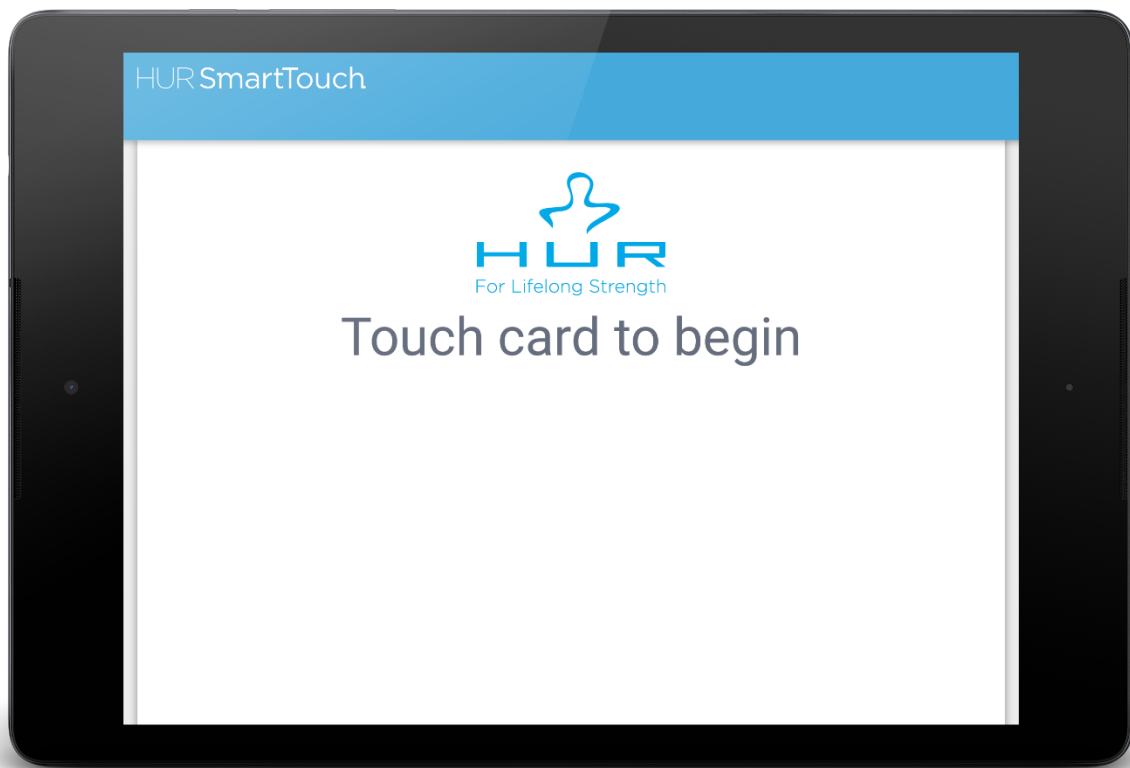# HUR FREETRAINER USER MANUAL

Version: 1.5.1

Date: April 16, 2018

1   GETTING STARTED

1.1   Connecting the application to the SmartTouch system

Opening the app for the first time will immediately show the configuration screen. Here, various settings for the application can be configured. This setup screen can also be accessed from the login screen of the application, by simultaneously pressing on all four corners of the screen.

To use the app, set up the *Device login username*, *Device login password*, and *SmartTouch web address* settings under API configuration. The username and password are defined in the SmartTouch when the tablet is added as a piece of equipment in the gym. The web address is simply the address of the SmartTouch system, e.g. example.hursmarttouch.com. **Error! Reference source not found.** shows these settings.

After this configuration, exit the settings by tapping on the cross in the top right corner. If these settings were configured properly, the app should load for a while before displaying *Touch card to begin*. At this point the app is ready for use.

However, if a mistake was made, *Unable to connect to server* or another error will be displayed. In this case, touch all four corners of the screen at once to get back to the configuration screen, and re-enter the username and password, and ensure the web address is correct.

2   QUICK USER GUIDE

A typical user visit might look like the following:

1. Scan the RFID card
2. Browse the activities that need to be completed, both on the tablet and on machines
3. Press the X in the top right corner to free the tablet for other users while performing exercises
4. Return to the tablet and scan the RFID
5. Mark exercises as completed with the green check mark
6. Once all exercises are completed, end the visit from the menu

3   DETAILED GUIDE

3.1   Main screen

From the main screen, a user can open an existing visit or start a new one if one does not exist. To do this, the user must show their RFID to the tablet.

