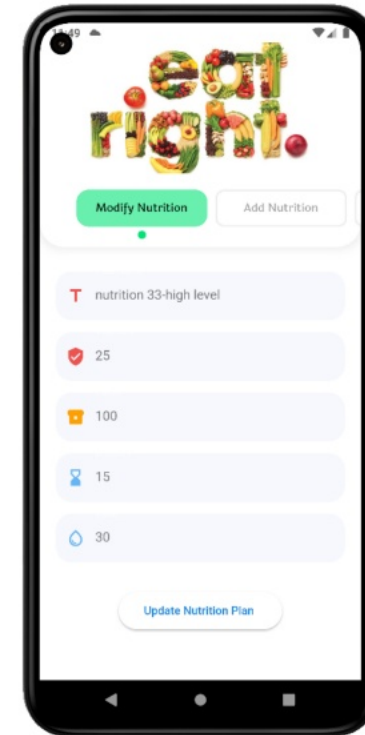
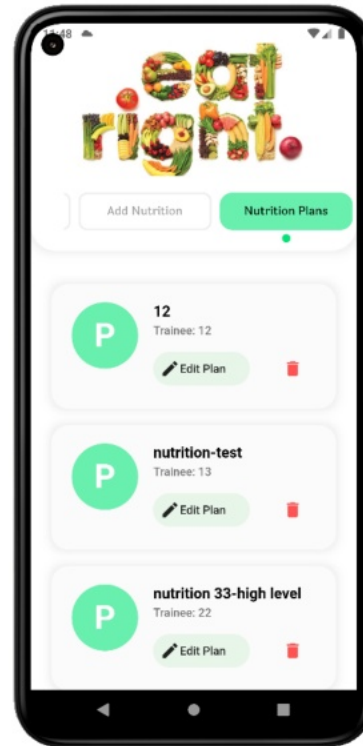
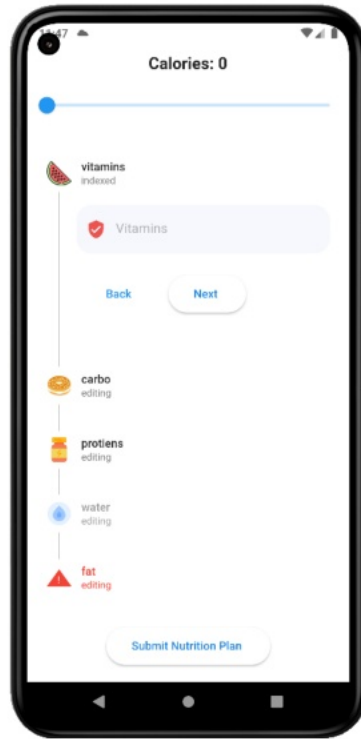
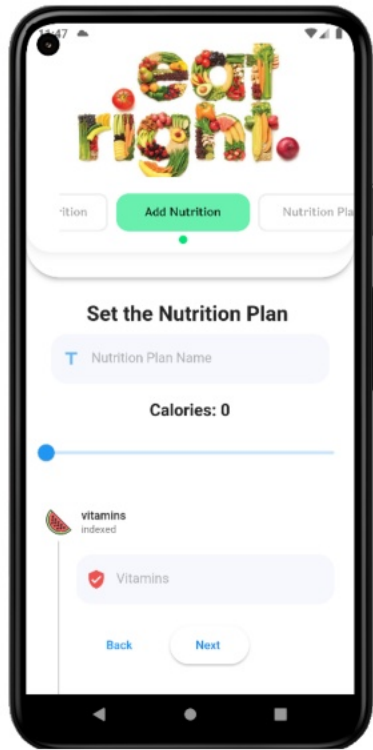


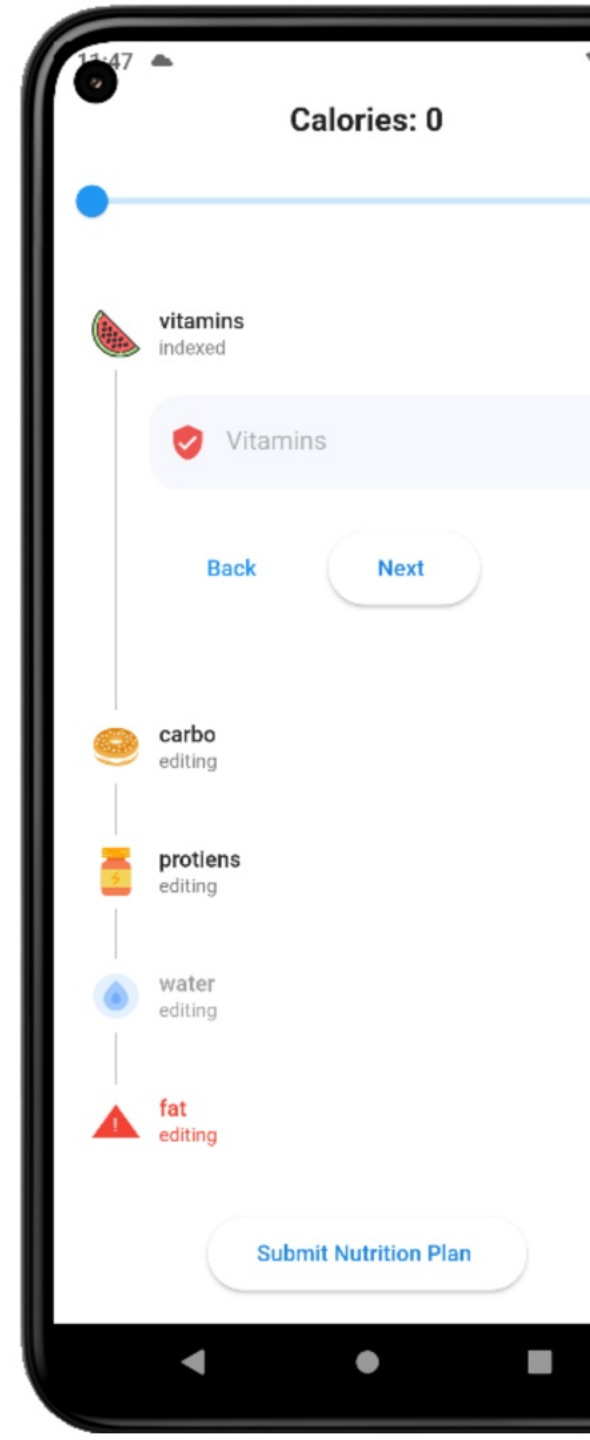
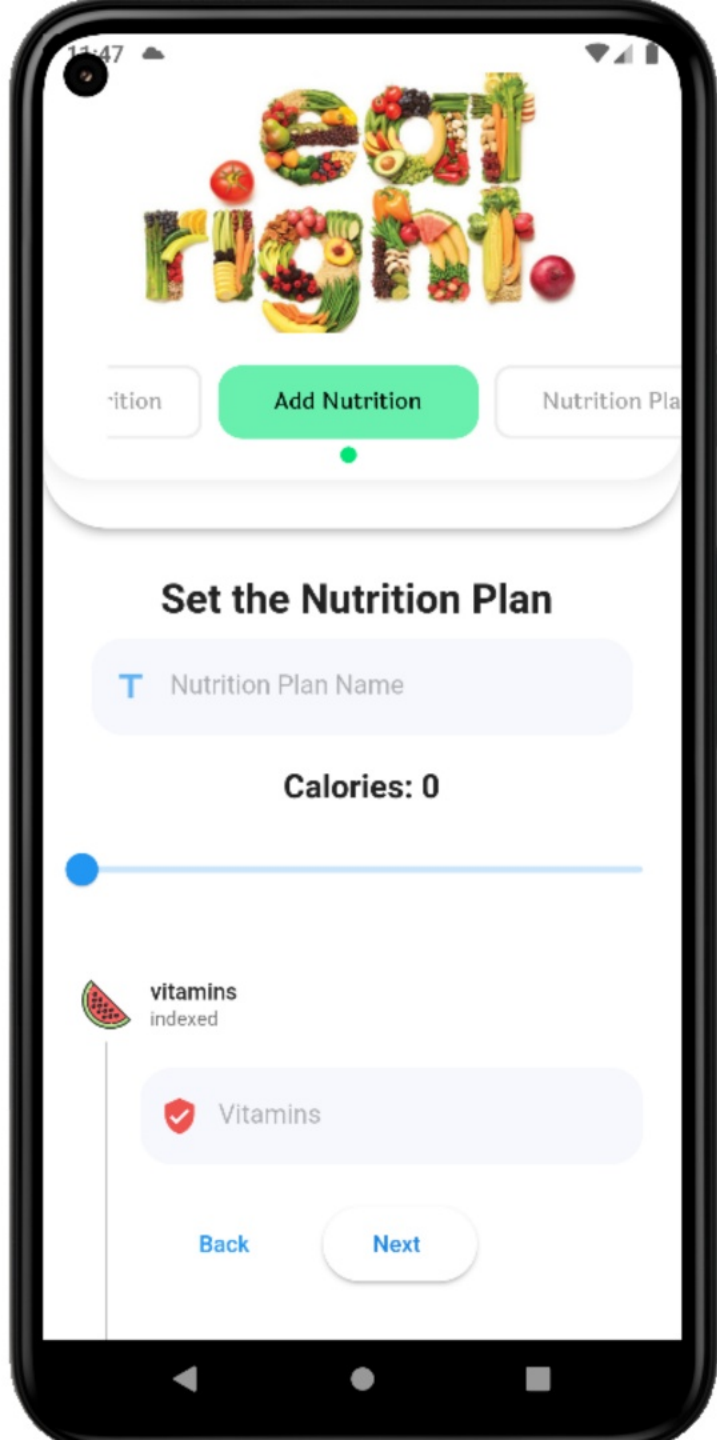


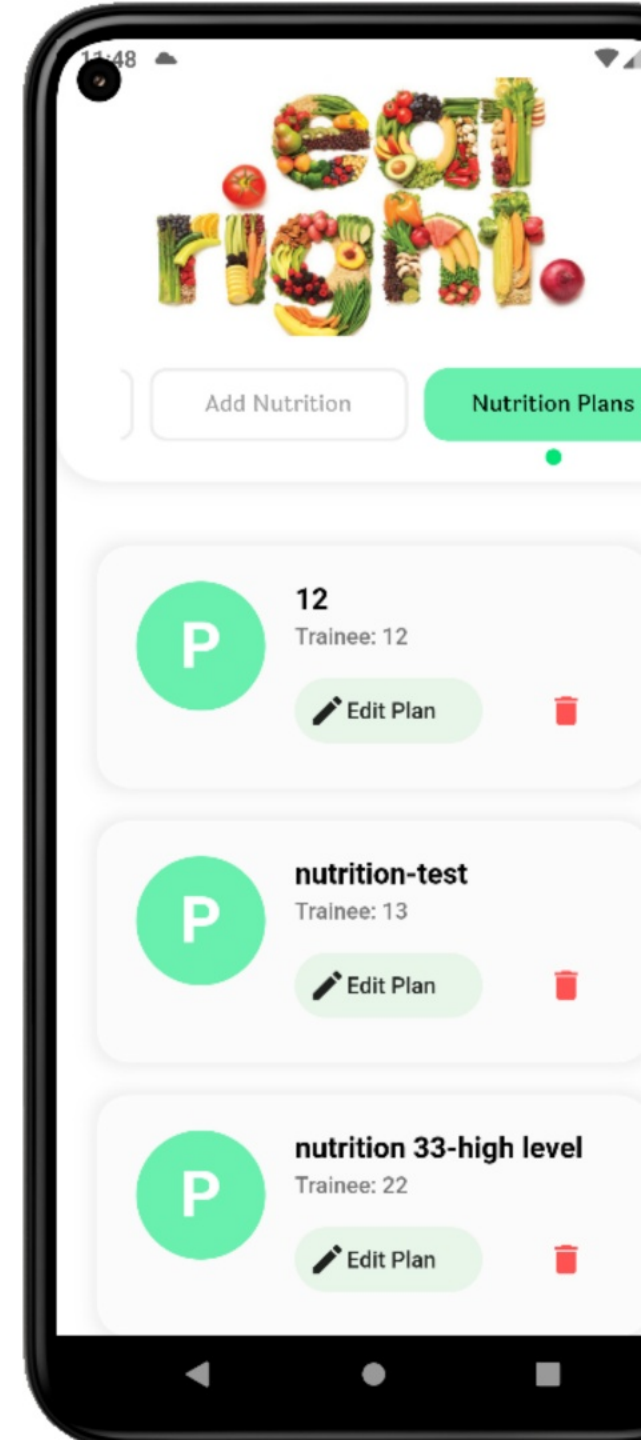
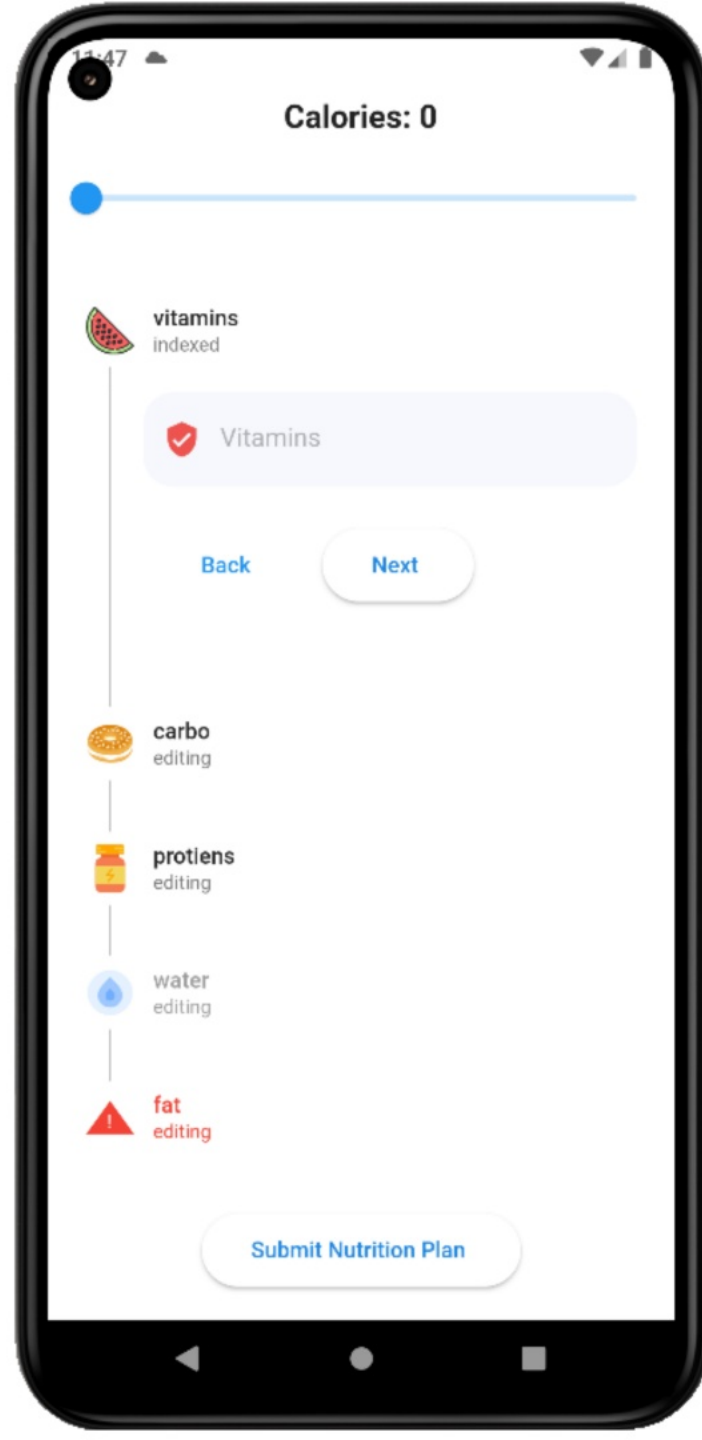
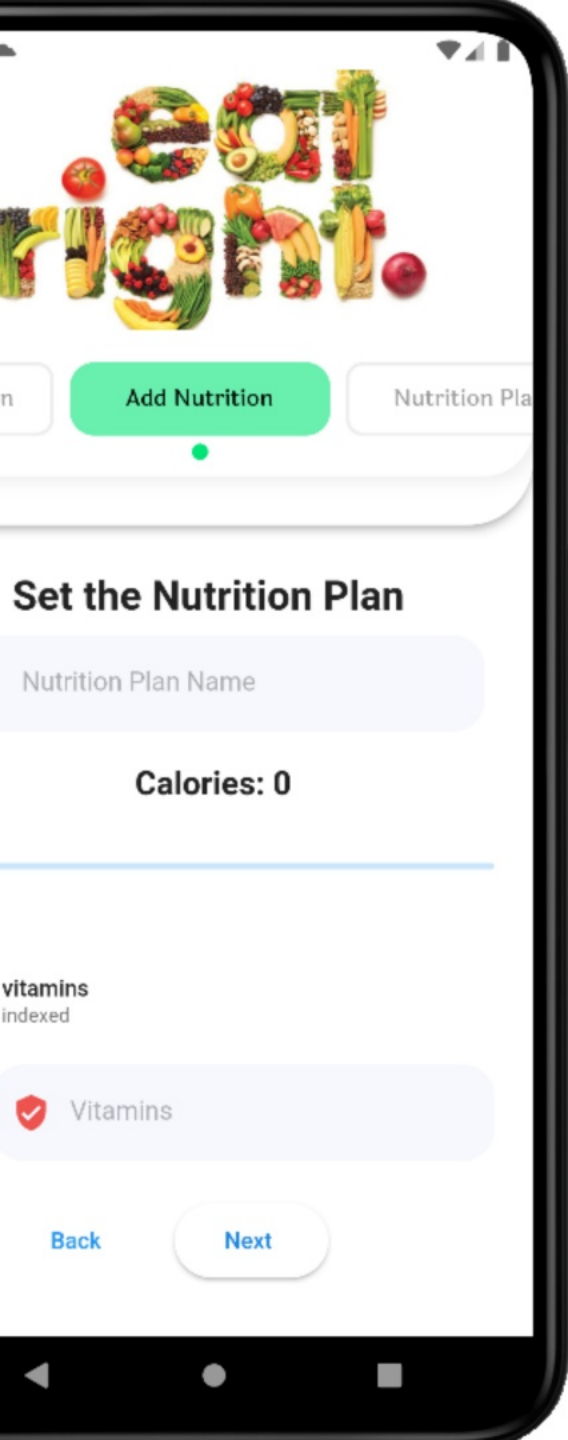
Workout management

