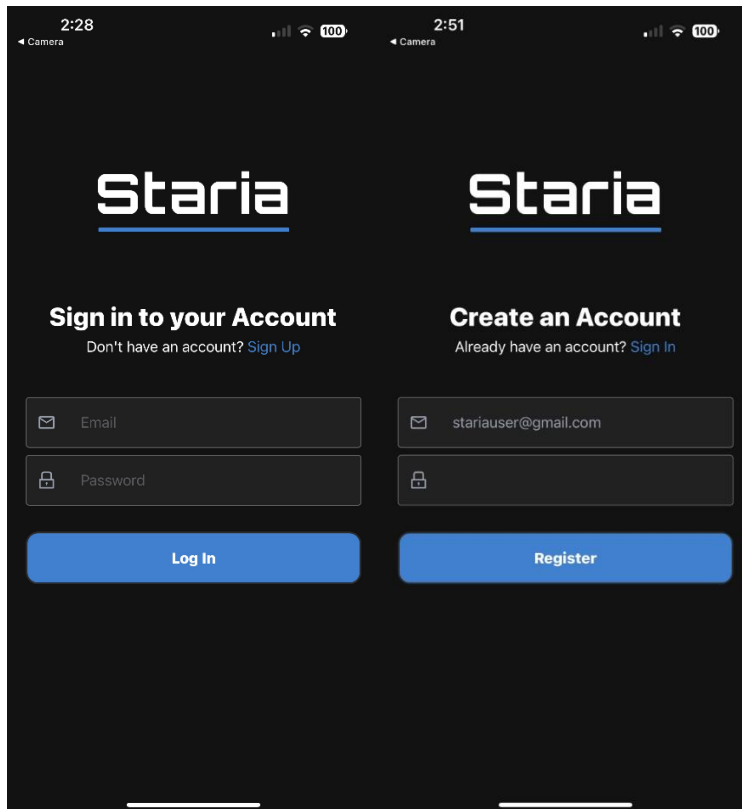


Staria - User Manual

1. Create Your Account



The image displays two side-by-side screenshots of the Staria app's authentication interface. Both screens feature the 'Staria' logo at the top, which consists of the word 'Staria' in a white sans-serif font with a blue underline. The left screen is titled 'Sign in to your Account' and includes a link 'Don't have an account? Sign Up'. It has input fields for 'Email' and 'Password', and a blue 'Log In' button. The right screen is titled 'Create an Account' and includes a link 'Already have an account? Sign In'. It has input fields for 'Email' (pre-filled with 'stariauser@gmail.com') and 'Password', and a blue 'Register' button. Both screens have a dark background and show status bar information at the top, including time (2:28 and 2:51), signal strength, Wi-Fi, and battery level (100%).

2. Select the Information That Corresponds to You

2:51

Camera

Let's get started

What is your name?

John Doe

This will be your display name. We will use it to personalize your profile.

Next

2:51

Camera

Choose wisely

Choose your units.

MetricImperial

Tell us about your preferred measurement units. We use this information to tailor your experience.

←Next

2:51

Camera

One last thing!

Height (ft/in)

57

Tip: inches should be 0-11.

Weight

150

Enter your height and weight. This information will help us track your progress and personalize recommendations.

←Next

2:51

Camera

Looks good?

Name

John Doe

Units

Imperial (lb/in)

Height

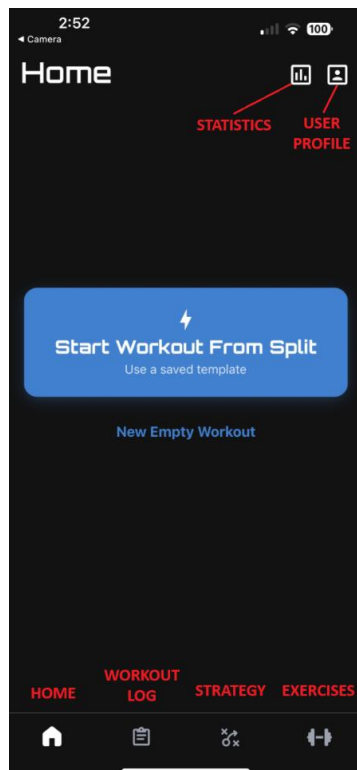
5' 7"