Once RFID is read, the user's last visit will be opened if it is valid, or a new visit will be created. If there are options that need to be configured for a new visit, this will open a dialog where for example the training program for the visit can be chosen. This can be seen in **Error! Reference source not found.**.

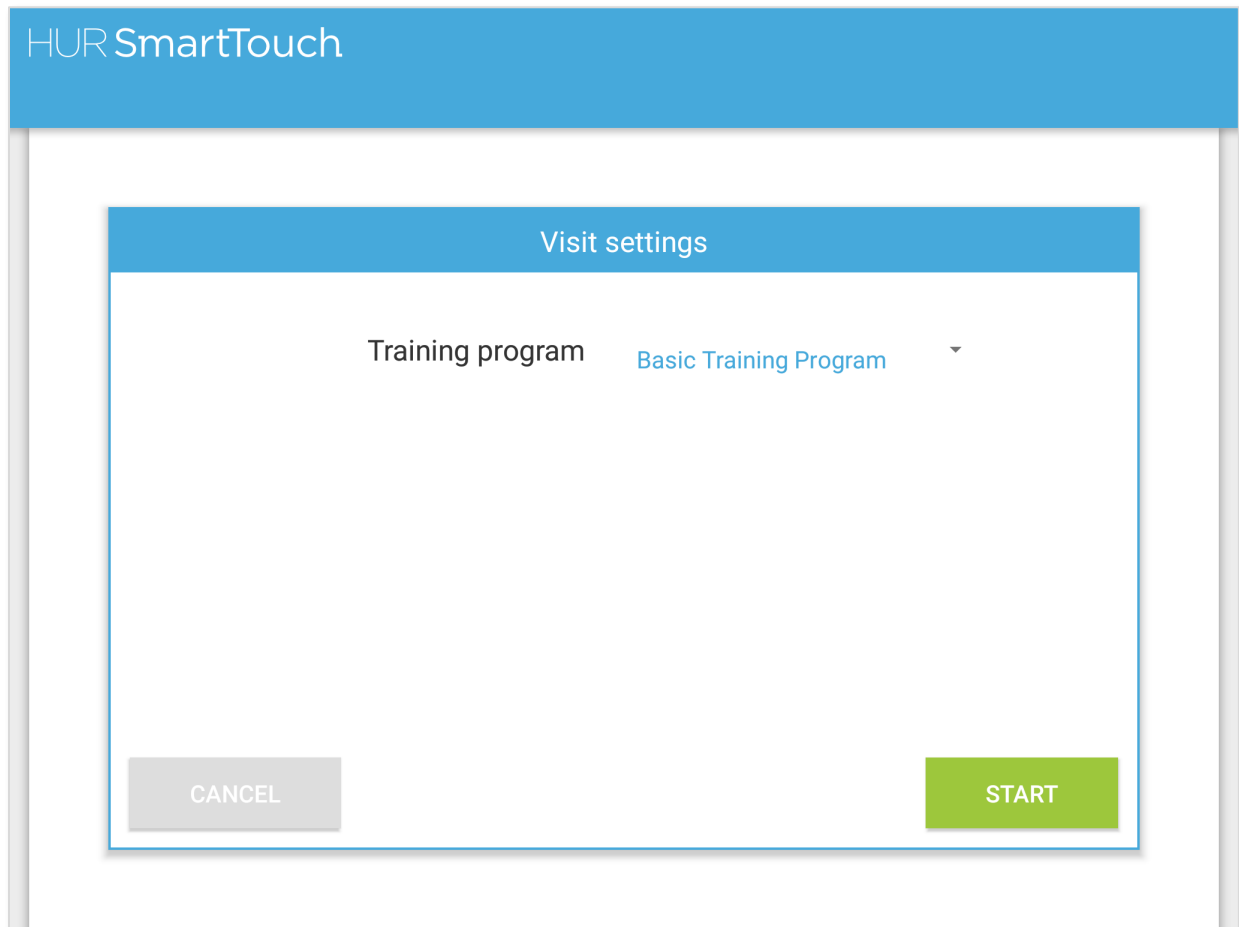When a visit is opened, or created, the *Visit view* is opened.