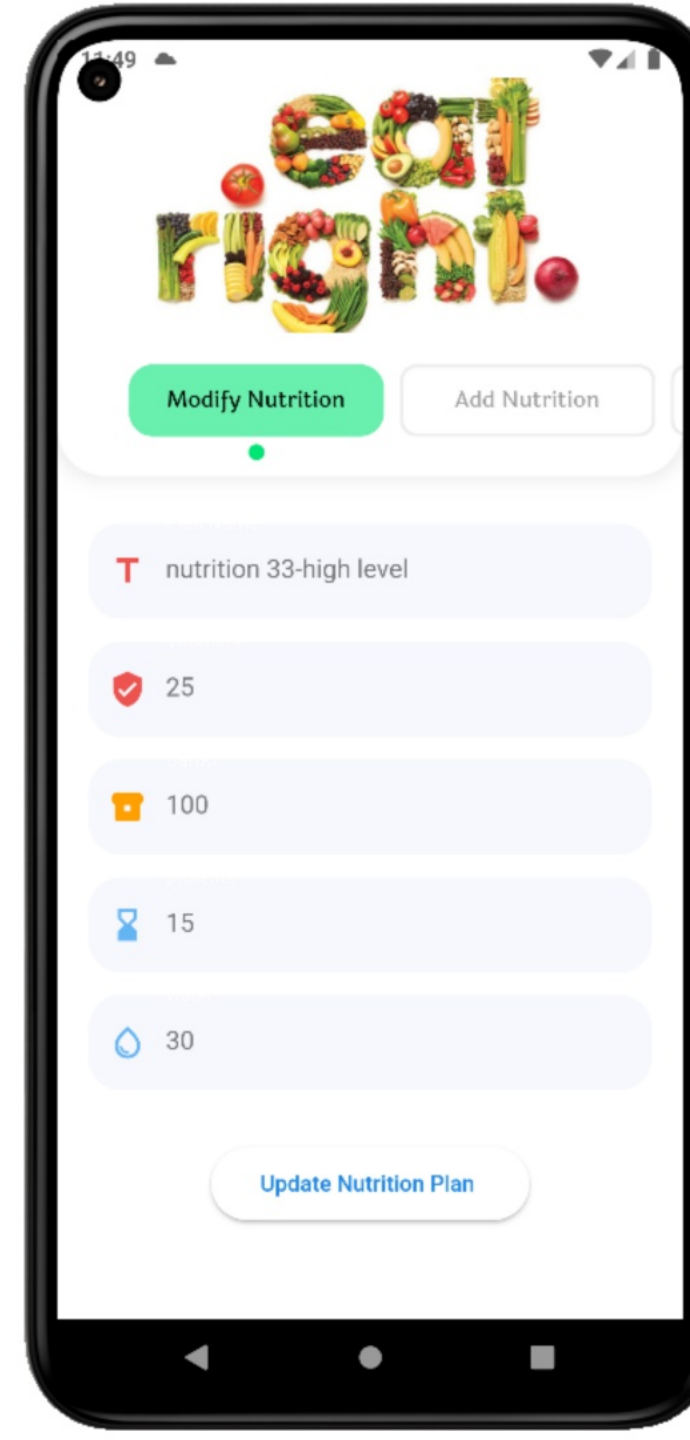
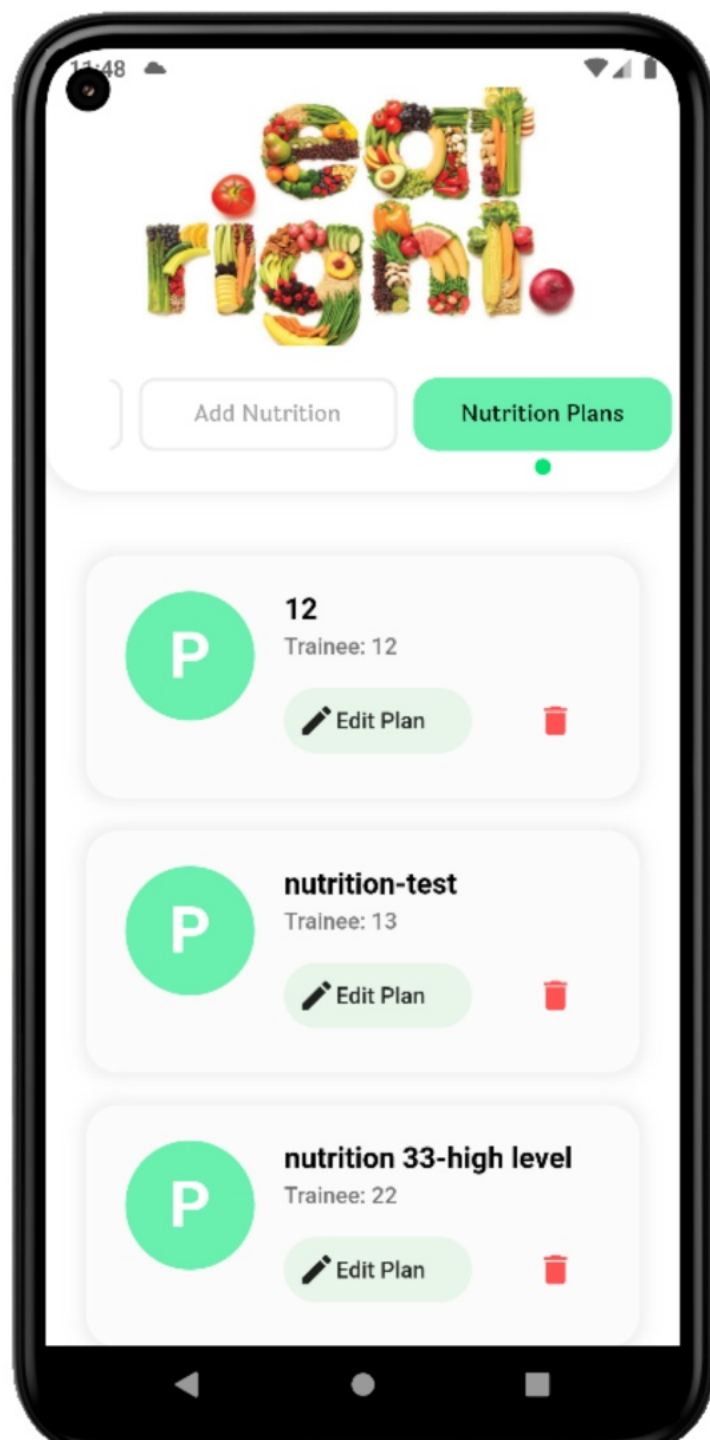
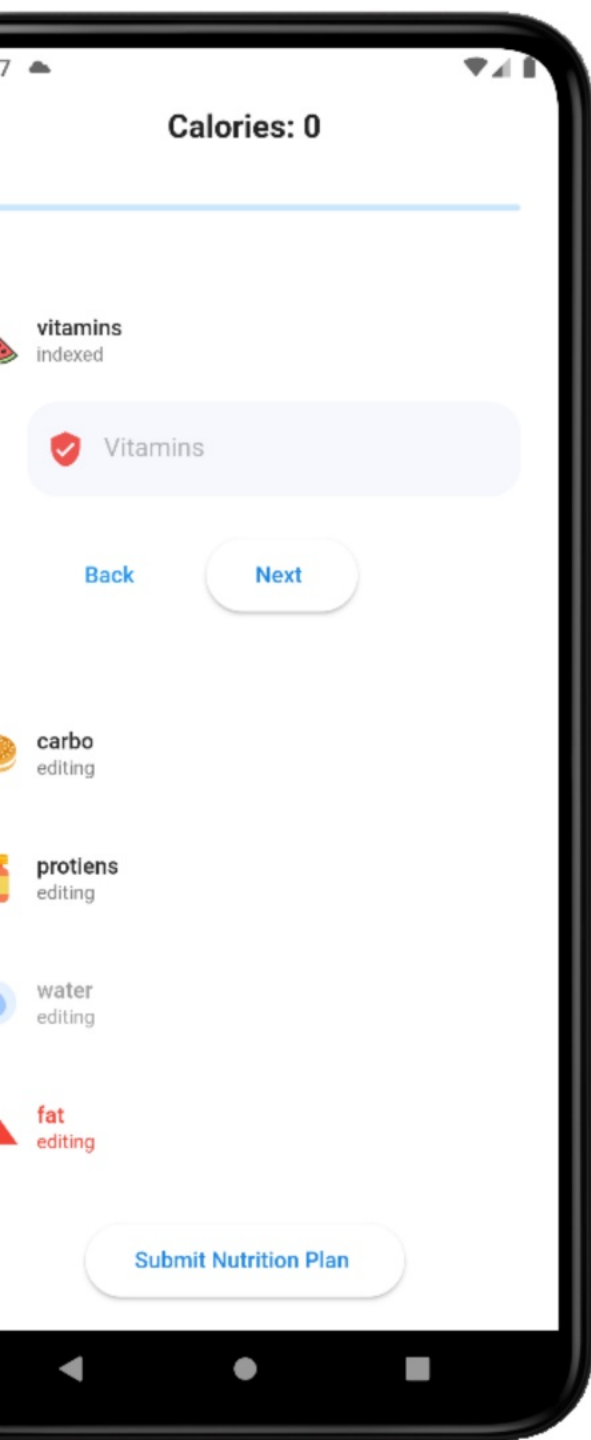


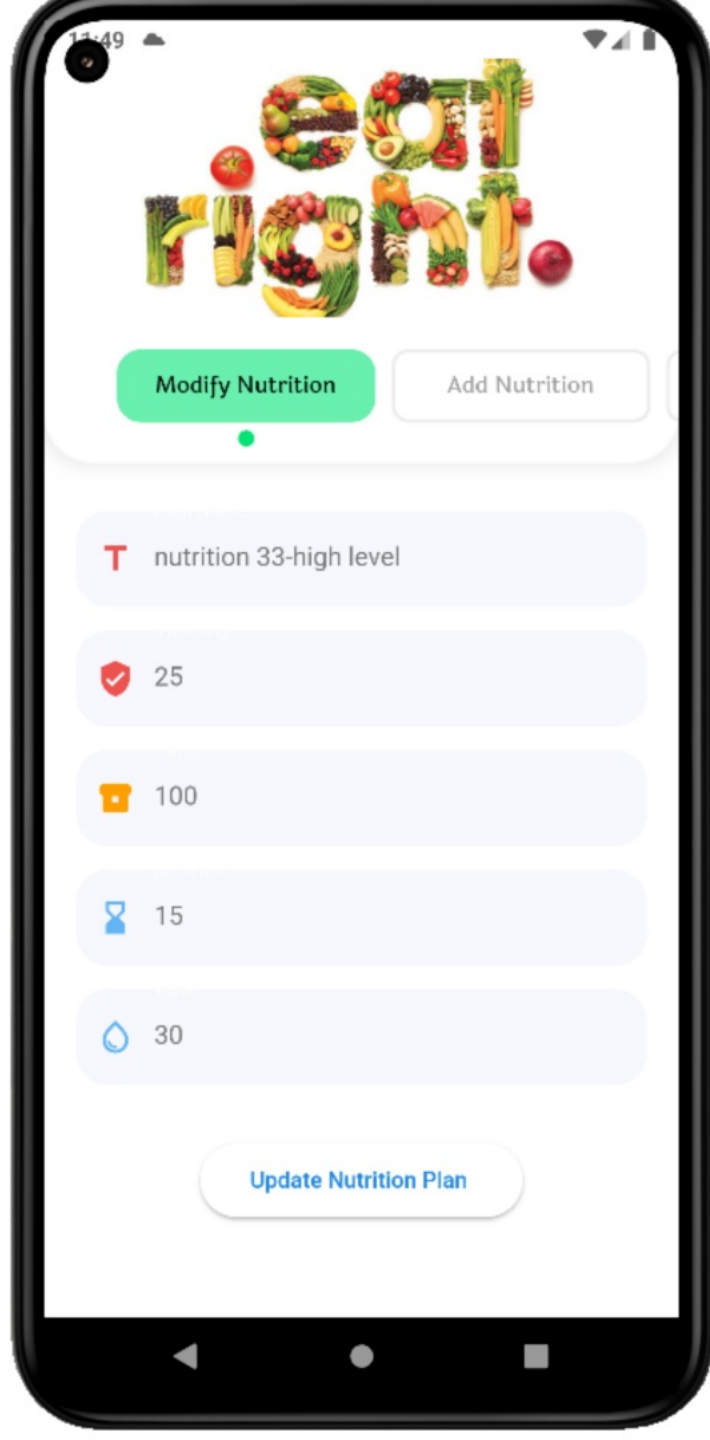
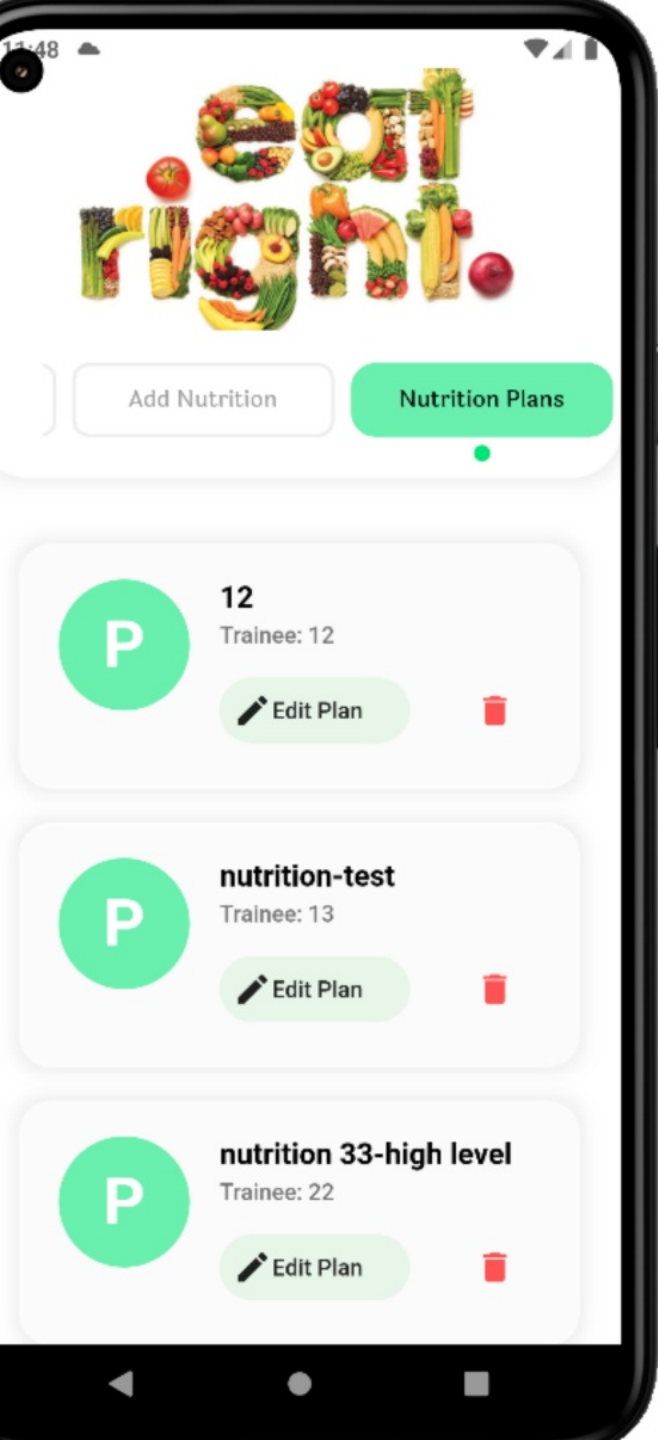
Nutrition Plan screen