Weight

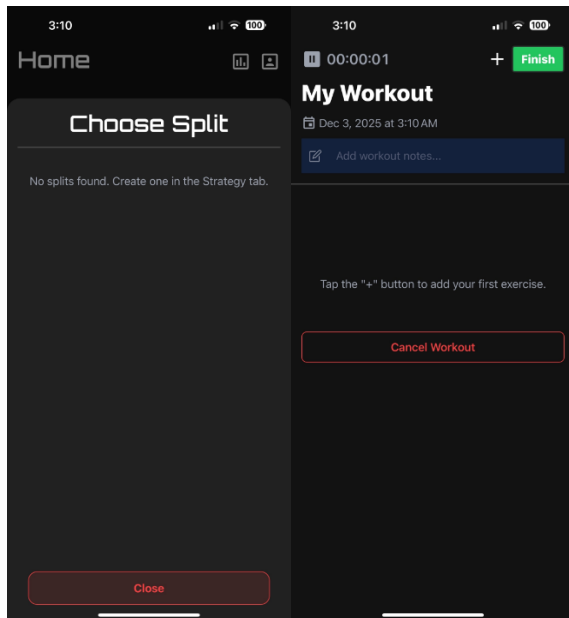
150 lb

←Finish

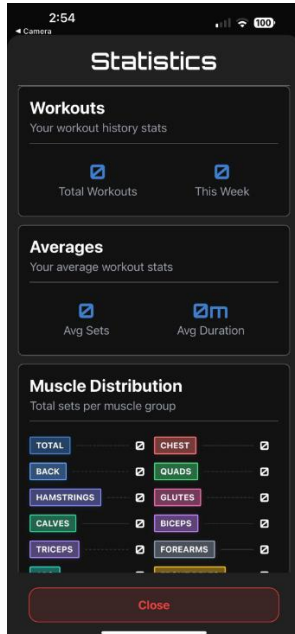
3. You are Now Sent to The Home Page, Where You Have an Array of Options



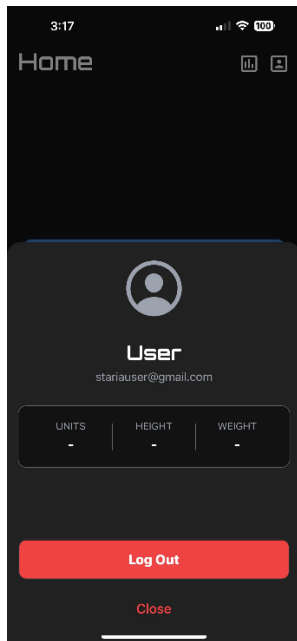
- You can now start a workout from a split you have previously created and saved, or you can start a brand-new workout.



- In the statistics tab, you can see information about your workout history and other pieces of data, such as averages and muscle distributions.

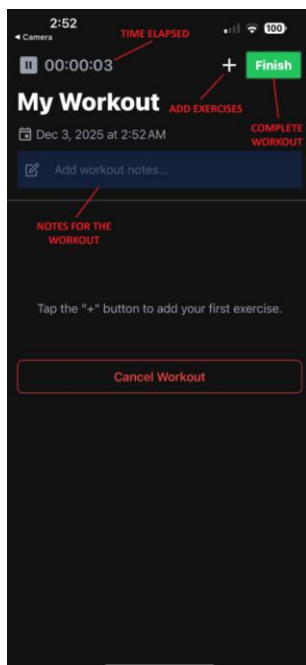


- In the user profile tab, you can see your profile, along with the information you provided while creating your account. You are also able to log out from this tab.