Figure 1 Dialog for configuring a visit

3.2   Visit view

The visit view shows the user's current exercises to complete on the panel, all exercises in their visit and their profile. The top blue bar houses the common navigational elements. On the left, the stacked lines will open the menu. In the center, the name of the current user is displayed. On the right, the visit time is displayed next to the close visit button. This close visit button returns the user back to the login screen, but does not end the visit. Thus, the user can return to the tablet later and pick up where they left off. Refer to **Error! Reference source not found.** for an image of the top bar, with the panel exercises screen visible.
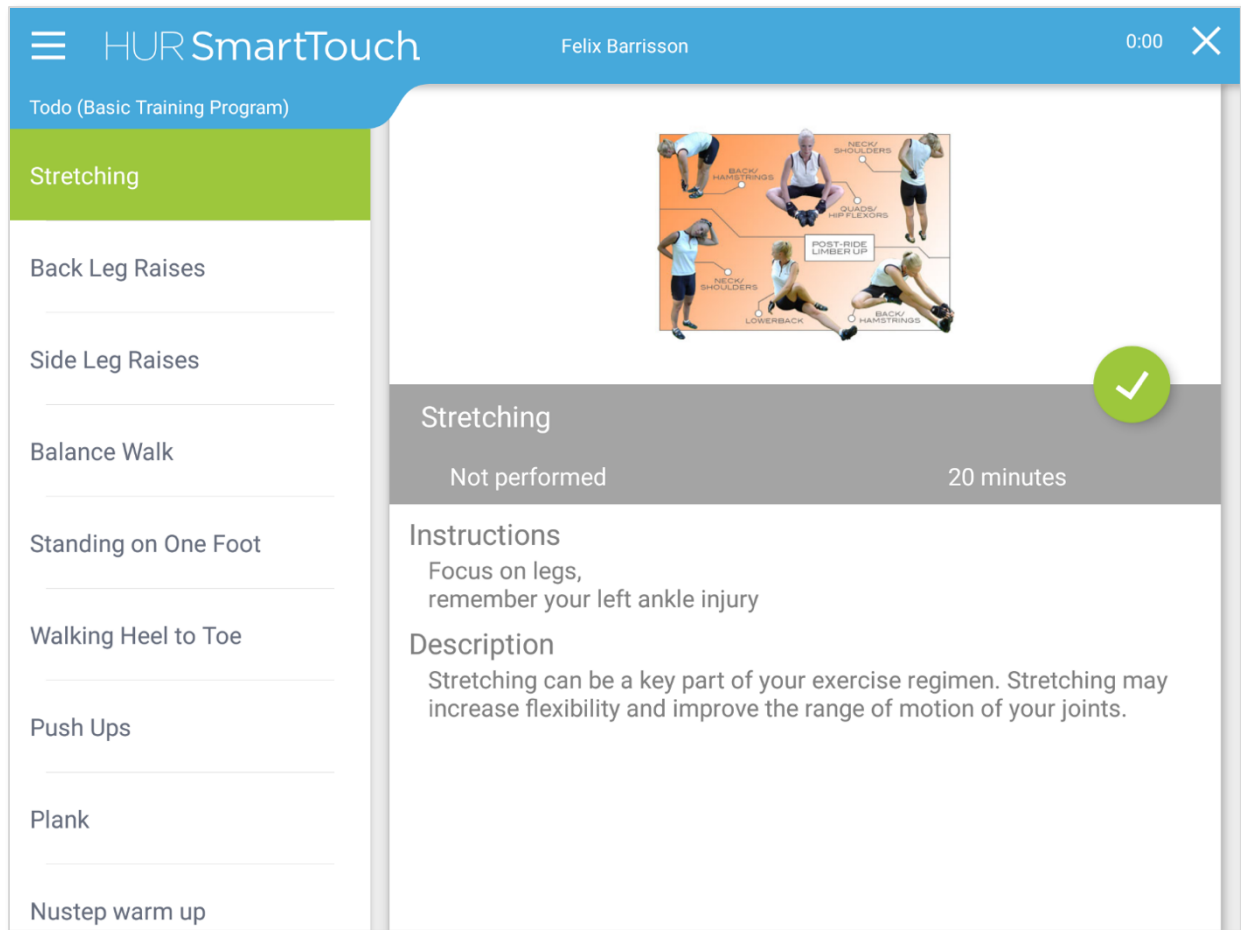
Figure 2 Visit view (with panel exercises screen open)