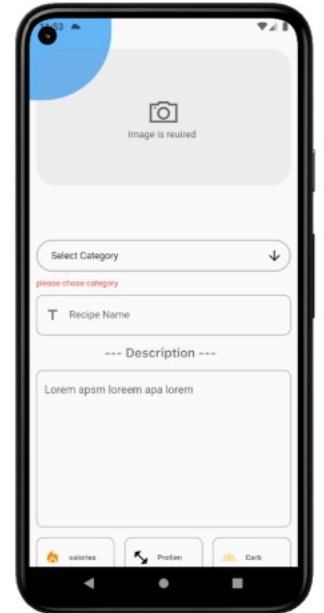
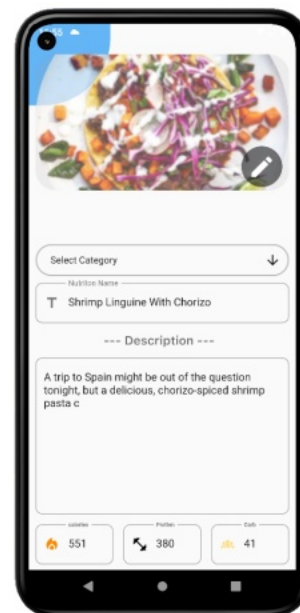
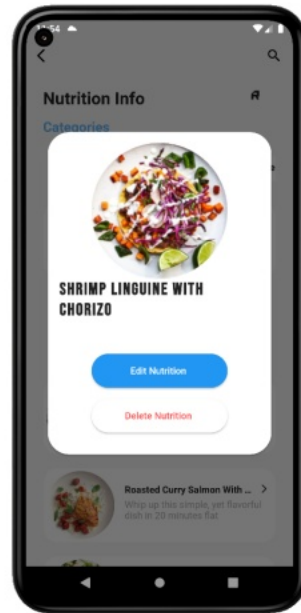
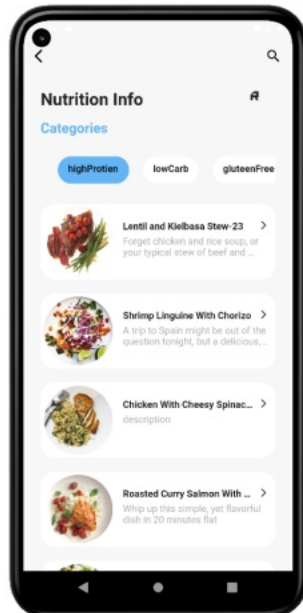


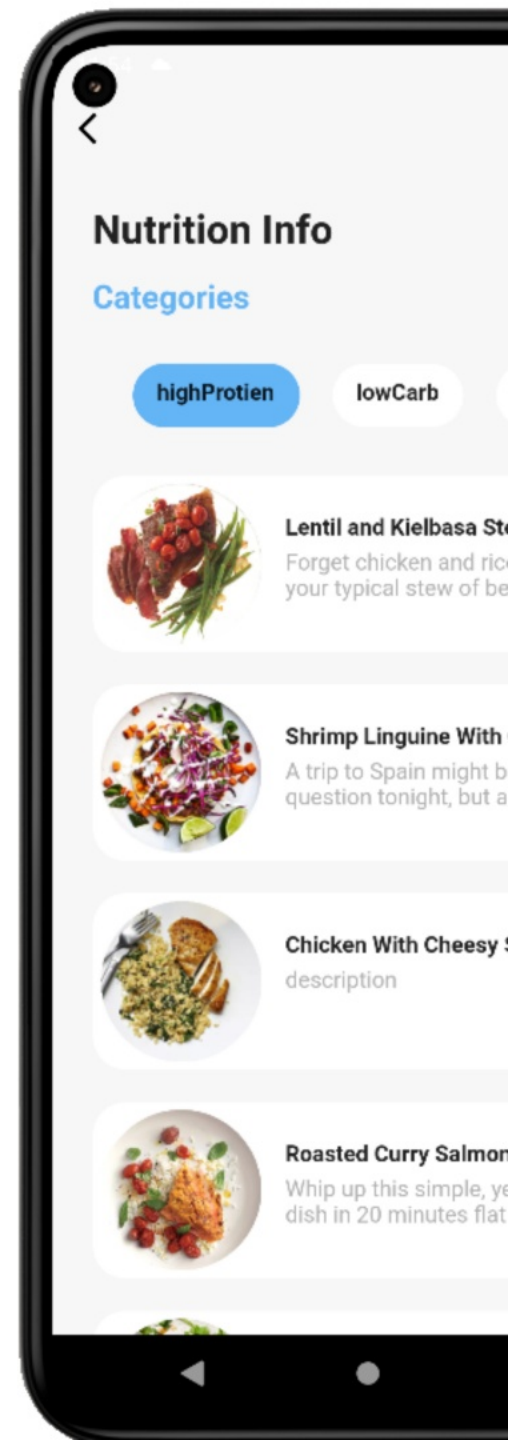


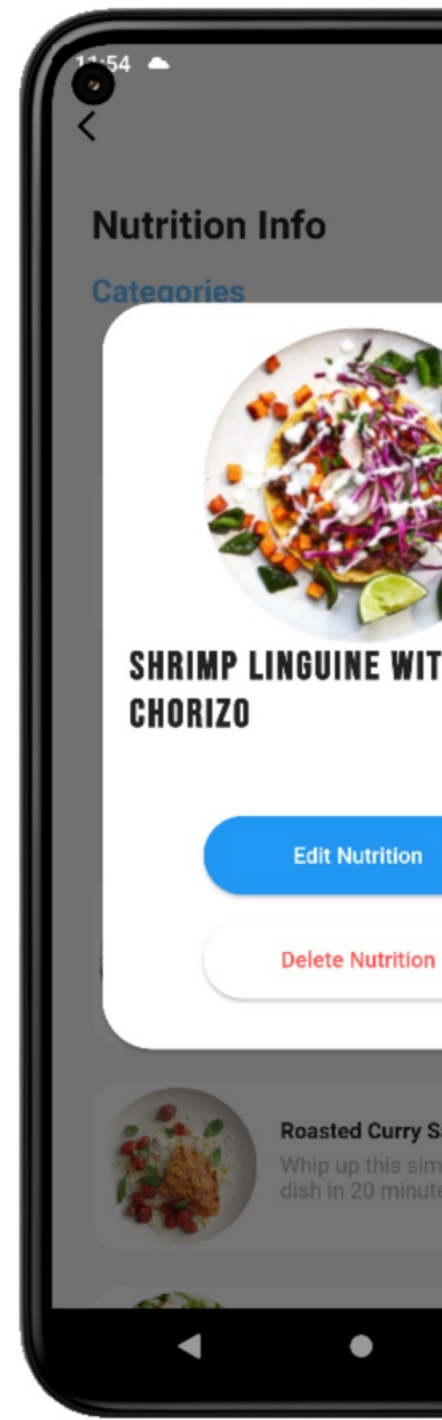
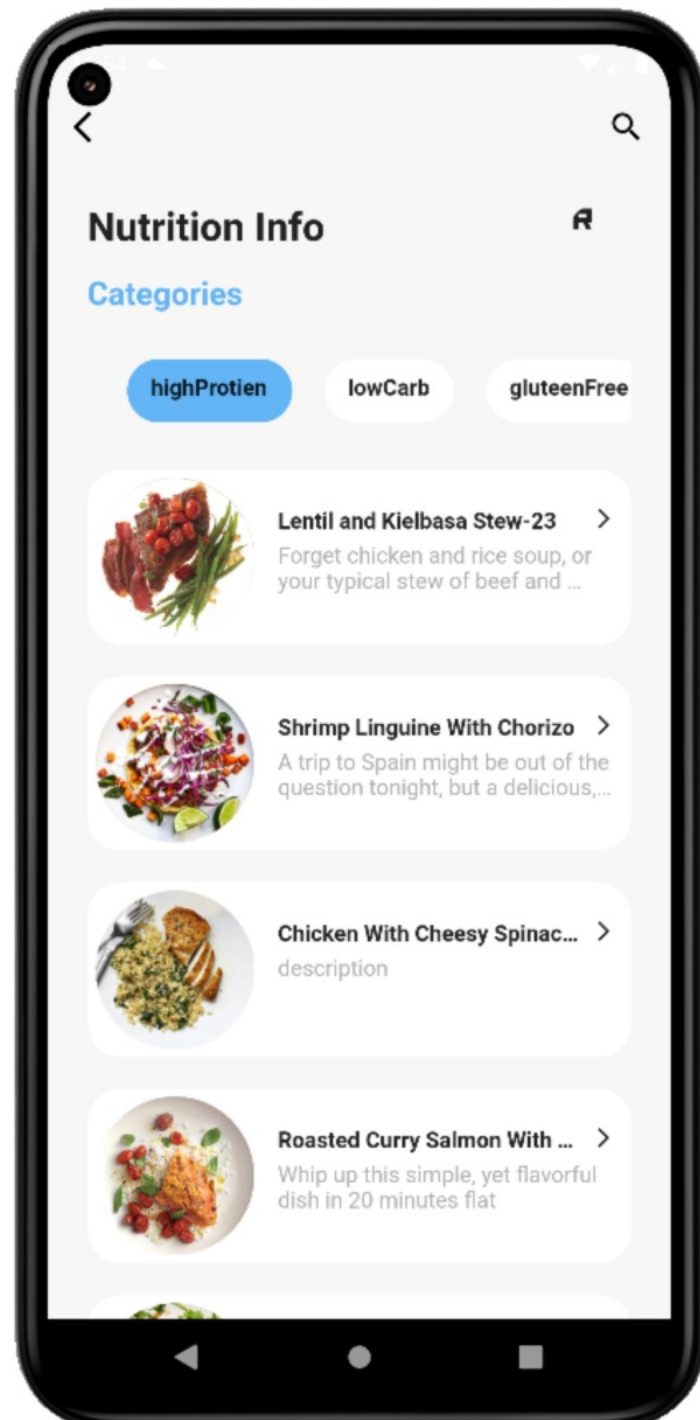


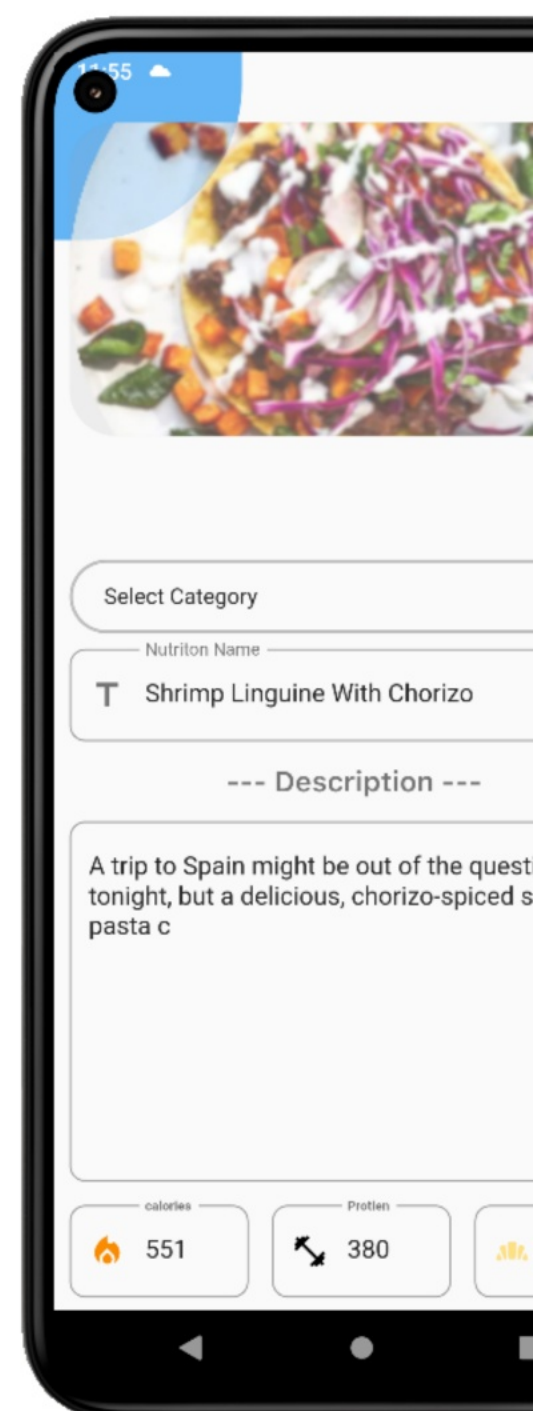
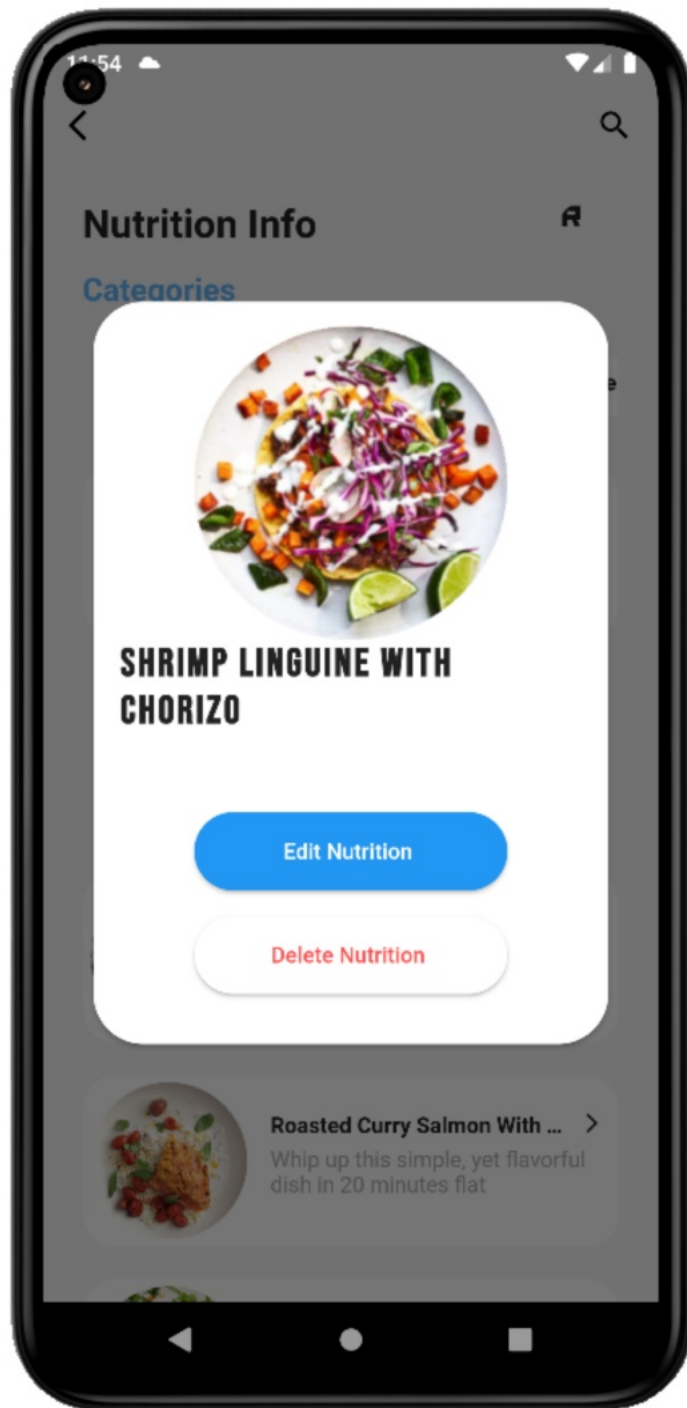
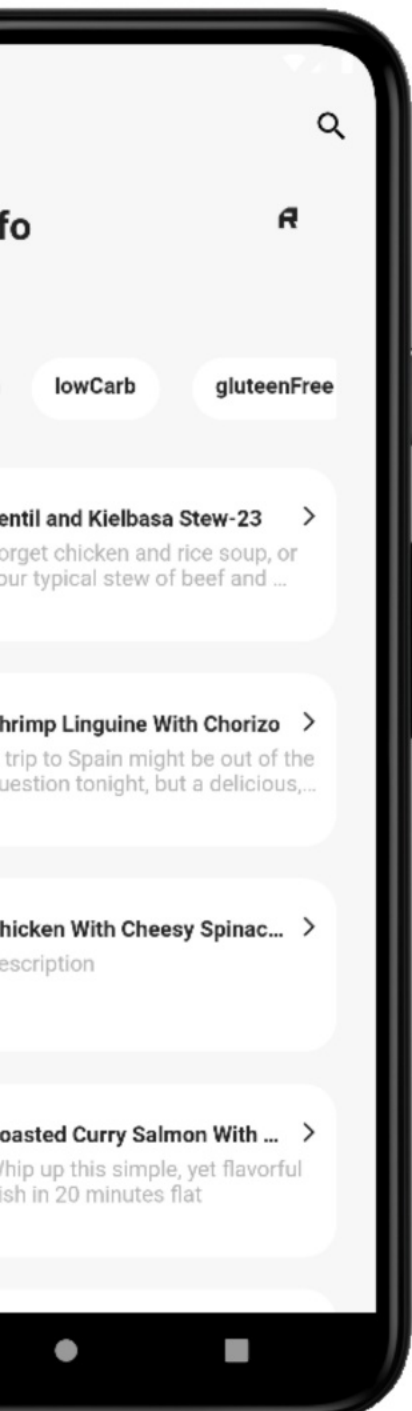


