



Muscle! User's Guide
Version 1.5 Release September 2002
James Outlaw

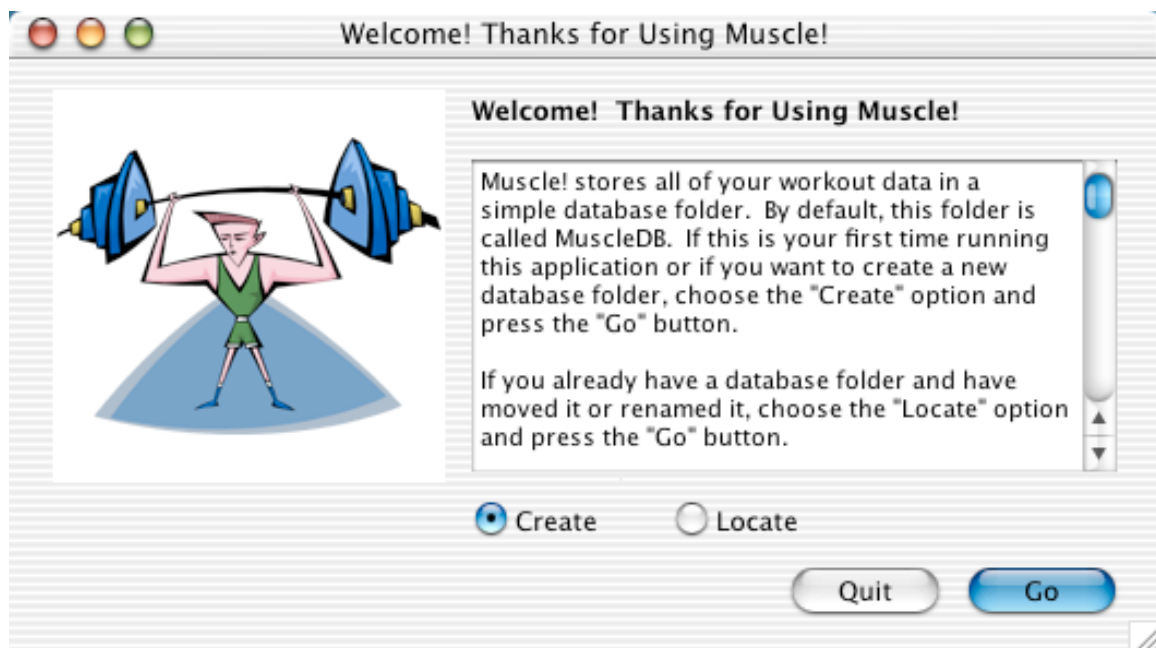
Introduction to Muscle!

Muscle! is a simple fitness journal. It allows you to plan and keep track of your workouts and also allows you to track your progress. It runs on MacOS X, 10.1.5 and 10.2 (I have not tested it on any other versions of X.) At this time, there is no MacOS "Classic" version of the application.

To install Muscle!, simply unstuff the archive and drop the application icon wherever you want.