3.2.1 Menu

The menu can be opened by pressing the three stacked lines in the top left corner of the application, or by swiping in from the left edge. It provides navigation within a user's visit. See **Error! Reference source not found.** for an image of the menu. The *End visit (going home)* option can be used to end the visit when leaving the gym. The other listed options will navigate to the specific sections which are explained in further sections.
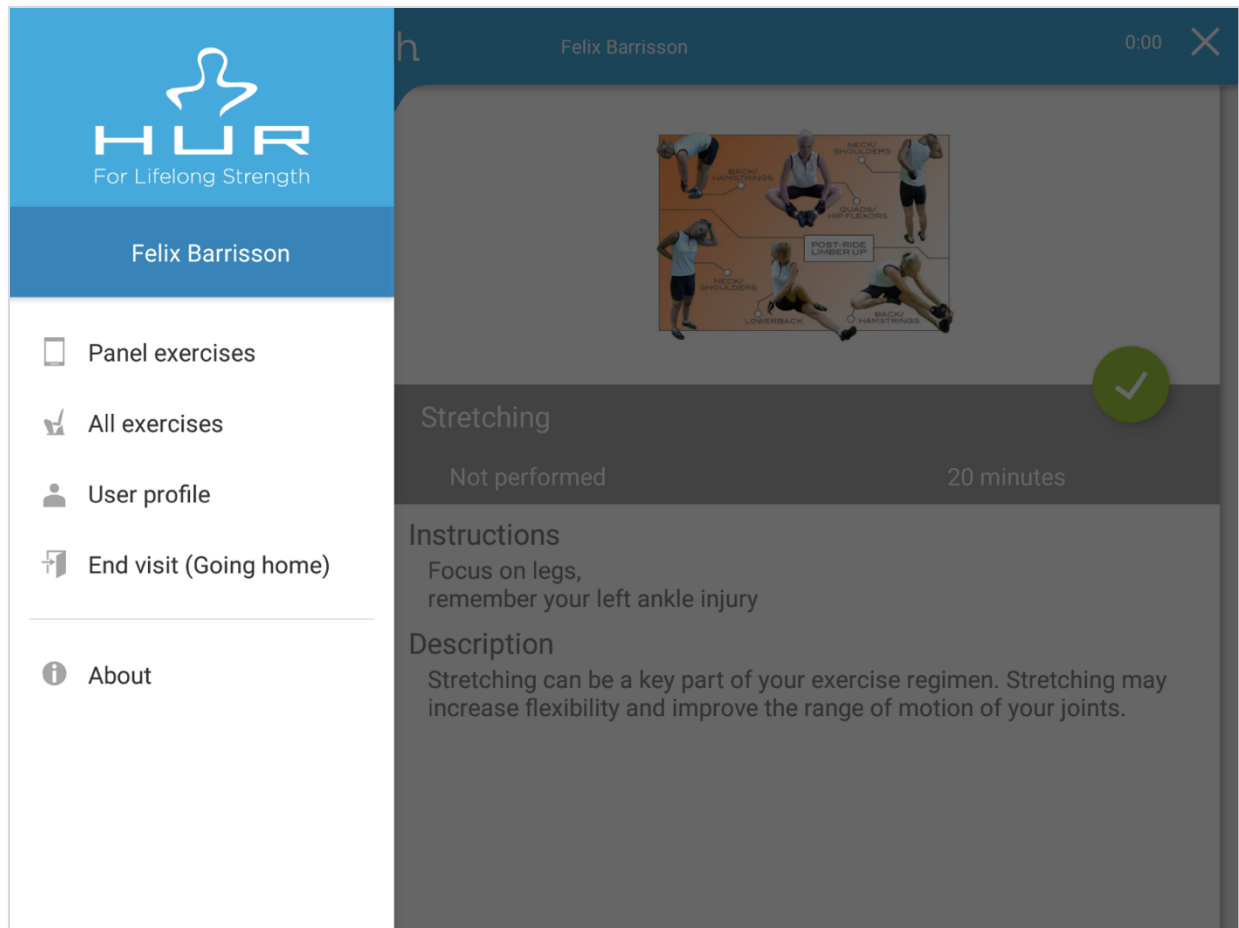
Figure 3 Menu

3.2.2 Panel Exercises screen

The panel exercises screen is the main view for the user. On the left, a list of exercises to be completed in the FreeTrainer app is listed. The exercise that is selected in this list, highlighted in green, is displayed on the right in detail.

The list on the left shows check marks on each completed exercise for a quick overview of what has been completed and what is still left to do.

The detailed view of the selected exercise on the right shows a picture of the exercise, as well as instructions and a description of the exercise. Below the image, the name of the exercise, as well as its status and any settings are displayed.