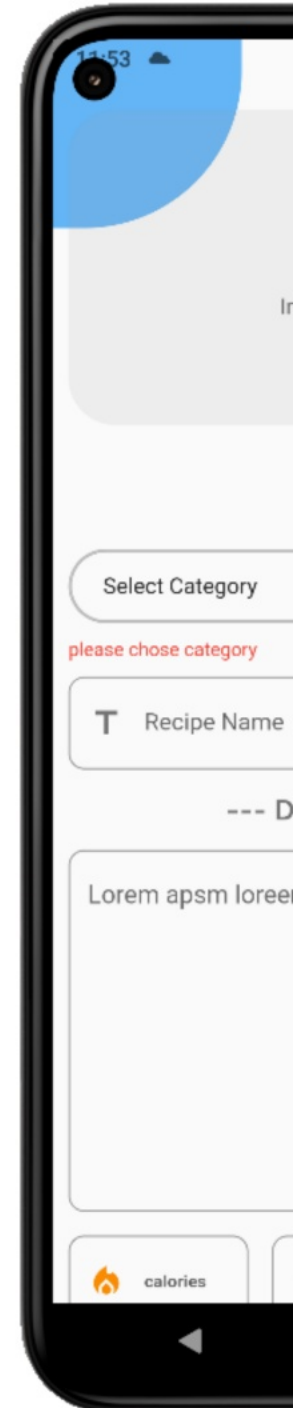
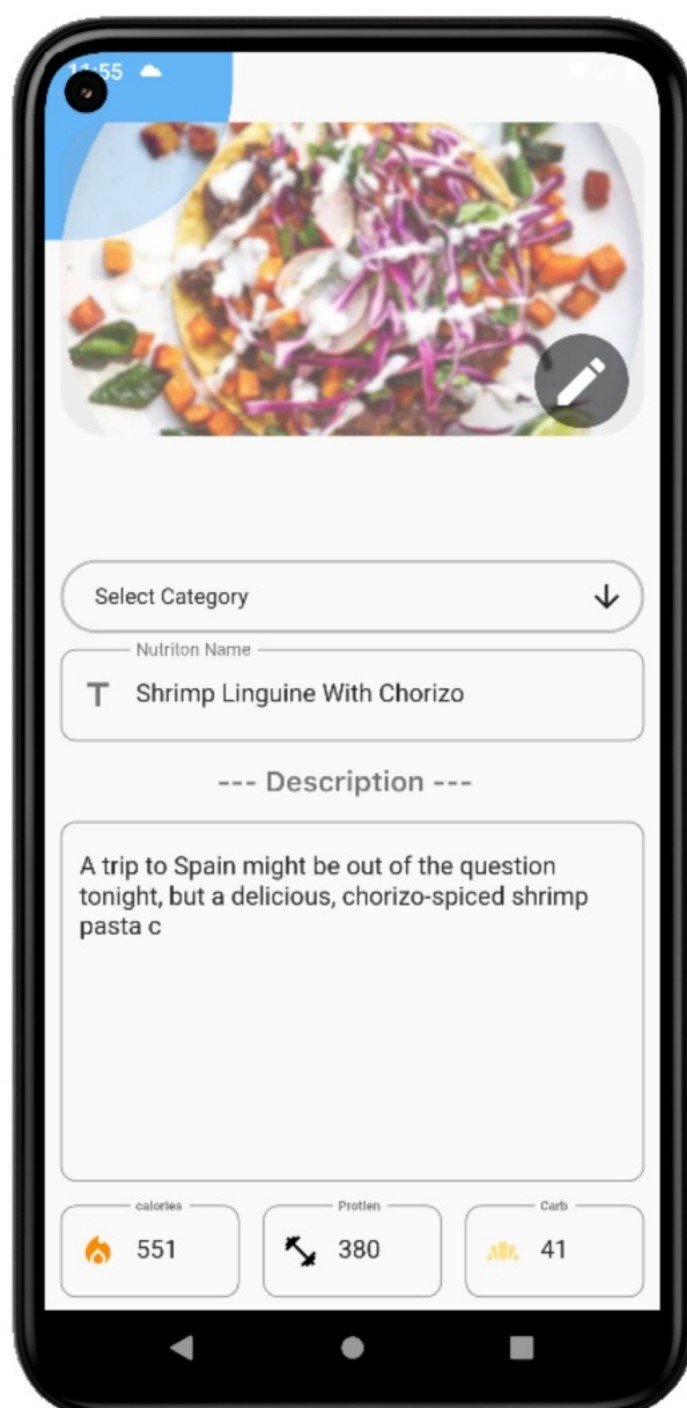
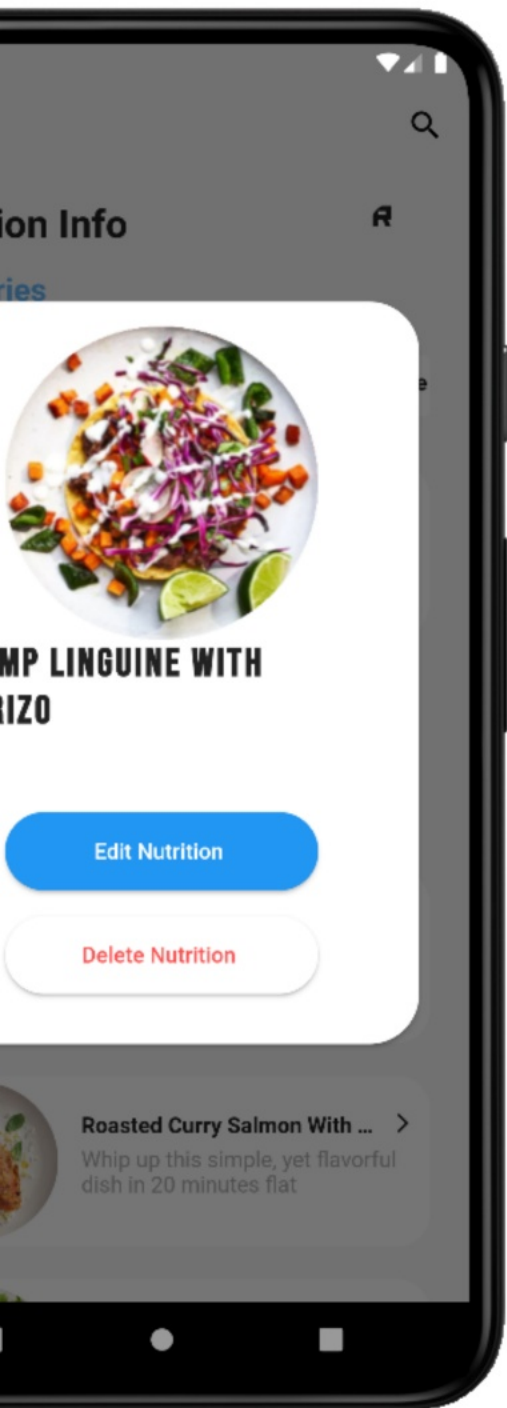
Recipe Control

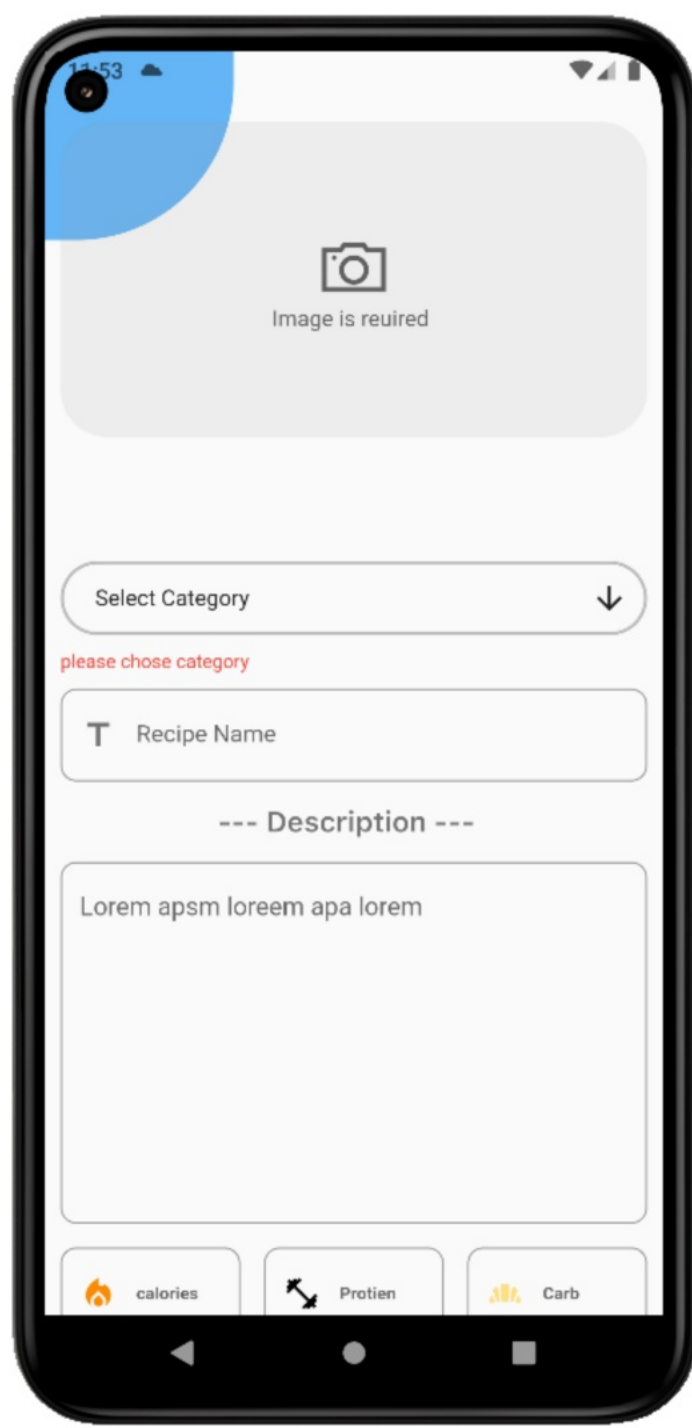
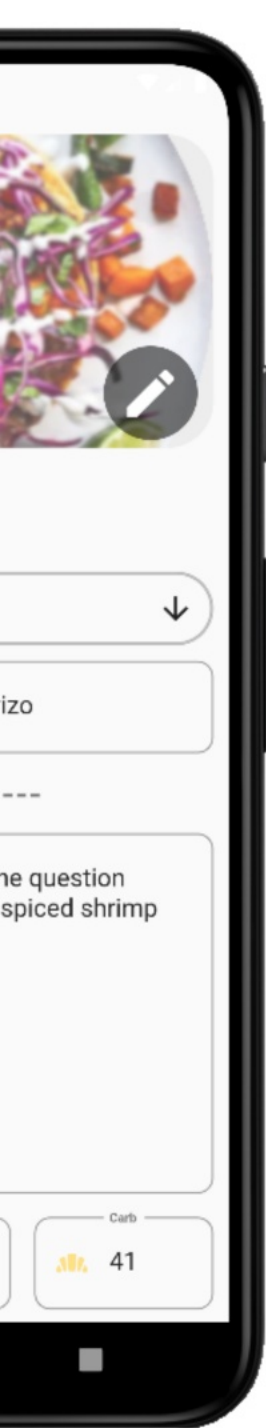




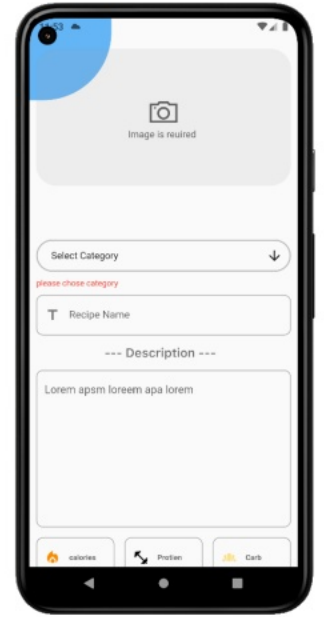
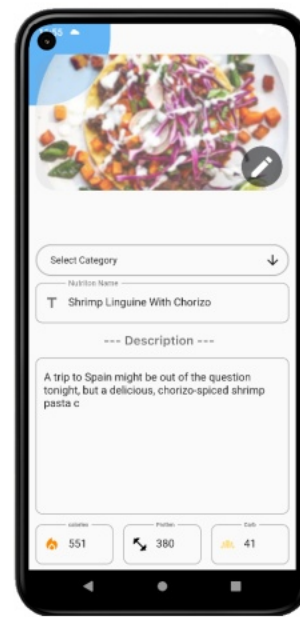
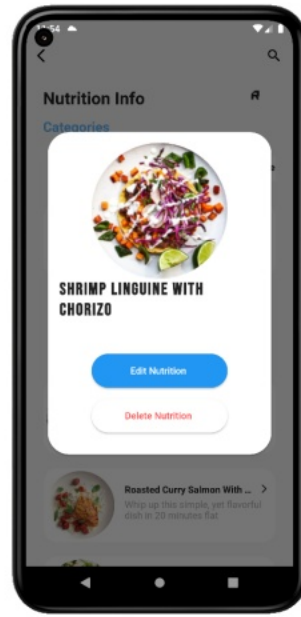
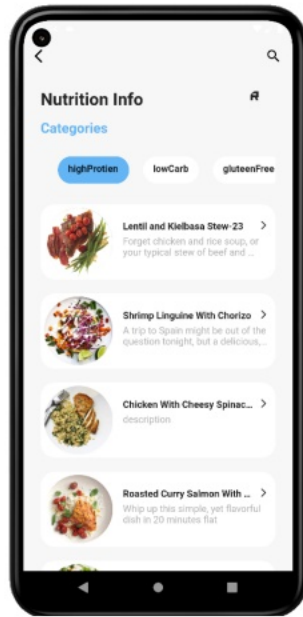