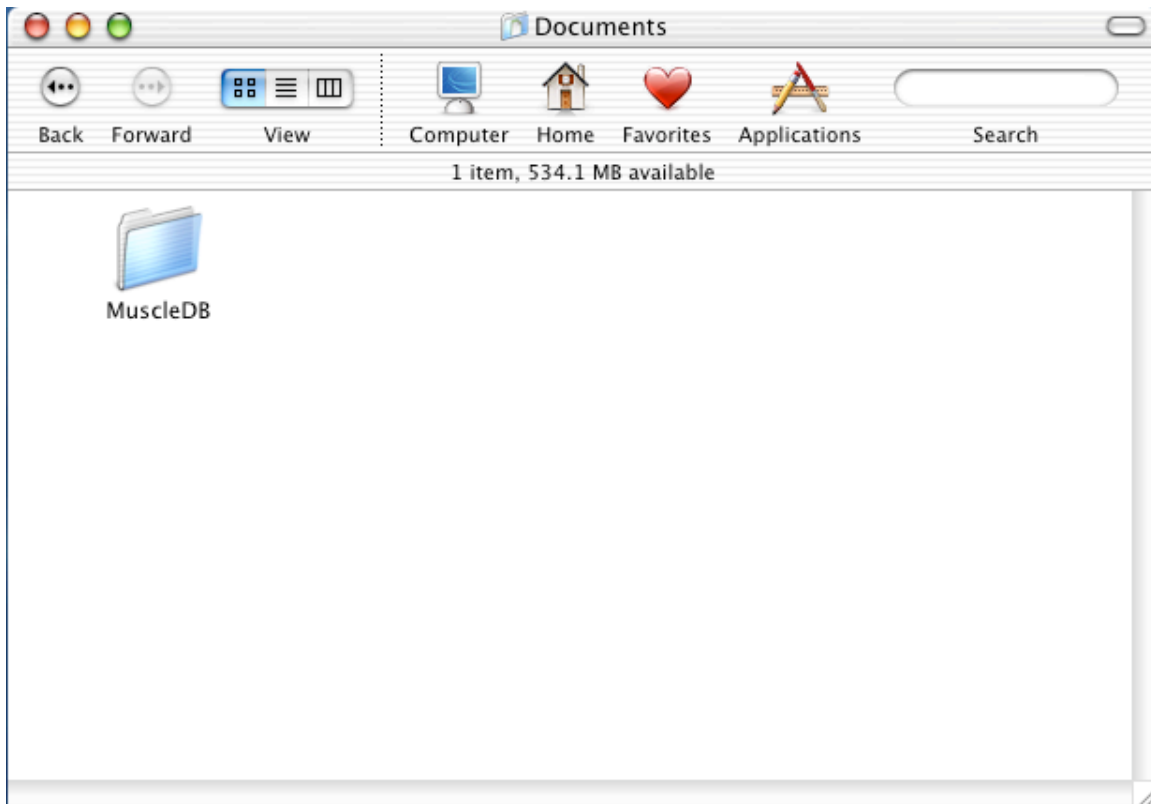
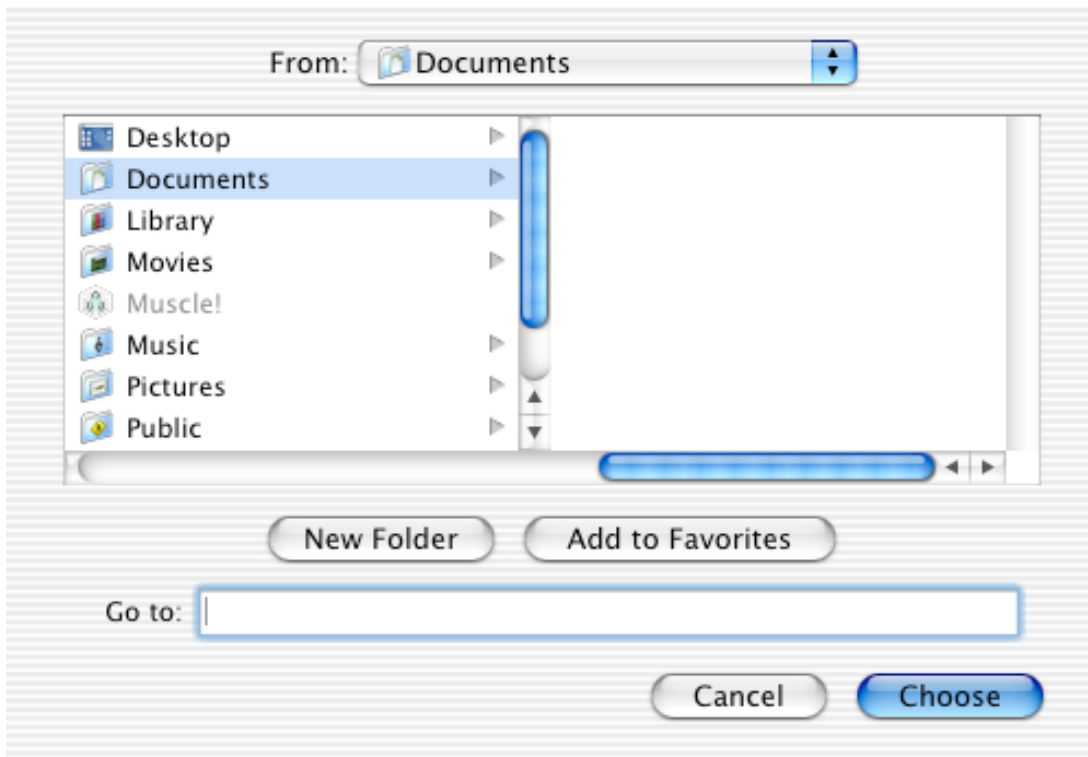
Running The Application

The first time you run Muscle! you will be presented with a dialog box asking you to create or locate its database folder.



