e-ISSN: 2582-5208
International Research Journal of Modernization in Engineering Technology and Science
(Peer-Reviewed, Open Access, Fully Refereed International Journal)
Volume:05/Issue:10/October-2023 Impact Factor- 7.868 www.irjmets.com

A REVIEW OF NUTRIGYM

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DOI : https://www.doi.org/10.56726/IRJMETS45433

ABSTRACT

In the study we propose a NutriGym. By the system, the manager of Gym can track and trace the exercise status of member for the purpose of Gym, it can apply an exercise prescription for each member when they come in fitness. The System not only reduce waste of human resources and enhance the efficiency of management levels,but also to enhance welfare of member of Gym. Also this application provides diet plan to the user.

Keywords: Nutri Gym, Kotlin, Exercise Prescription.

I. INTRODUCTION

Owing to rapid development of city ,everyone today chooses to be fit and a great advantage to remain fit is we all have Gyms around us now. But coming to the point when a person thinks to join Gym, he have to visit each Gym to ask his queries which is a waste of time to roam and visit.

Our NutriGym provides a platform where user can install it and view about Gyms near by him. When the member leaves according to the content of exercise prescription and actual exercise to inform member whether reaches recommendation of exercise prescription to meet the purpose of fitness; further more, can know the number of times and as the maintenance basis for enhancing efficiency.Gyms are become the essential part of our lives, providing best exercise and body building facilities to our society. Therefore, at the management end there are some necessary steps to maintain the records of every individual including trainer, trainees, and staff. But maintaining the records on paper is very difficult So, it is necessary to have a computerized system that manages all these issues. Thus working on the management system for Gym Industry are the basis of our project. Also this application provides diet to the user ,according to the information entered by the user .Also trainer can add any diet plan if he wants to.

We have developed an automated version of the manual system, named as NutriGym. This system also provides excellent security of data at to its user.

II. SYSTEM ARCHITECTURE

SYSTEM FUNCTION DESCRIPTION

1. Member can login
2. Gym owner can choose a field to add about his Gym information and can create a profile.
3. User/Member can view Equipments of that Gym, their packages an their trainer.
4. If user wants to register himself in a particular Gym, then he can continue the registration process.
5. User can ask his queries directly to owner.
6. Registered users can get workouts a week ago and also get diet plan.

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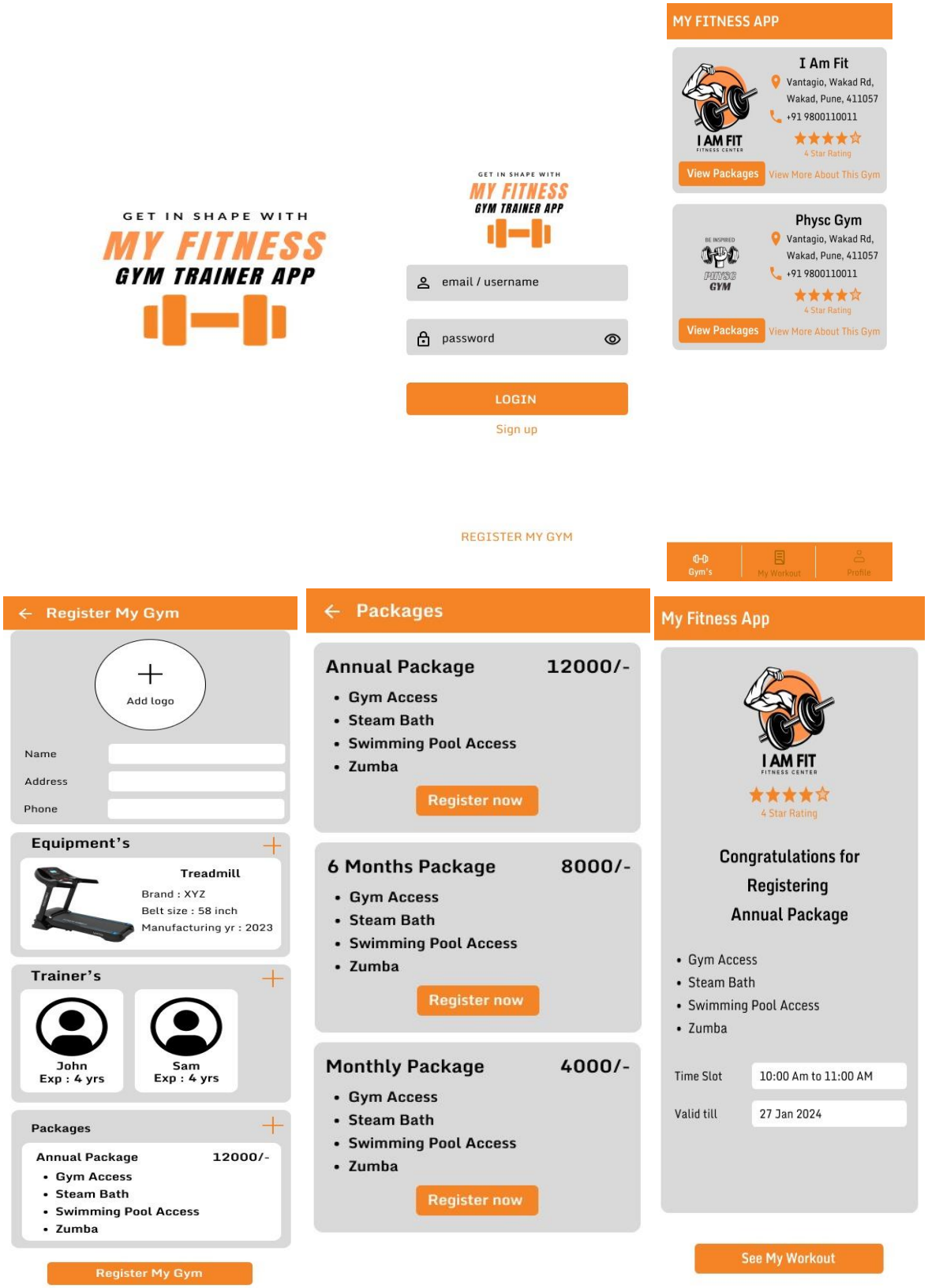
SYSTEM DESIGN