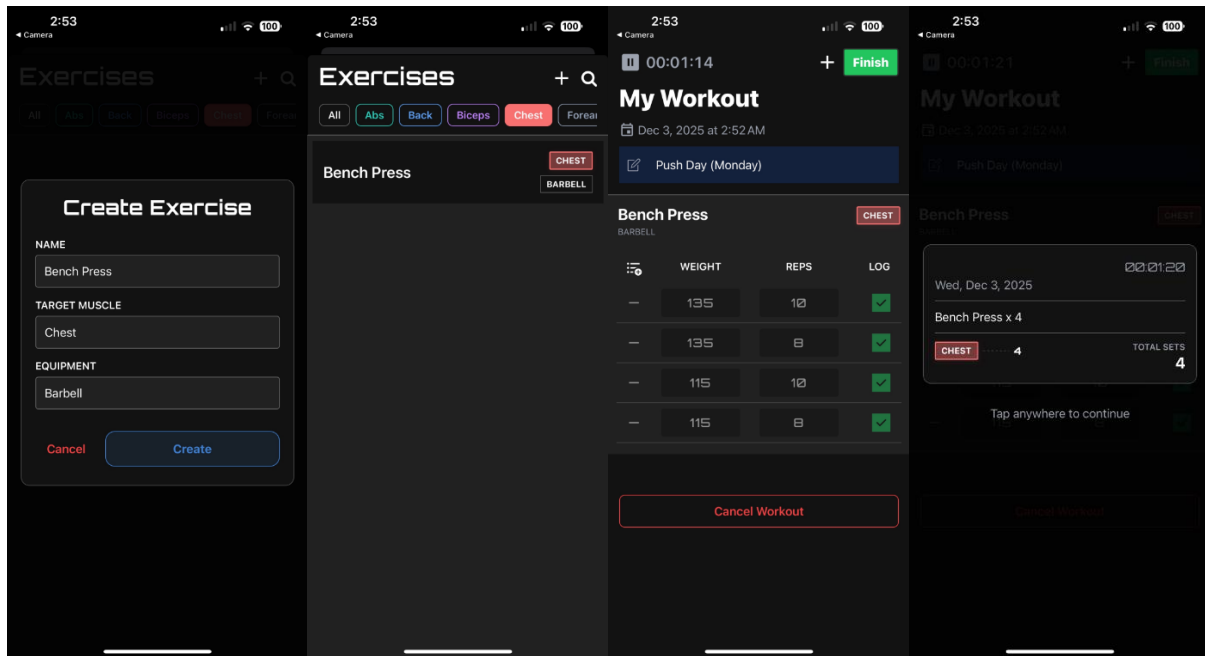


4. When Starting a New Workout from the Home Page, You Will See the Following:

- You can see how much time has passed since you started your workout, you can cancel or complete it, you are able to add notes of any kind, and you can add the exercises you are performing during the entire session.

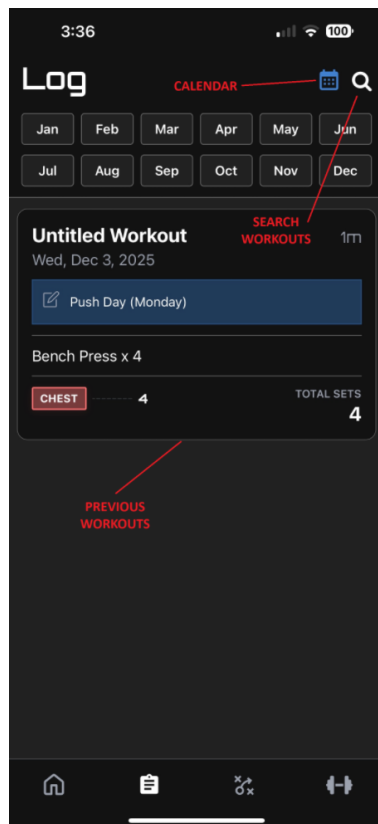


- When you Click on the Add Exercises Tab, you will be able to choose the name of the exercise, the muscle group it targets, and the equipment you used. You are then able to select how many sets and repetitions you did, as well as the weight used.