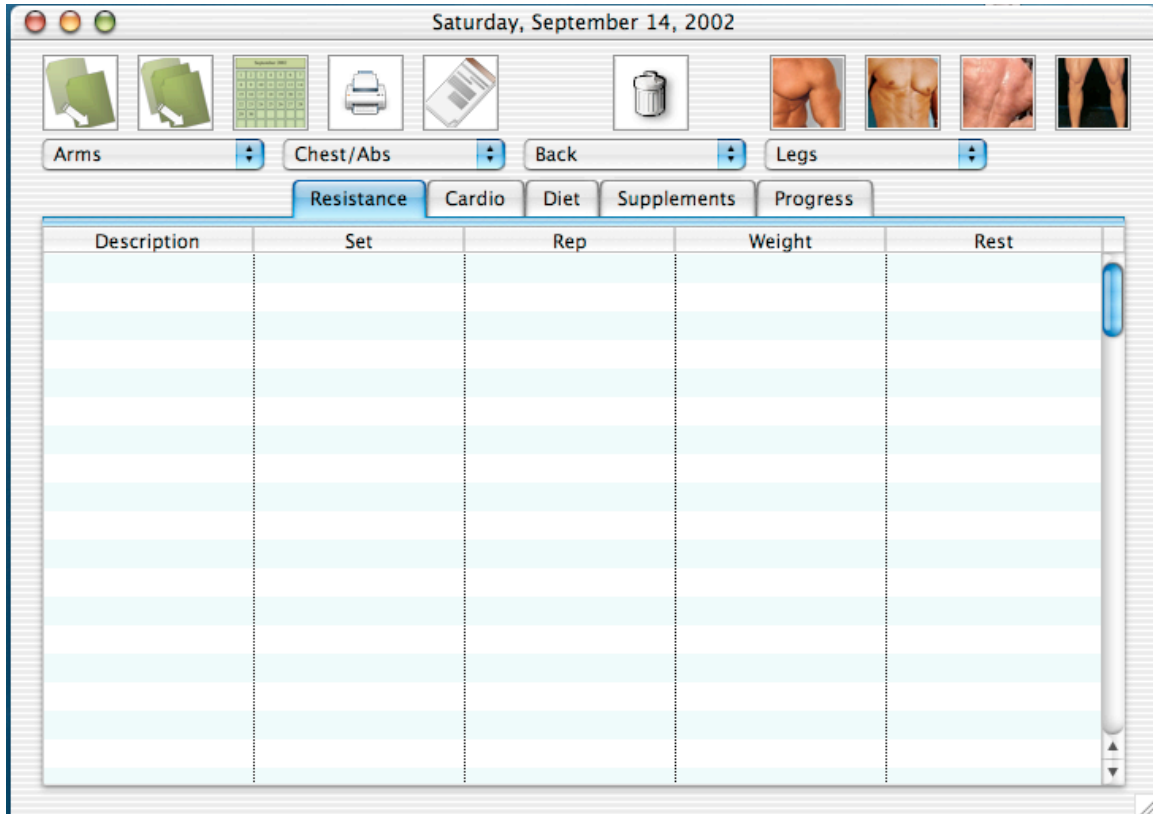
The application stores all of its user data in a series of folders and data files. By default it will be called "MuscleDB". The first time you run the application, click the "Create" option and press the "Go" button.

A dialog box will appear prompting you to choose a folder for the database (A good place to store this is in your "Documents" folder).



Once the database has been created, the main application window will appear.

Like other applications for X, the interface for Muscle! consists, primarily, of a single window.



Buttons



"Copy Routine". This button allows you to copy the current routine to another date. When you press the copy routine, a sheet appears asking you to specify the date to copy from and the date to copy to. You must specify they month, day and year in this sheet. Also, the sheet defaults to the current date displayed.