The round green button on the right can be clicked to mark the exercise as completed. This will bring up a dialog box like the one in **Error! Reference source not found.** for instructions only exercises. The exercise completion status can be selected here, and once *Done* is pressed this will be updated in SmartTouch. For an exercise that has been completed, the green button will display a redo icon. Pressing this allows updating the status in case a mistake was made.
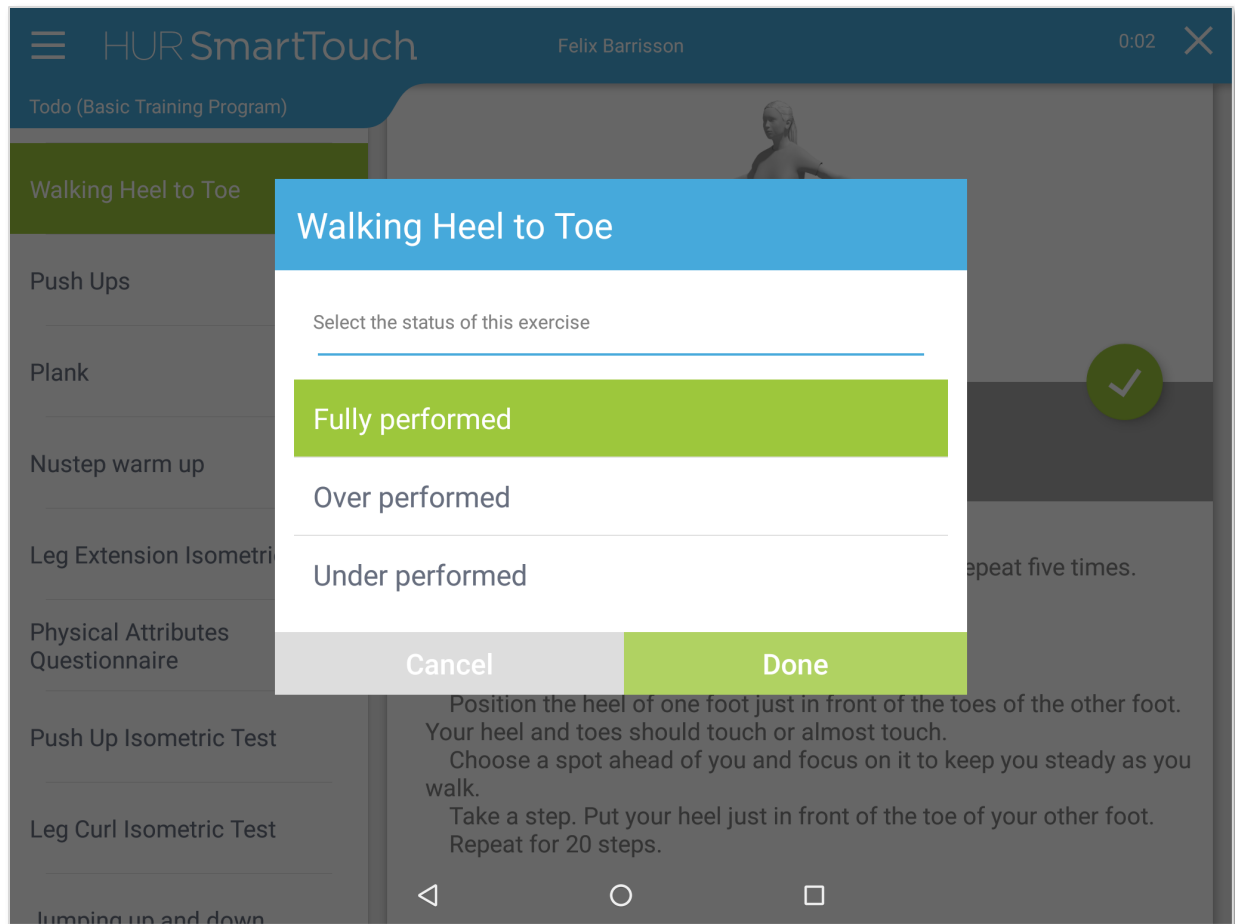
Figure 4 Exercise completion dialog

3.2.3 All exercises screen

The all exercises screen can be opened from the menu. It lists all the exercises in the user's visit, and can be used as an overview of all exercises that need to be completed across the machines and the tablet. Refer to **Error! Reference source not found.** for an image of the all exercises screen.