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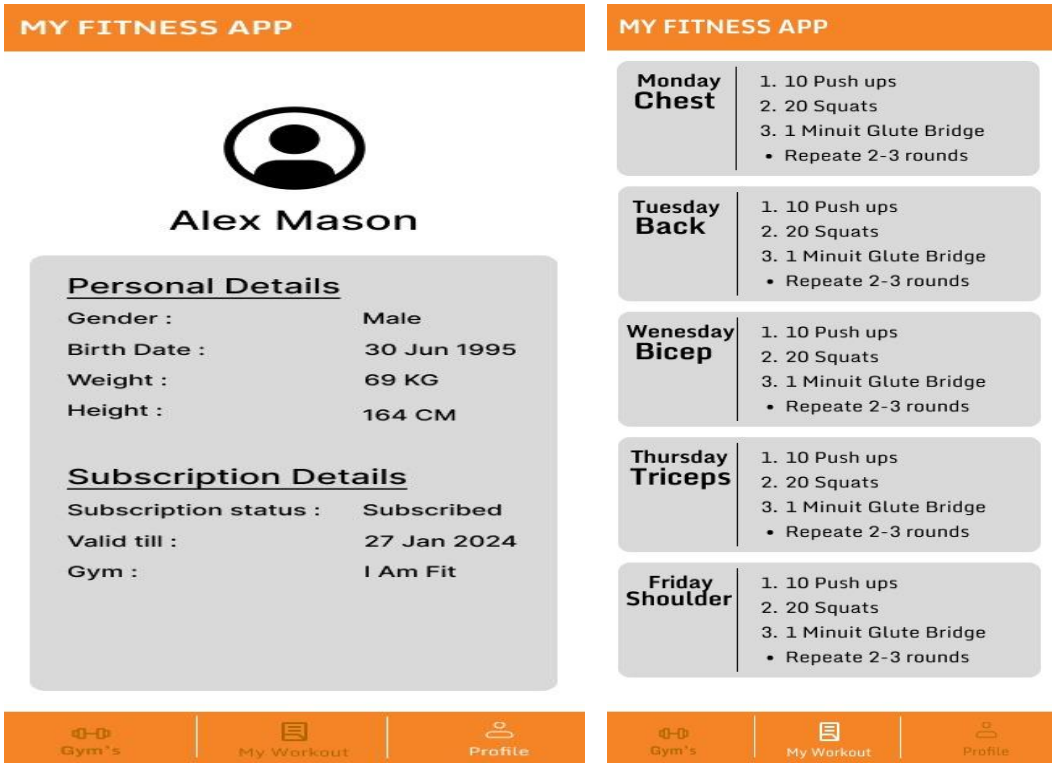

III. EXPECTED BENEFITS

1. Effective authentication of identity.
2. To reduce personal costs.
3. User can spend quality time in Gym.
4. To control used frequency of machines to maintenance and repair.

IV. CONCLUSION

Our Nutrigym application will help peoples to find gyms convenient for them. By the time it will save our time by providing gym information on this app. Besides trainer can also provide Workouts of a week and also diet need to be taken. Gym owner can upload all his Gym related details on the app which user can view. Also user can register online for a particular Gym. Users authentication is identified here.

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