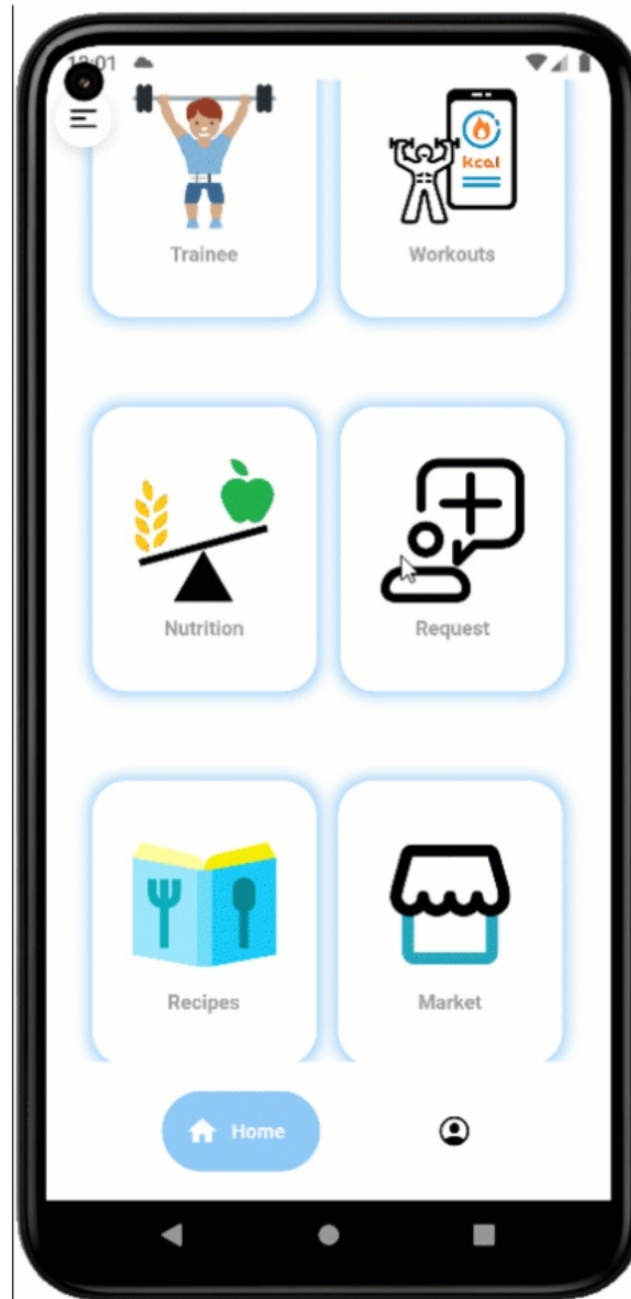




Recipe Control



Coach Request





NITRO GYM APP



Nitro gym app

Admin app



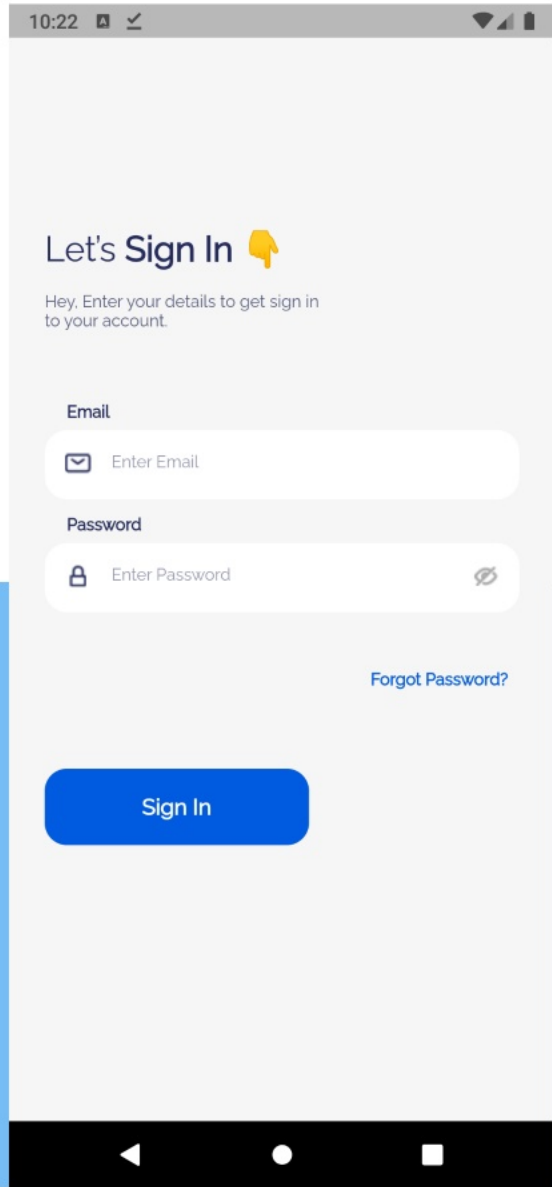
Tools used

Web version



> Admin sign in

next

A mobile application sign-in screen. At the top, the status bar shows the time 10:22 and battery level. The main heading is "Let's Sign In" with a yellow hand cursor icon. Below it is a subtitle: "Hey, Enter your details to get sign in to your account." There are two input fields: "Email" with a checkmark icon and "Password" with a lock icon and a toggle icon. A "Forgot Password?" link is positioned to the right of the password field. A blue "Sign In" button is at the bottom. The screen is framed by blue decorative shapes on the left and right.


10:22

Let's Sign In

Hey, Enter your details to get sign in to your account.

Email

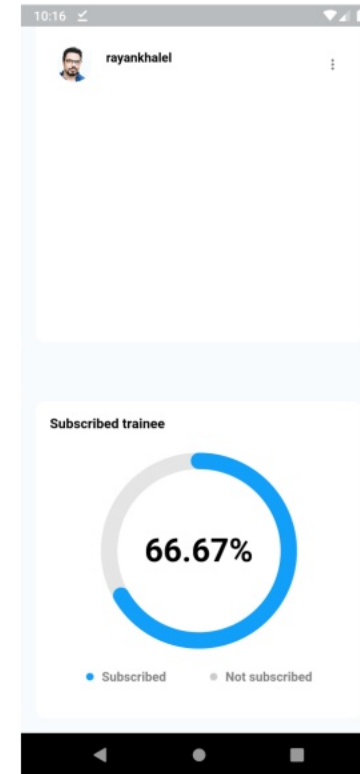
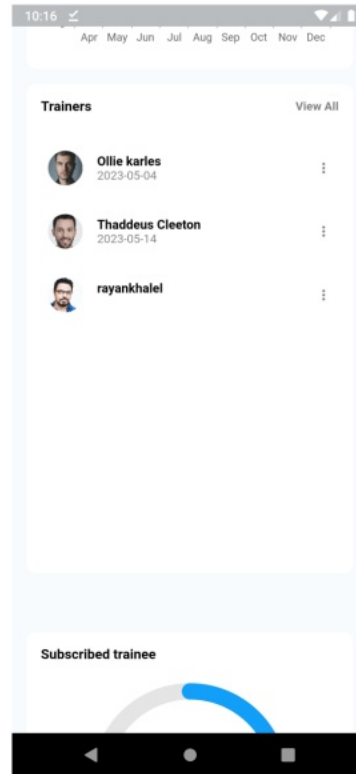
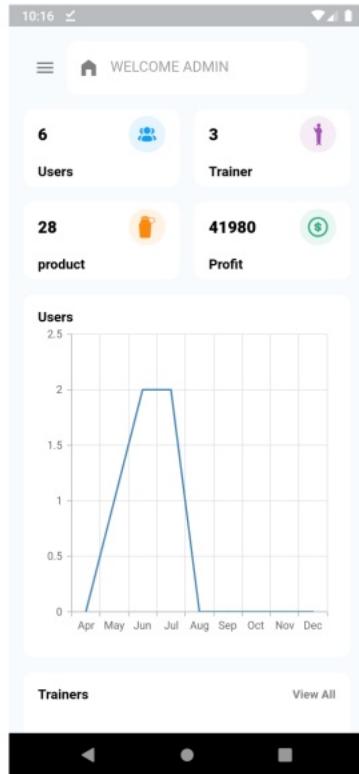
Password



[Forgot Password?](#)

Sign In

➤ Admin Dashboard




next

6
Users




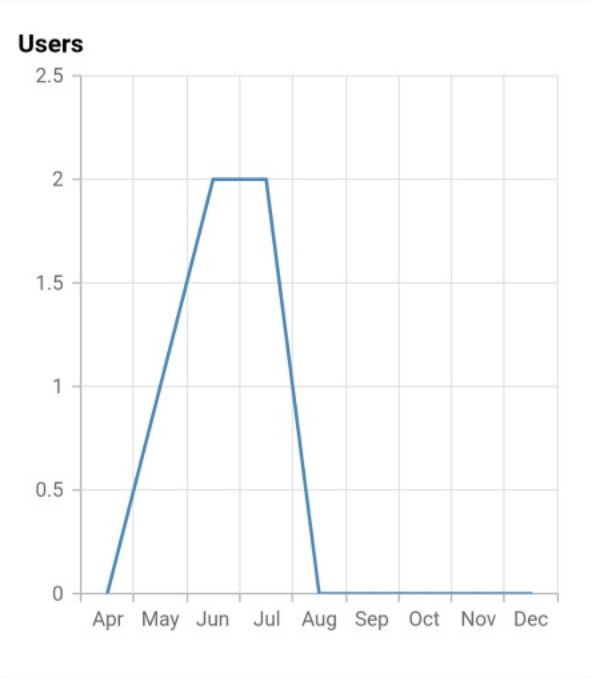
3
Trainer



28
product



41980
Profit

Trainers [View All](#)


Trainers



Ollie karle
2023-05-04



Thaddeus
2023-05-14



rayankhale

Subscribed trainee






10:16


Apr May Jun Jul Aug Sep Oct Nov Dec

Trainers


View All

-  **Ollie karles**
2023-05-04
-  **Thaddeus Cleeton**
2023-05-14
-  **rayankhalel**

Subscribed trainee

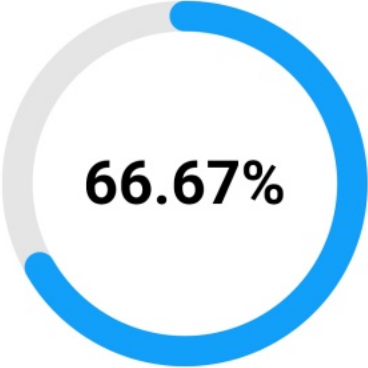


10:16



rayankhalel

Subscribed trainee



66.67%

- Subscribed
- Not subscribed

ers

View All

Ollie karles

2023-05-04

Thaddeus Cleeton

2023-05-14

rayankhalel

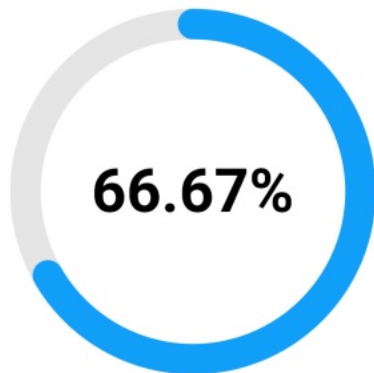
scribed trainee



rayankhalel



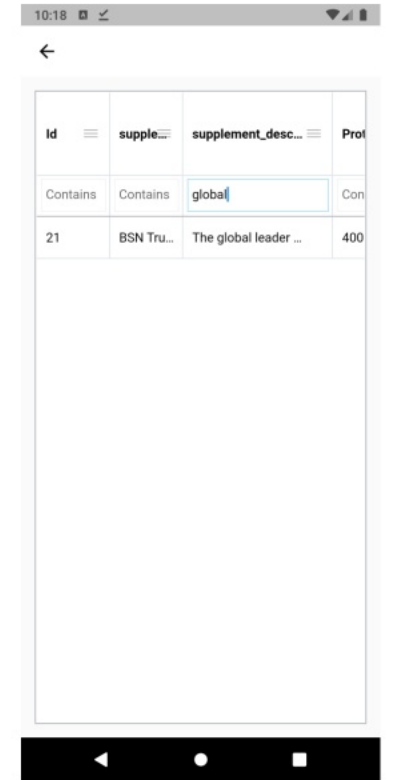
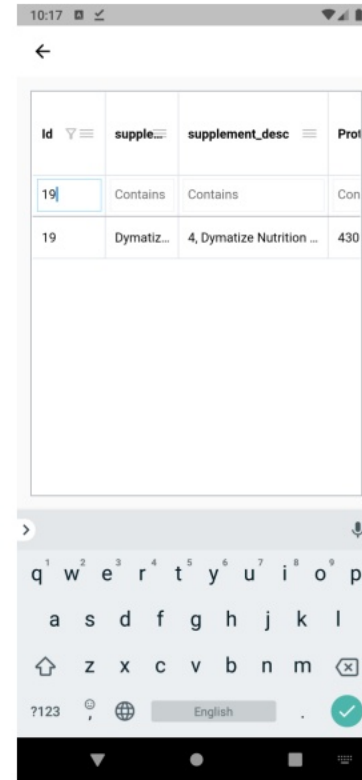
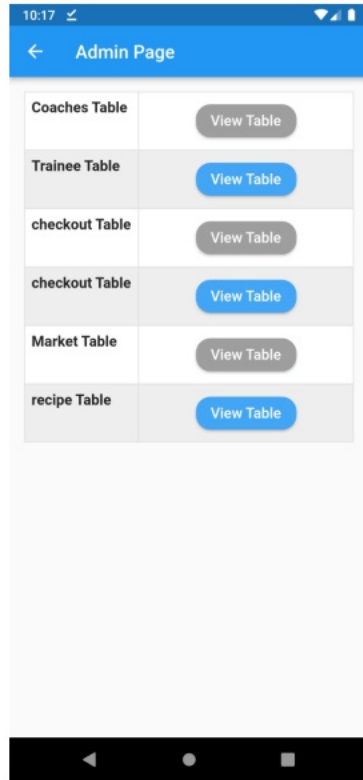
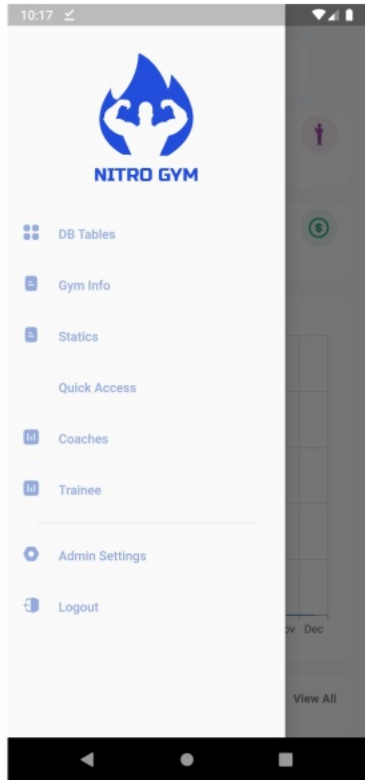
Subscribed trainee



● Subscribed

● Not subscribed

➤ DB tables





DB Tables

Gym Info

Statics

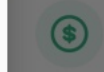
Quick Access

Coaches

Trainee

Admin Settings

Logout



ov Dec

View All

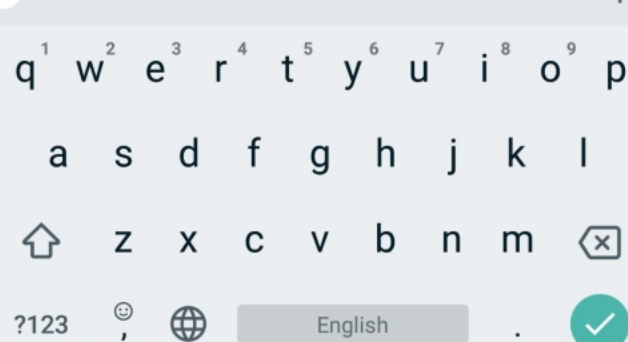
Coaches Table	View Table
Trainee Table	View Table
checkout Table	View Table
checkout Table	View Table
Market Table	View Table
recipe Table	View Table



Id	recipe_name
Contains	Contains
33	12
35	Lentil and Kielbasa Stew
36	title
37	Shrimp Linguine With ...
38	Chicken With Cheesy ...
39	Roasted Curry Salmon V
40	Grilled Pork Chops
41	Mole-Spiced Black Bean
42	Steak With Skillet Tomat
43	Slow-Cooker Squash ...
44	Spaghetti Squash Carbo
45	Keto Big Mac Salad



Id	supple...	supplement_desc	Prot
19	Contains	Contains	Con
19	Dymatiz...	4, Dymatize Nutrition ...	430



Id	supple...	supplement_desc...	Prot
Contains	Contains	global	Con
21	BSN Tru...	The global leader ...	400




Id	supple...	supplement_desc	Prot
19	Contains	Contains	Con
19	Dymatiz...	4, Dymatize Nutrition ...	430

QWERTY keyboard with a microphone icon at the top right and a checkmark icon at the bottom right. The language is set to English.