On the right, a scrollable grid of all exercises is displayed. The completed exercises are denoted with a tick mark. The exercise names are also coloured according to their completion status for a quick reference. This is summarized in **Error! Reference source not found.**.

On the left, the completion percentage of the visit is displayed. This is the percentage of all exercises performed, including the HUR machine exercises.

Colour	Status
Grey	Incomplete
Green	Fully performed
Blue	Overperformed
Red	Underperformed

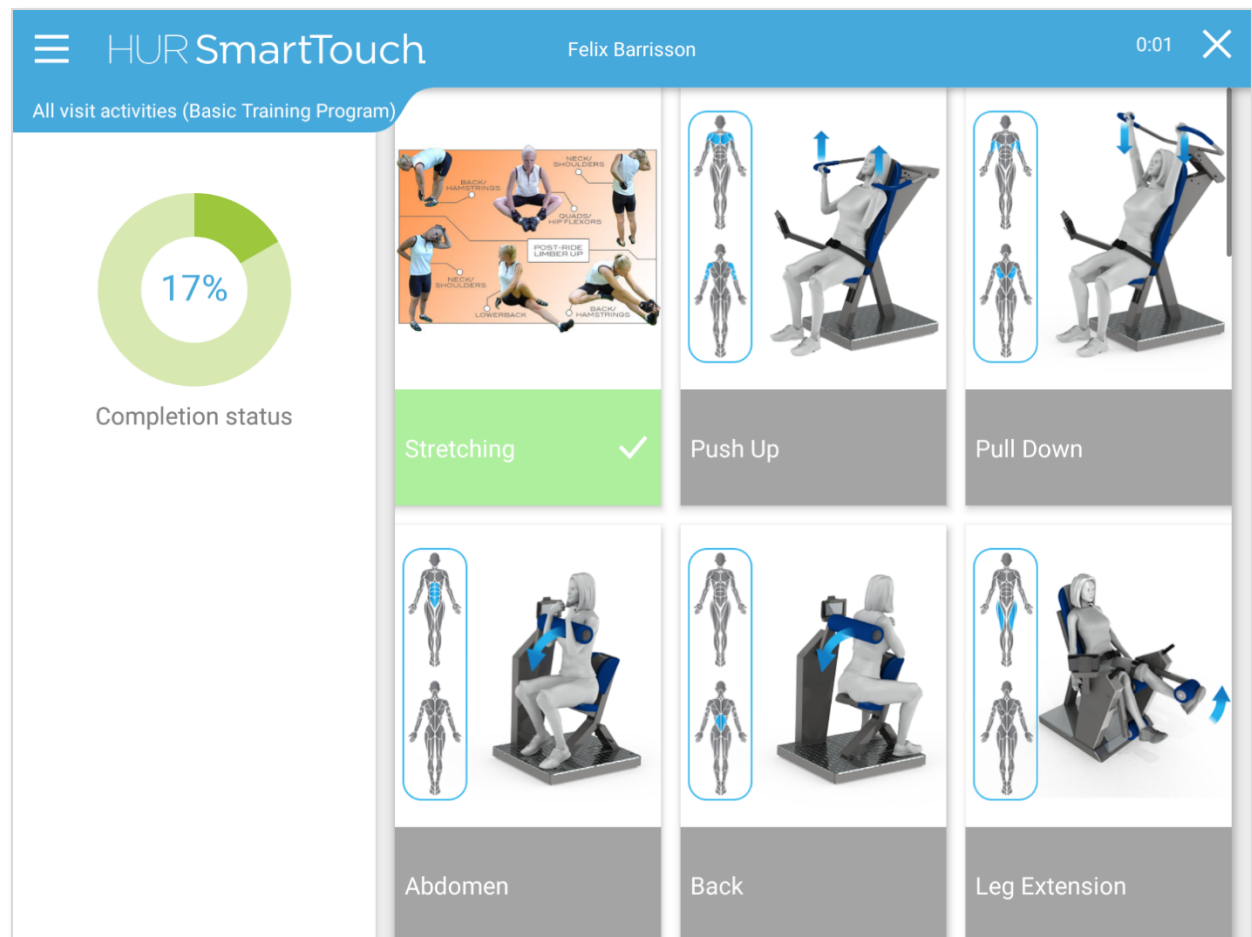Table 1 Status colour codes

Figure 5 All exercises screen

3.2.4 Profile screen

The profile screen provides a simple overview of the user's profile. The picture, name and age along with last login details and membership dates are listed. Refer to **Error! Reference source not found.** for an image of this.
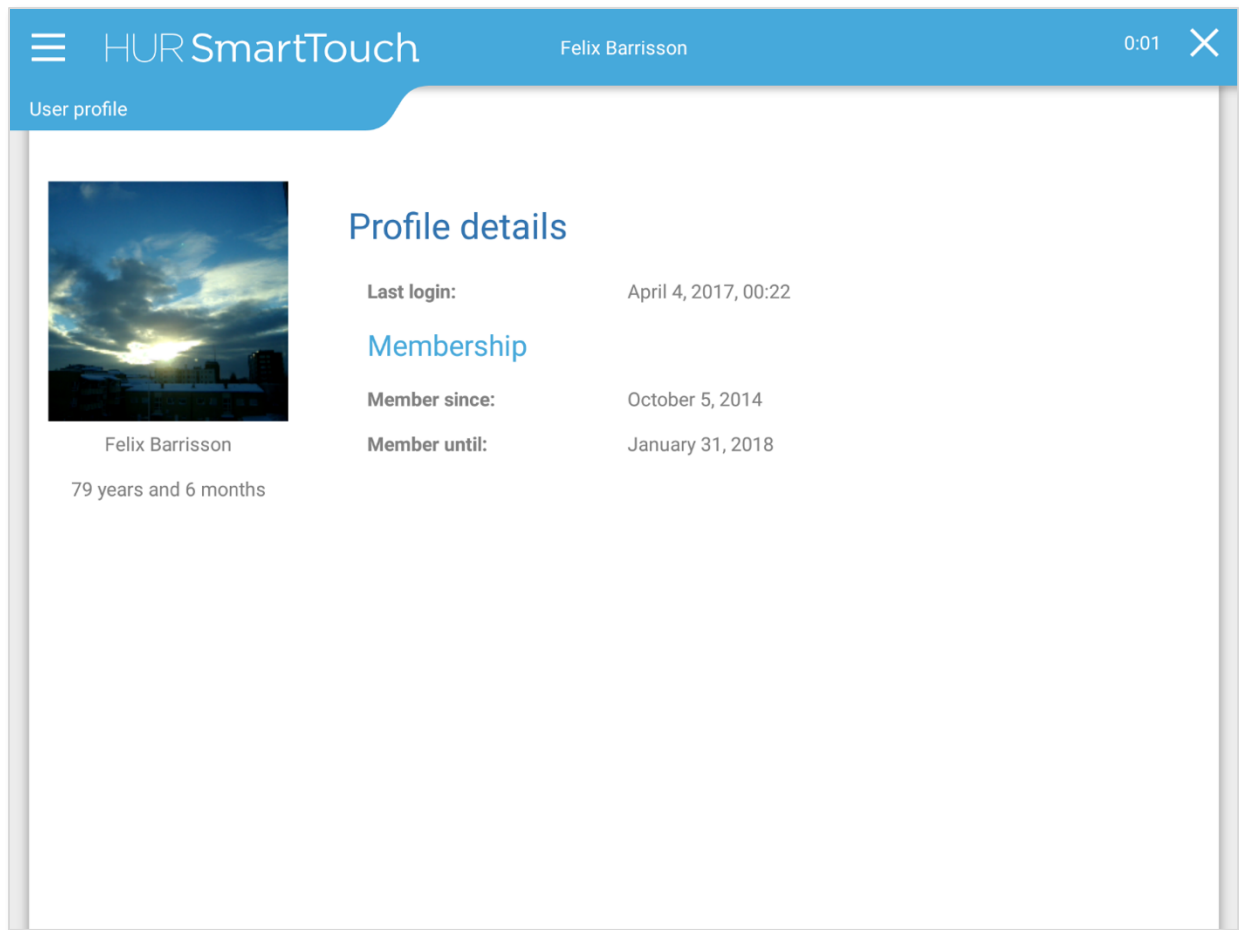