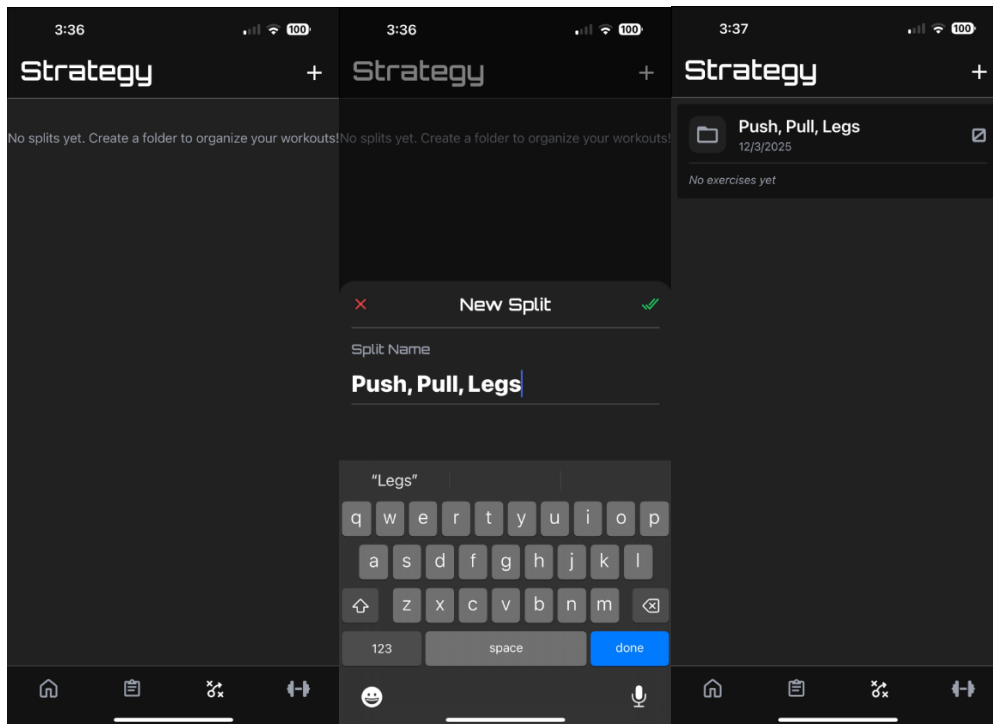
5. In the Workout Log Tab, you Will Have Access to More Options:

- You can see all your past workouts, search for a specific one, and use the calendar to sort them based on date.



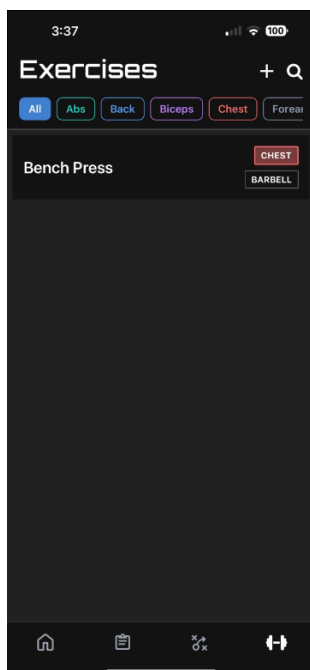
6. In the Strategy Tab, you can Create Workout Splits Using the + Symbol

- Inside these splits, you can select how many days you want to have a workout, the name of each workout, all the exercises you will be doing, and even how many sets, repetitions, and weight you will be doing for each exercise.



7. In the Exercises Tab, you can Add Any Exercise You Plan on Performing

- In this tab, you can create any exercise you wish, and then you can use it on your splits and workouts in a more seamless manner.



8. You Can Now Use All of the Tools Available in Staria to Design and Track Your Workouts in a Much Easier and Smoother Way.