Id	supple...	supplement_desc...	Prot
Contains	Contains	global	Con
21	BSN Tru...	The global leader ...	400

10:17



NITRO GYM

- DB Tables
- Gym Info
- Statics
- Quick Access
- Coaches
- Trainee
- Admin Settings
- Logout

View All

10:17

← Admin Page

Coaches Table	View Table
Trainee Table	View Table
checkout Table	View Table
checkout Table	View Table
Market Table	View Table
recipe Table	View Table

10:17

←

Id	recipe_name
Contains	Contains
33	12
35	Lentil and Kielbasa Stew
36	title
37	Shrimp Linguine With ...
38	Chicken With Cheesy ...
39	Roasted Curry Salmon V
40	Grilled Pork Chops
41	Mole-Spiced Black Bean
42	Steak With Skillet Tomat
43	Slow-Cooker Squash ...
44	Spaghetti Squash Carbo
45	Keto Big Mac Salad

10:17

Admin Page

Coaches Table	View Table
Trainee Table	View Table
checkout Table	View Table
checkout Table	View Table
Market Table	View Table
recipe Table	View Table

10:17

←

Id	recipe_name
Contains	Contains
33	12
35	Lentil and Kielbasa Stew
36	title
37	Shrimp Linguine With ...
38	Chicken With Cheesy ...
39	Roasted Curry Salmon V
40	Grilled Pork Chops
41	Mole-Spiced Black Bean
42	Steak With Skillet Tomat
43	Slow-Cooker Squash ...
44	Spaghetti Squash Carbo
45	Keto Big Mac Salad

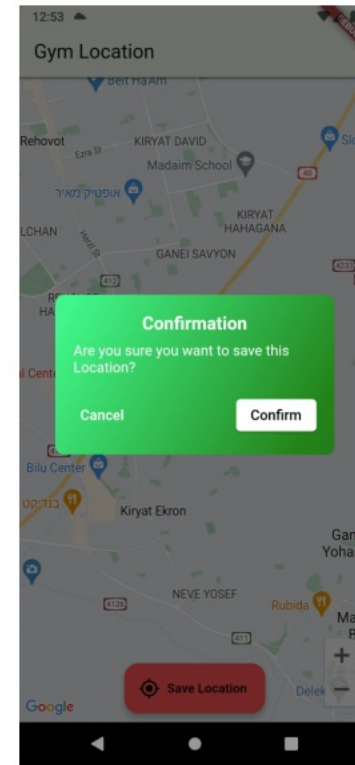
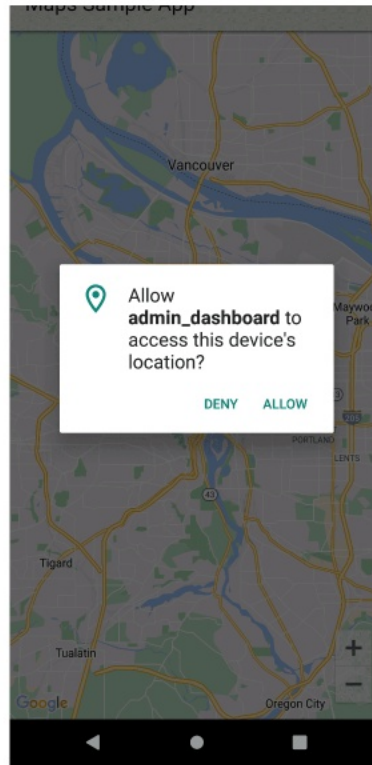
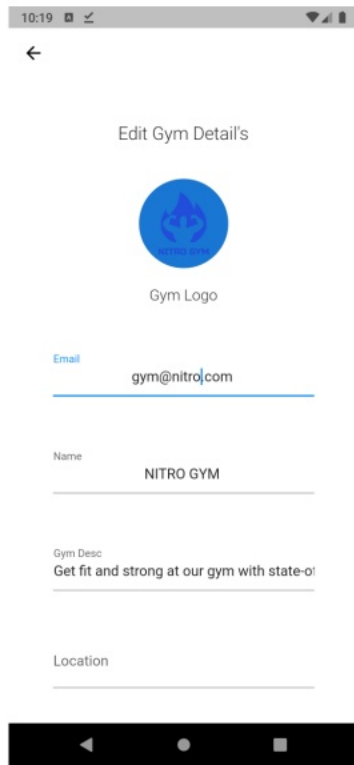
10:17

←

Id	supple...	supplement_desc	Prot
19	Contains	Contains	Con
19	Dymatiz...	4, Dymatize Nutrition ...	430

q w e r t y u i o p
a s d f g h j k l
↑ z x c v b n m ×
?123 , ⌐ English . ✓

➤ GYM data and location





Edit Gym Detail's



Gym Logo

Email

gym@nitro.com

Name

NITRO GYM

Gym Desc

Get fit and strong at our gym with state-of

Location

All
ad
ac
loc

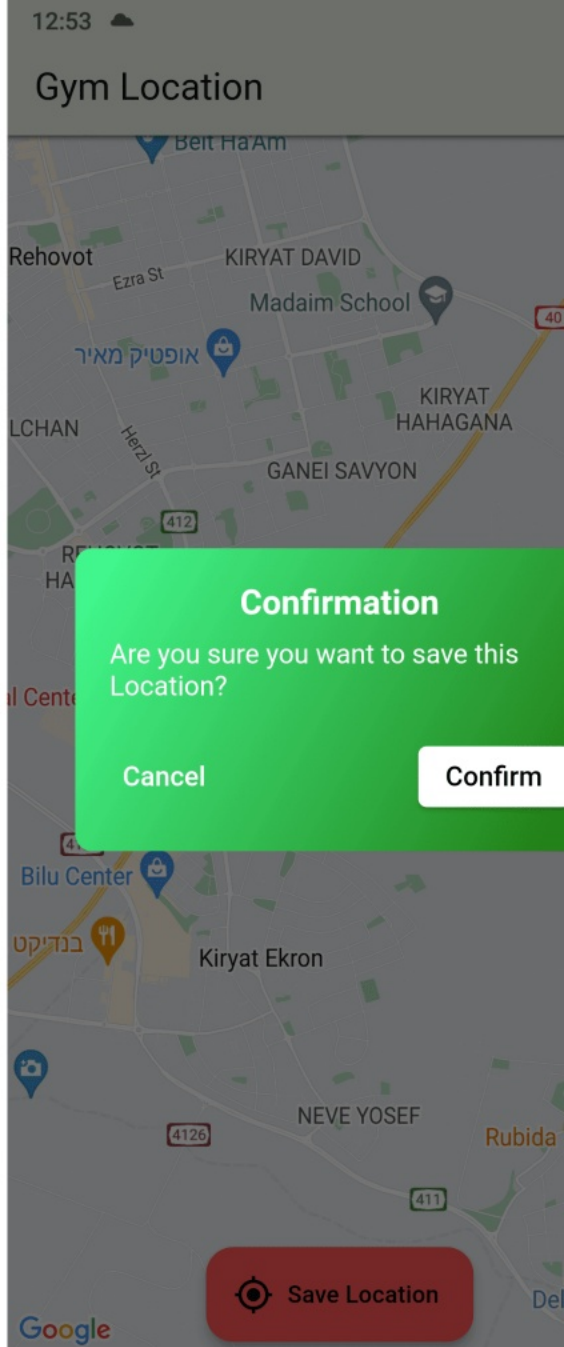
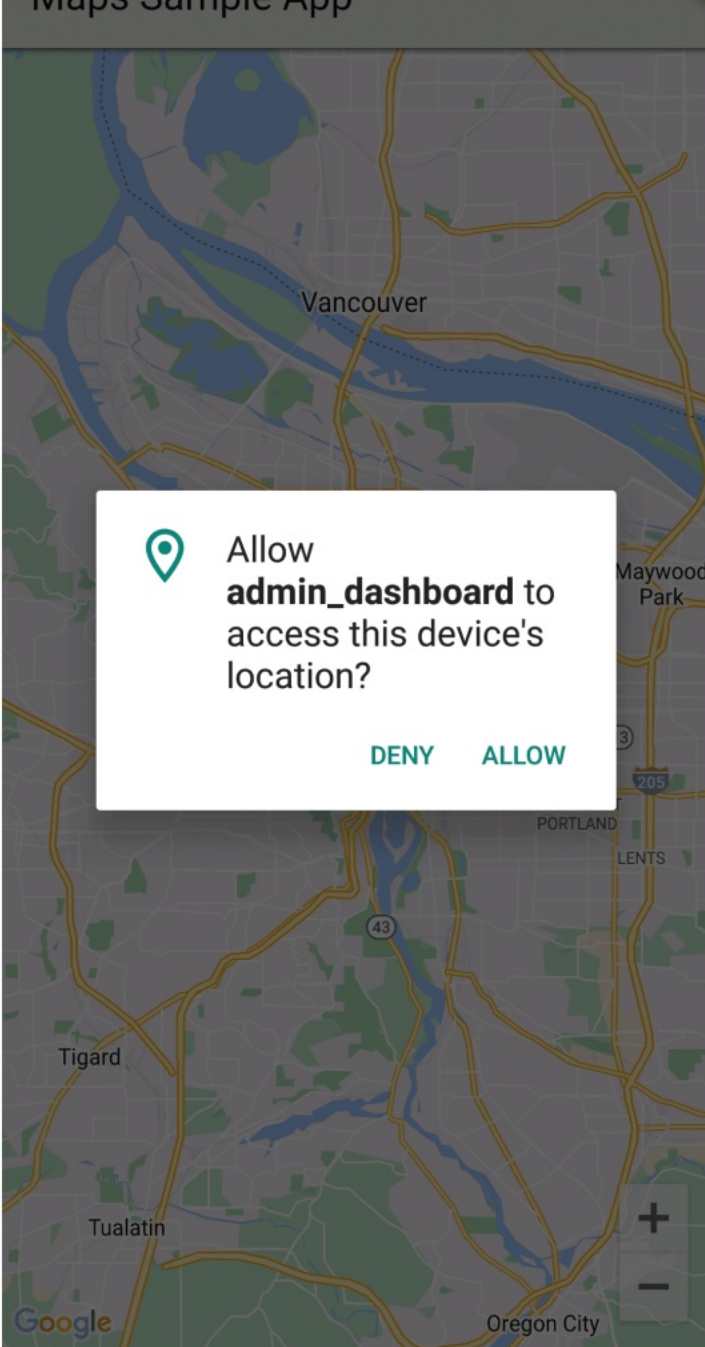
Tigard

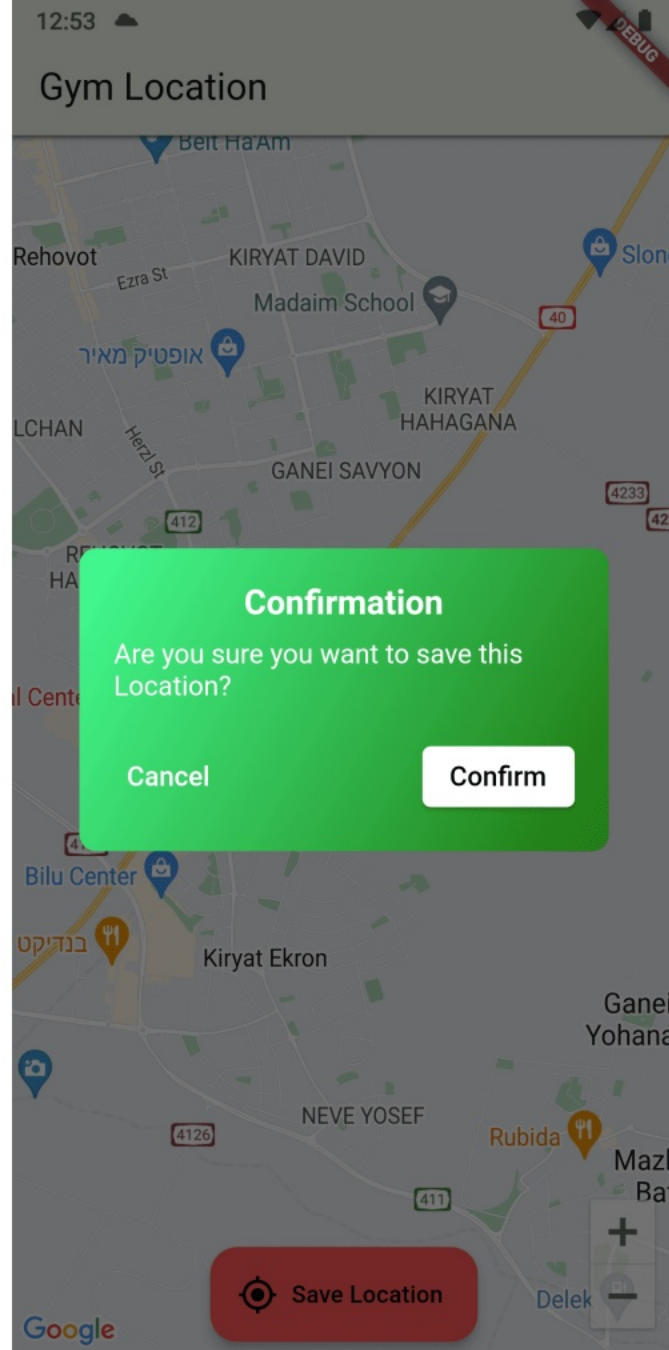
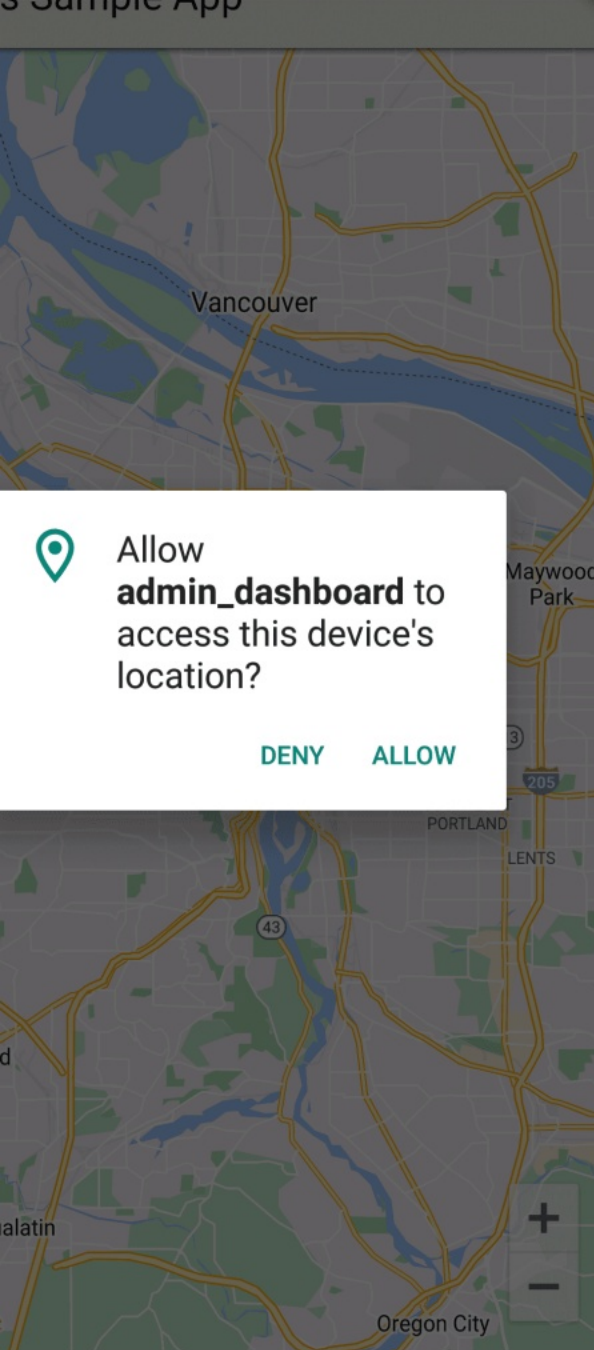
Tualatin