Wednesday, August 28, 2002

Copy Routine From: August | 1 | , 2002

To: August | | , 2002

Copy Supplement Record

Cancel Copy



“Repeat Routine”. This button allows you to repeat a routine over multiple days for a long period of time. When you press the Repeat Routine button, a sheet appears asking you how you want to repeat the current record. You can choose multiple days as well as the number of weeks. The information for the current day will be duplicated for each of the repeated days.

Wednesday, August 28, 2002

Repeat Current Routine (Thu, Aug 1, 2002) on:

Monday Tuesday Wednesday Thursday

Friday Saturday Sunday

For the next: | | weeks.

Copy Supplement Record

Cancel Repeat



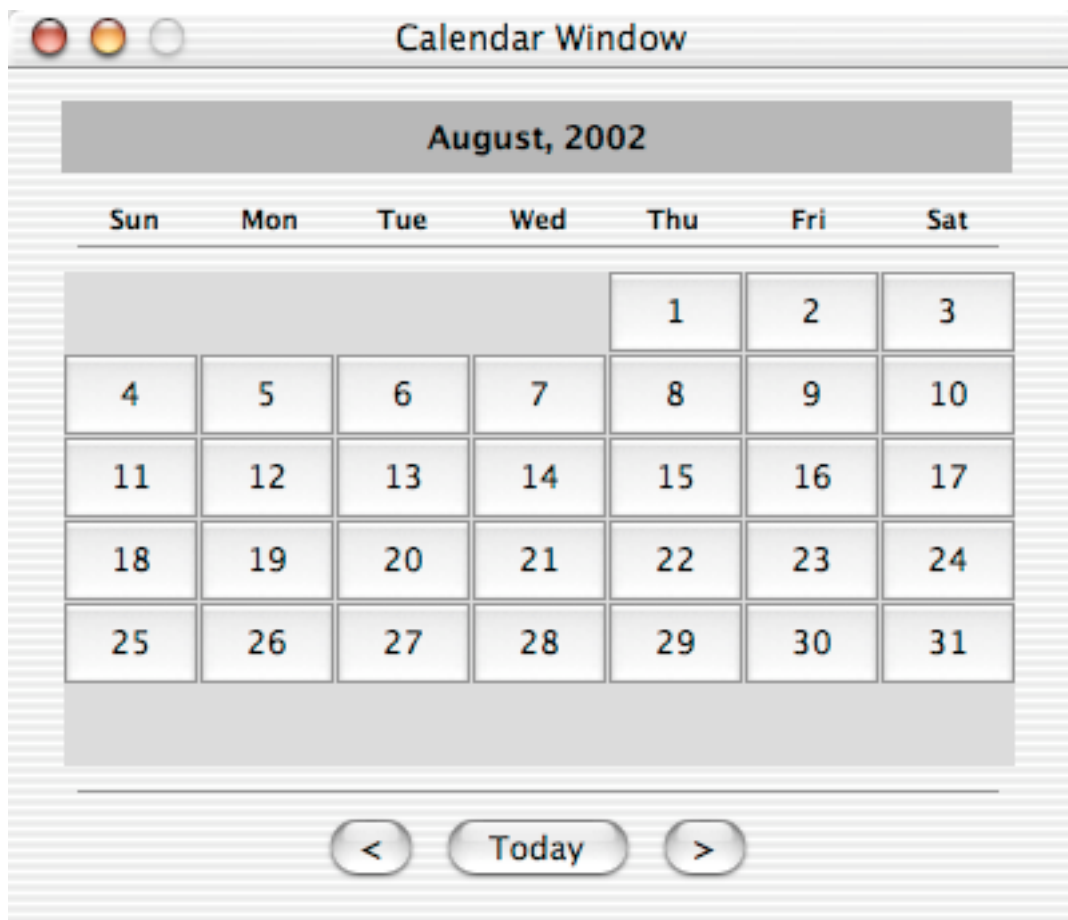
“Print Routine”. This button allows you to print the current routine (as defined in the “Print Options” dialog box. Printing is disabled in unregistered versions of this application. To enable printing, please purchase a license.



“Delete Routine”. This button completely deletes the current routine (there is no “undo”).