Figure 6 Profile screen

4   CONFIGURATION

The configuration options in FreeTrainer are explained here. Refer to **Error! Reference source not found.** for references on what the configuration screen looks like.
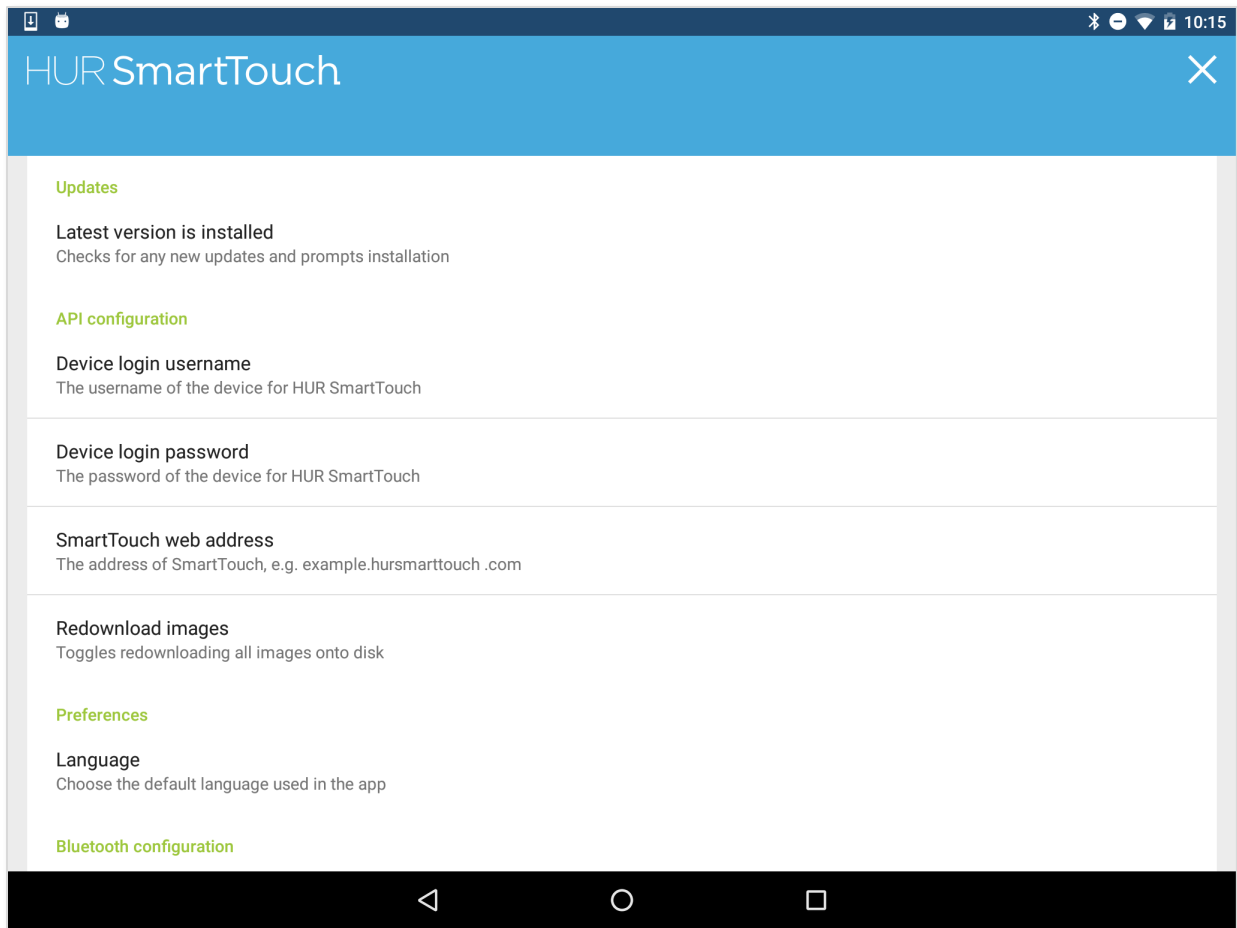
Figure 7 Top of the configuration options

4.1   Updates

This button shows whether a newer version for the software is available. If one is available, pressing it will begin the upgrading process.

4.2   API configuration

4.2.1   Device login username

This setting must be configured for the app to connect to the SmartTouch system. The username is created when the tablet is added as a piece of equipment in the SmartTouch web system.

4.2.2 Device login password

This setting must be configured for the app to connect to the SmartTouch system. The password is created when the tablet is added as a piece of equipment in the SmartTouch web system.

4.2.3 SmartTouch web address

This setting must be configured for the app to connect to the SmartTouch system. The SmartTouch web address is the address of the SmartTouch system. This is the basic domain of the system, e.g. example.hursmarttouch.com

4.2.4 Redownload images

Pressing this button will re-download all activity images. Using this is rarely necessary, but it can be useful to refresh the images of each activity if they are changed.

4.3 Preferences

4.3.1 Language

This is the default language of the app. The chosen language will be used for the main menu texts, as well as the backup language for any exercise texts where a translation for a given language does not exist.