tail's

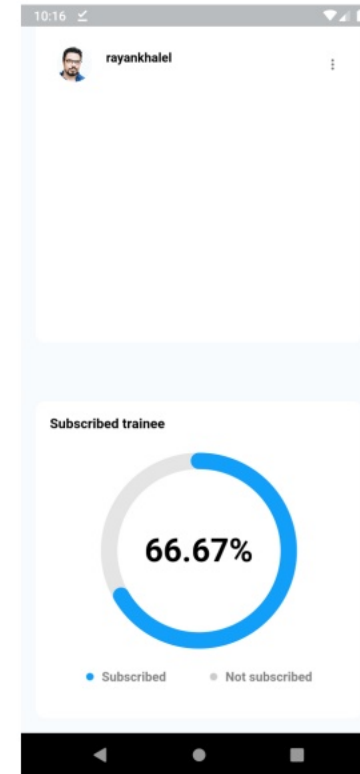
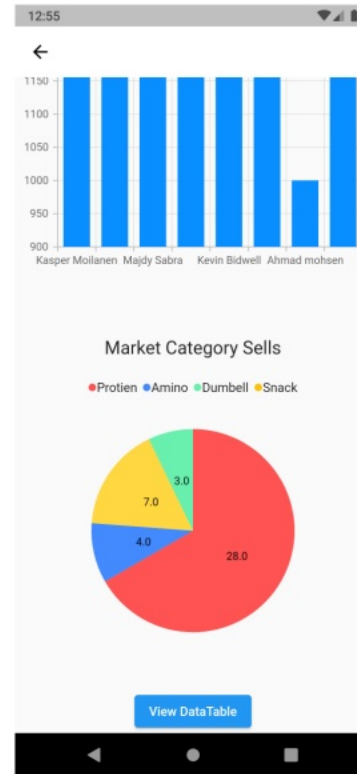
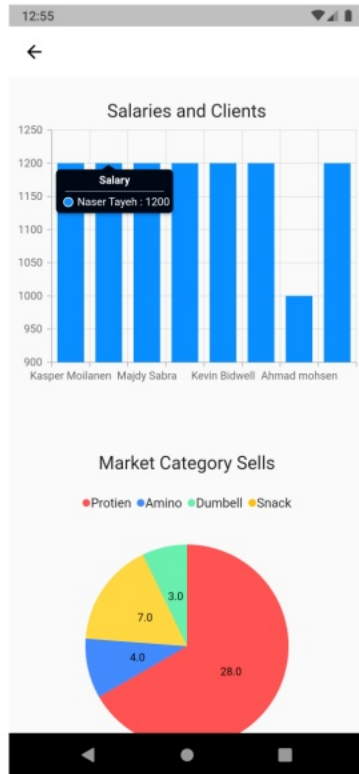
om

ym with state-of





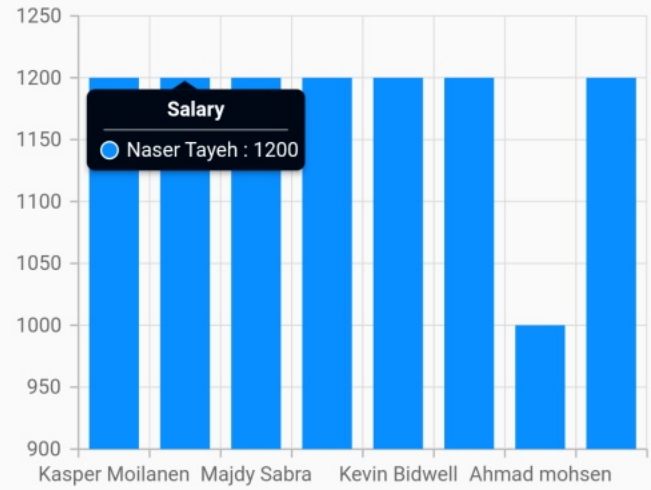
➤ Admin Statics



next

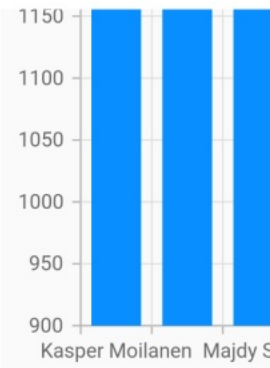
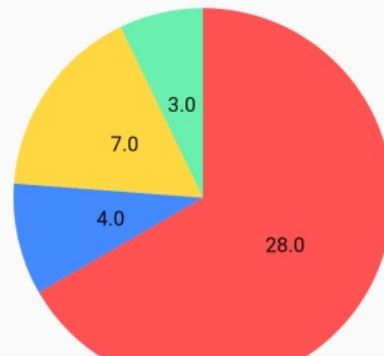


Salaries and Clients



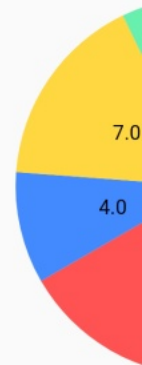
Market Category Sells

● Protien ● Amino ● Dumbell ● Snack



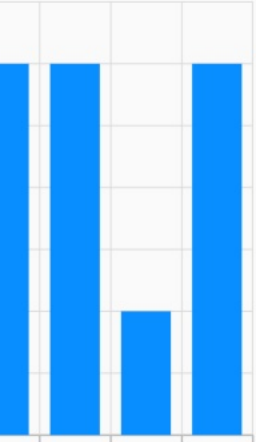
Market

● Protien ● Amino



V

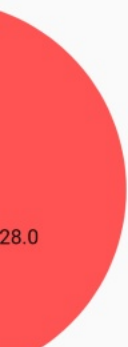
lients



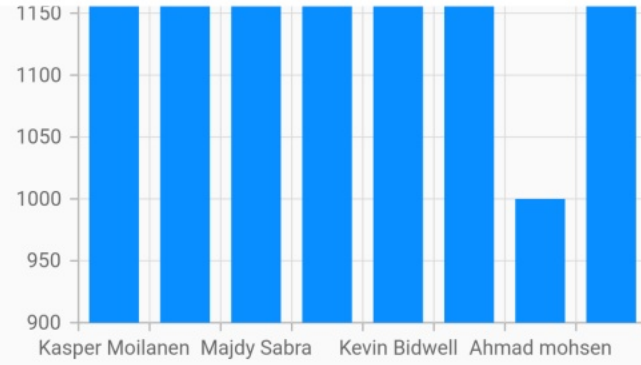
Bidwell Ahmad mohsen

ry Sells

bell Snack

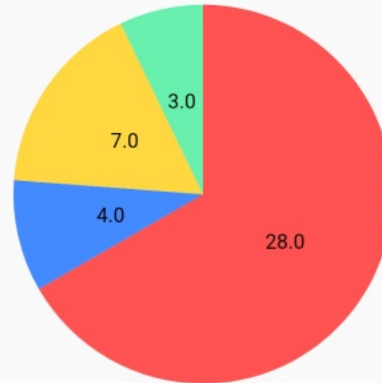


12:55



Market Category Sells

● Protien ● Amino ● Dumbell ● Snack



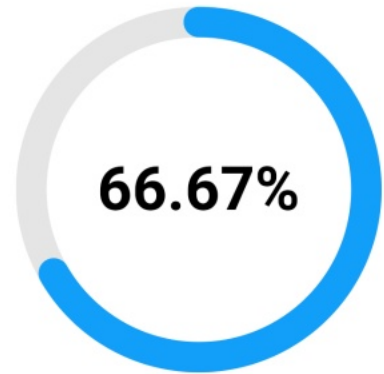
[View DataTable](#)

10:16

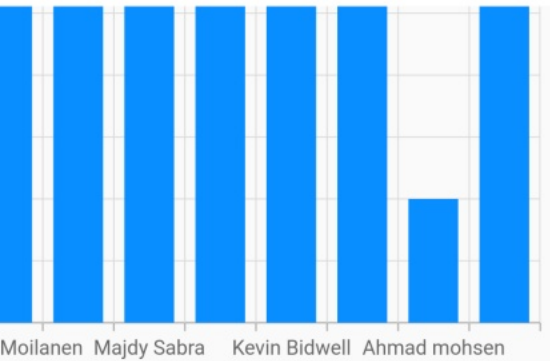


rayankhalel

Subscribed trainee

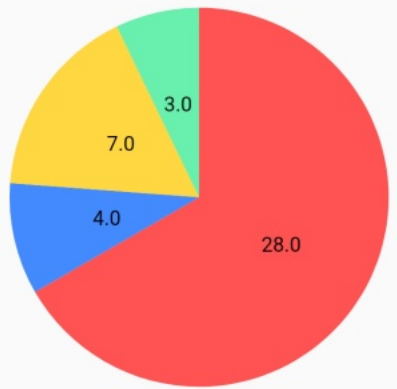


● Subscribed ● Not subscribed



Market Category Sells

● Protien ● Amino ● Dumbell ● Snack



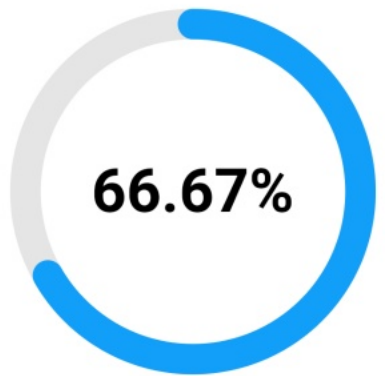
[View DataTable](#)



rayankhalel

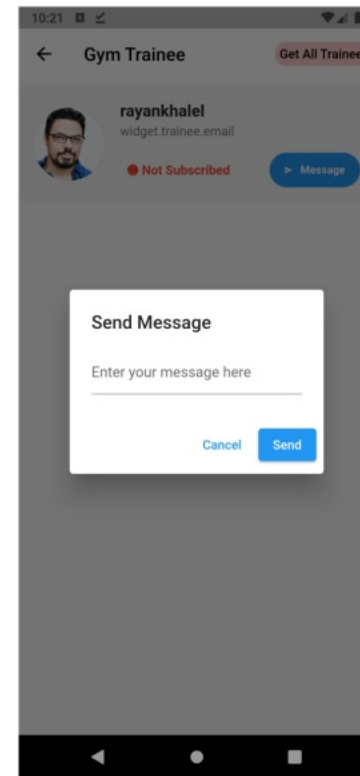
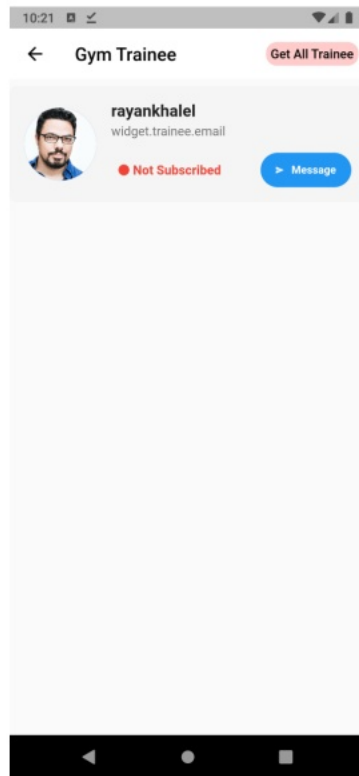
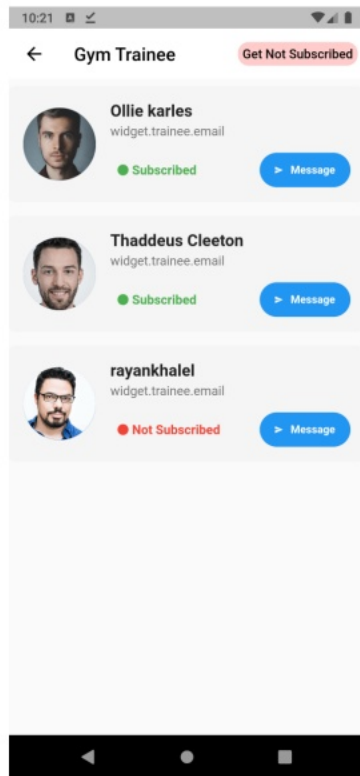


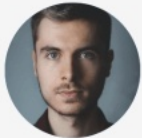
Subscribed trainee





● Subscribed ● Not subscribed


➤ trainee



 **Ollie karles**
widget.trainee.email
● Subscribed ▶ Message

 **Thaddeus Cleeton**
widget.trainee.email
● Subscribed ▶ Message

 **rayankhalel**
widget.trainee.email
● Not Subscribed ▶ Message

 **rayankhalel**
widget.trainee.email
● Not Subscribed

Get Not Subscribed

> Message

> Message

> Message

← Gym Trainee

Get All Trainee



rayankhalel
widget.trainee.email

● Not Subscribed

> Message

← Gym Trainee

Get All Trainee



rayankhalel
widget.trainee.email

● Not Subscribed


> Message

Send Message

Enter your message here

Cancel


Send



rayankhalel
widget.trainee.email

● Not Subscribed

> Message



rayankhalel
widget.trainee.email

● Not Subscribed

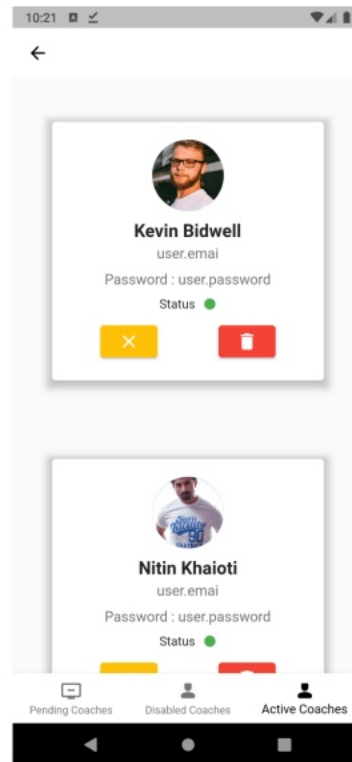
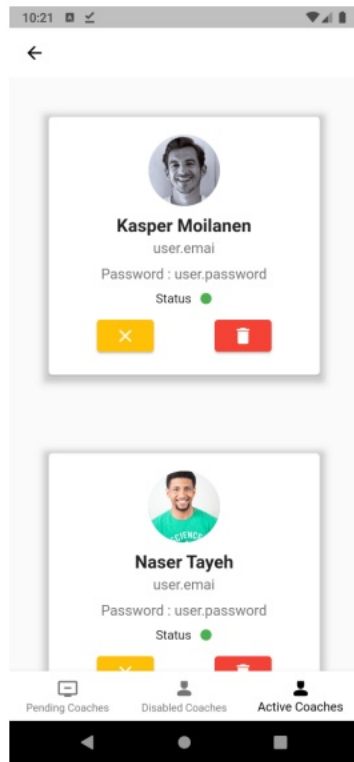
> Message

Send Message

Enter your message here

Cancel Send

➤ Coaches





Kasper Moilanen

user.emai


Password : user.password


Status ●







Ke





Passwo

anen
password


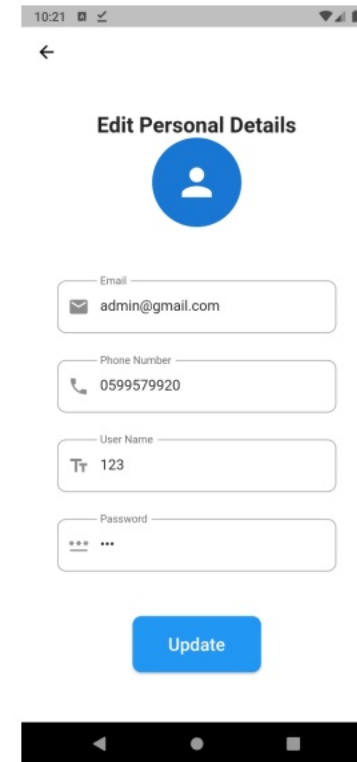
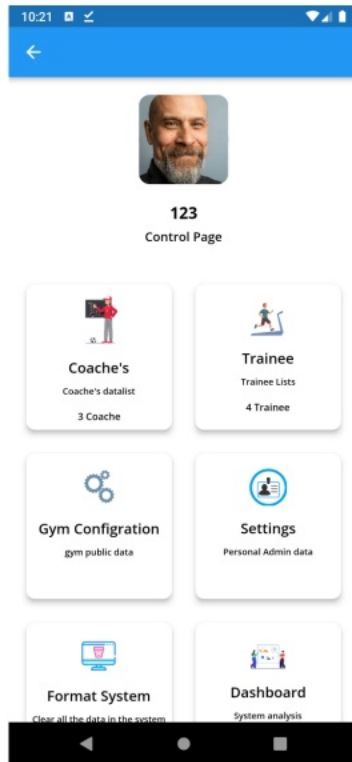
eh
password





Kevin Bidwell
user.emai
Password : user.password
Status 
 


Nitin Khaioti
user.emai
Password : user.password
Status 
 

➤ Admin data






123

Control Page




Coache's
Coache's datalist
3 Coache



Trainee
Trainee Lists
4 Trainee




Gym Configuration
gym public data



Settings
Personal Admin data



Format System
Clear all the data in the system




Dashboard
System analysis




Edit Personal Details



Email

 admin@gmail.com

Phone Number

 0599579920

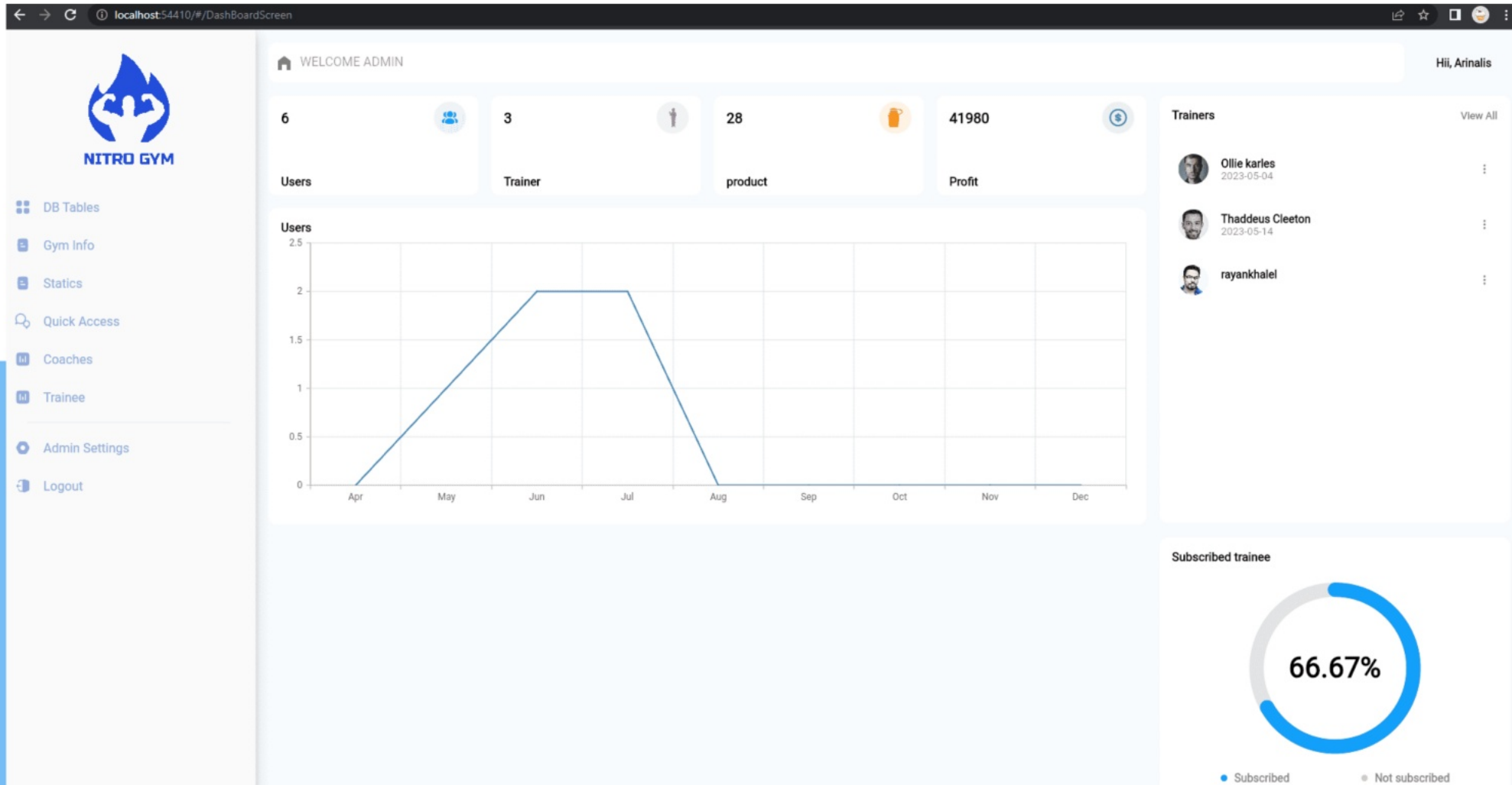
User Name

 123

Password

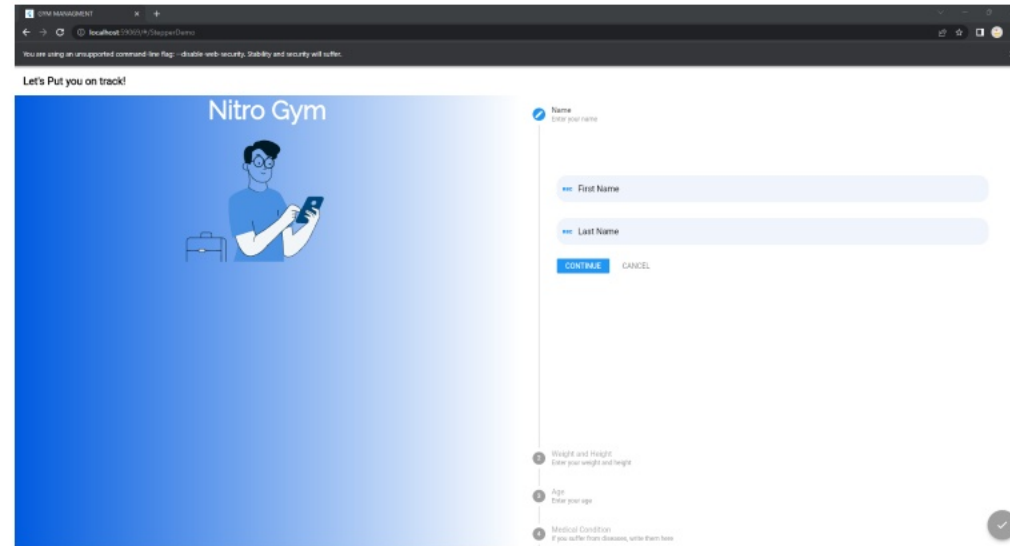
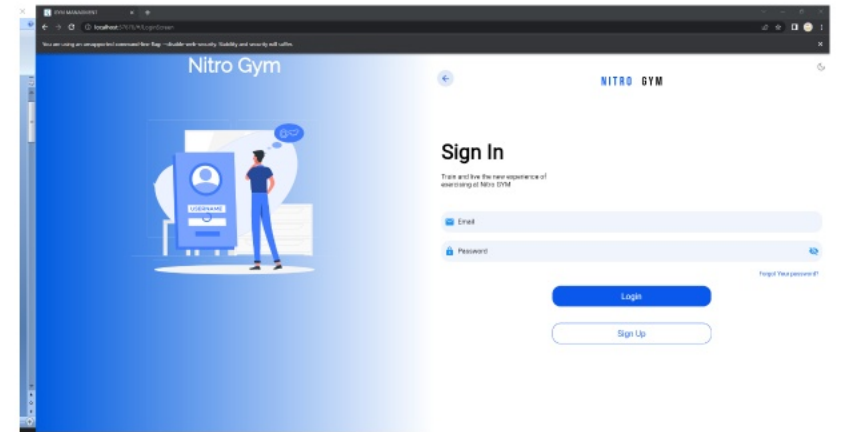
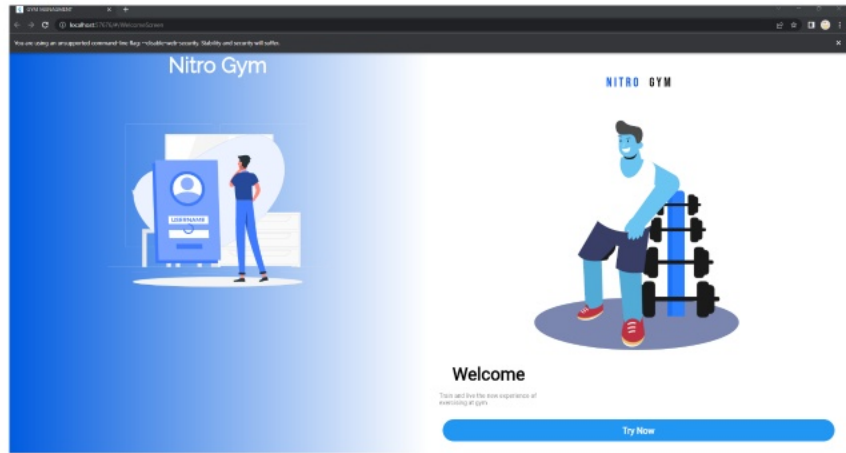
Update

> Admin web version



next

➤ Nitro Gym web version



3

Technology used



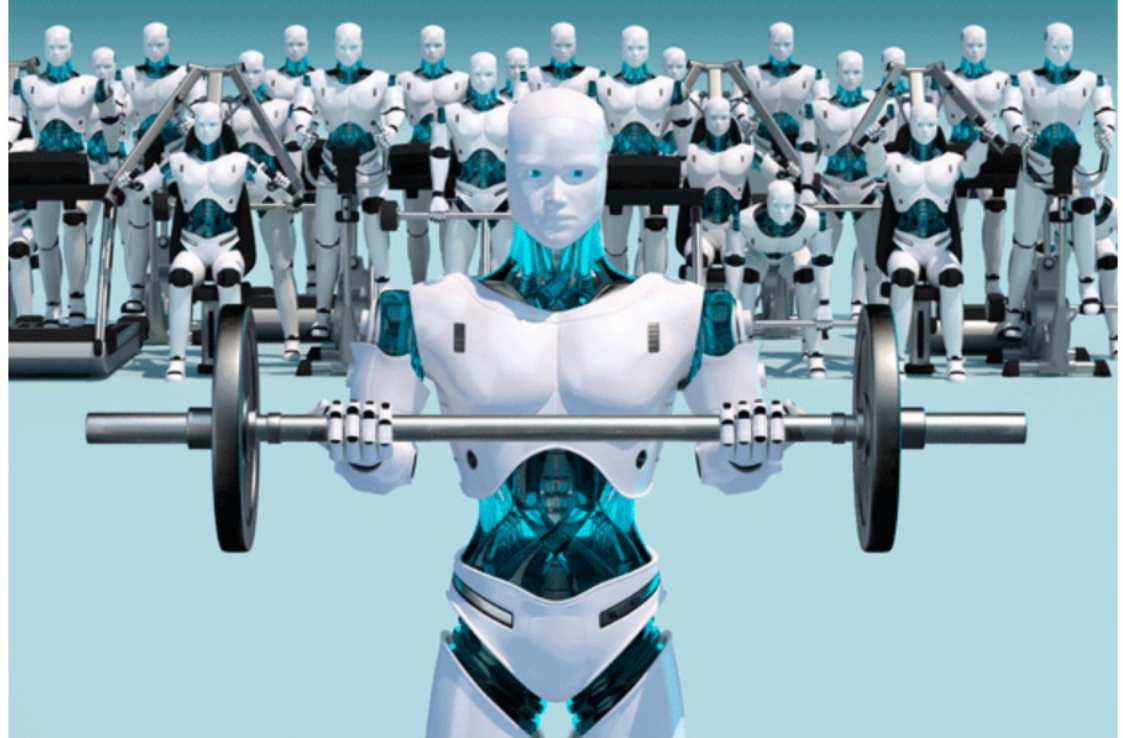
> Technology Used

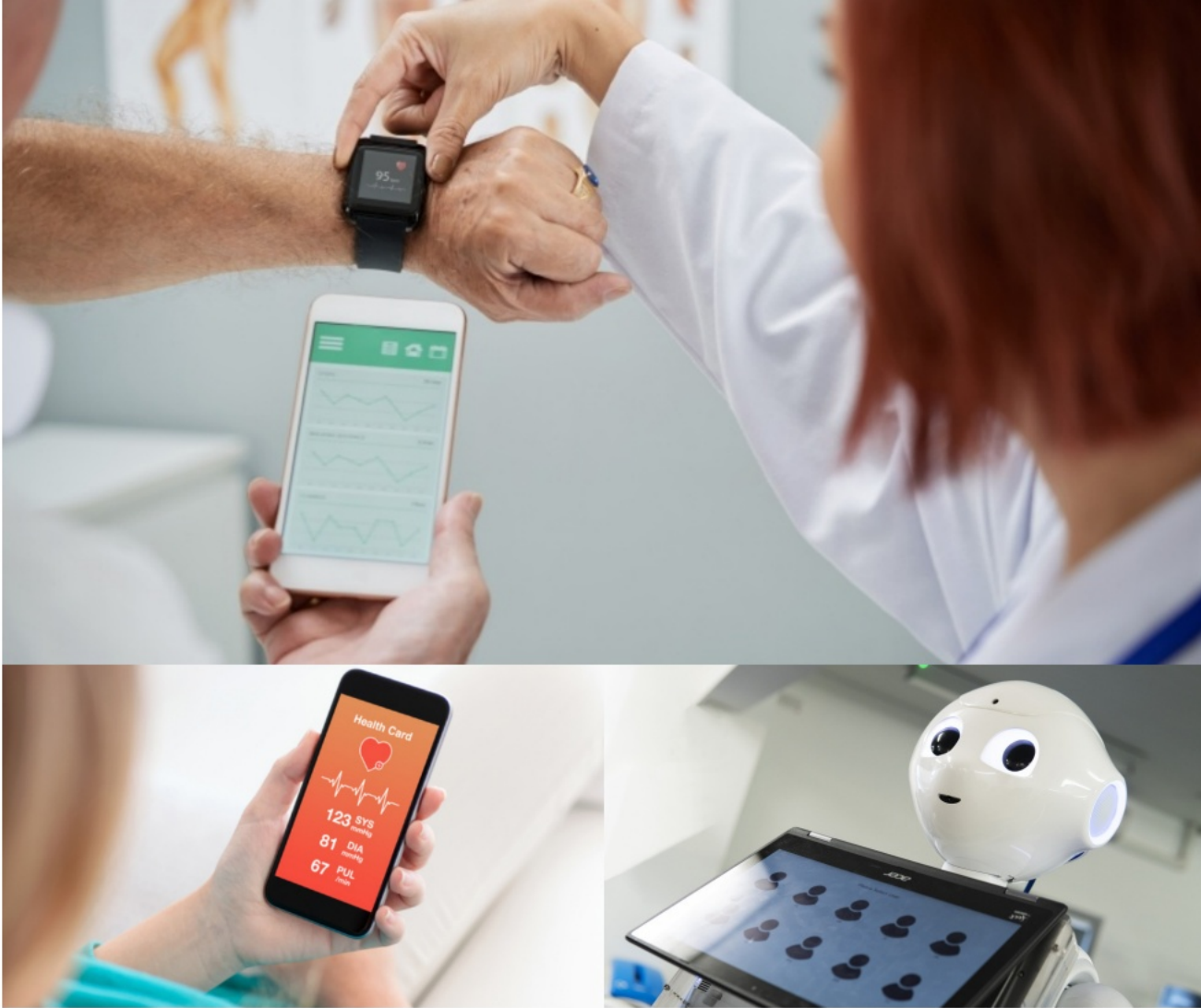
Express **JS**



4

The Future of Work





- The gym management system could be enhanced by incorporating additional features such as biometric tracking, which would allow users to monitor their heart rate, blood pressure, and other vital signs during their workouts.
- The machine learning capabilities of the system could be further developed to provide more accurate and personalized workout plans for users. This could be achieved by incorporating more data sources, such as wearable fitness devices,
- The gym management system could be integrated with social media platforms to facilitate social interaction and collaboration among users

➤ Future work



Nitro Gym

Management App

Naser Tayeh
Majdy Sabra

Supervisor : Dr. Ashraf Armoush

Next