“Calendar Window”. This button opens the “Calendar Window” where you can change dates. The calendar window is shown in the following figure. You can click on a date cell and open the Muscle! record for that particular date. You can click on the arrow buttons to move from month to month and the “Today” button to return to today’s record. In the main window, you can move from week to week by pressing the command key and either the] (next week) or [(last week) keys. You can move from day to day by pressing the command key and either + (tomorrow) or - (yesterday). Tomorrow and Yesterday are relative to whatever date is currently being displayed.

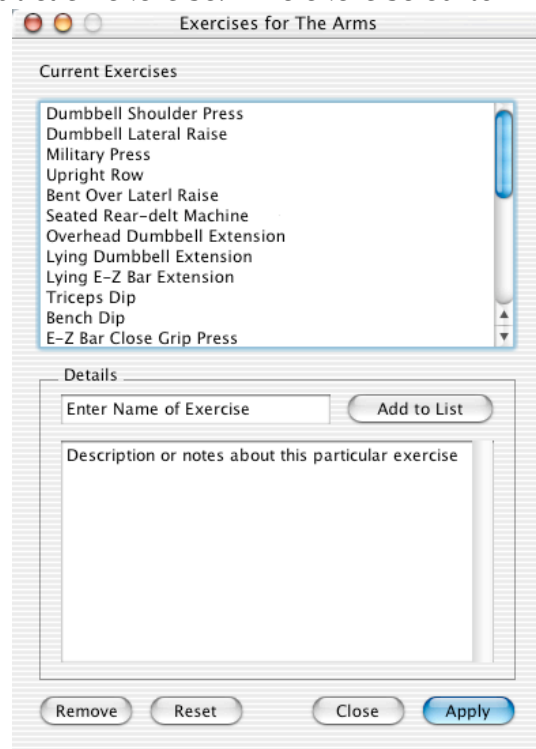




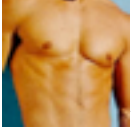
“Notes Editor”. This button opens a simple styled text editor that allows you to add notes about the current routine. You can use these notes to keep track of information not accounted for in one of the application panels or to write instructions or goals for yourself.



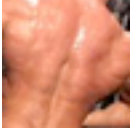
“Arms Exercise Editor”. This button allows you to edit the list of exercises for the arms. You can add or remove exercises from the list as well as add information about each exercise. The exercise editor window looks like this:



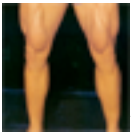
The editor looks similar for other types of exercises. If you click on an exercise in the list, you can enter notes or information about the exercise (press the “add to list” button after adding notes). The “Remove” button will remove an exercise from the list. Once you remove an exercise, you can replace it by retyping the name and adding it to the list. The “Reset” button will remove all new exercises and all notes from the list. They will be replaced by a set of defaults. The “Close” button closes the window and the “Apply” button will update the popup menus in the main window with the changes you have made.



“Chest Exercise Editor”. This button allows you to edit the list of exercises for the chest. You can add or remove exercises from the list as well as add information about each exercise.



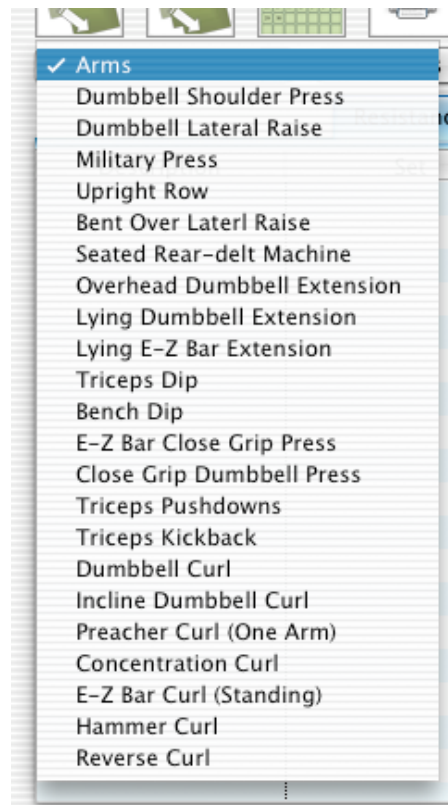
“Back Exercise Editor”. This button allows you to edit the list of exercises for the back. You can add or remove exercises from the list as well as add information about each exercise.



“Leg Exercise Editor”. This button allows you to edit the list of exercises for the legs. You can add or remove exercises from the list as well as add information about each exercise.

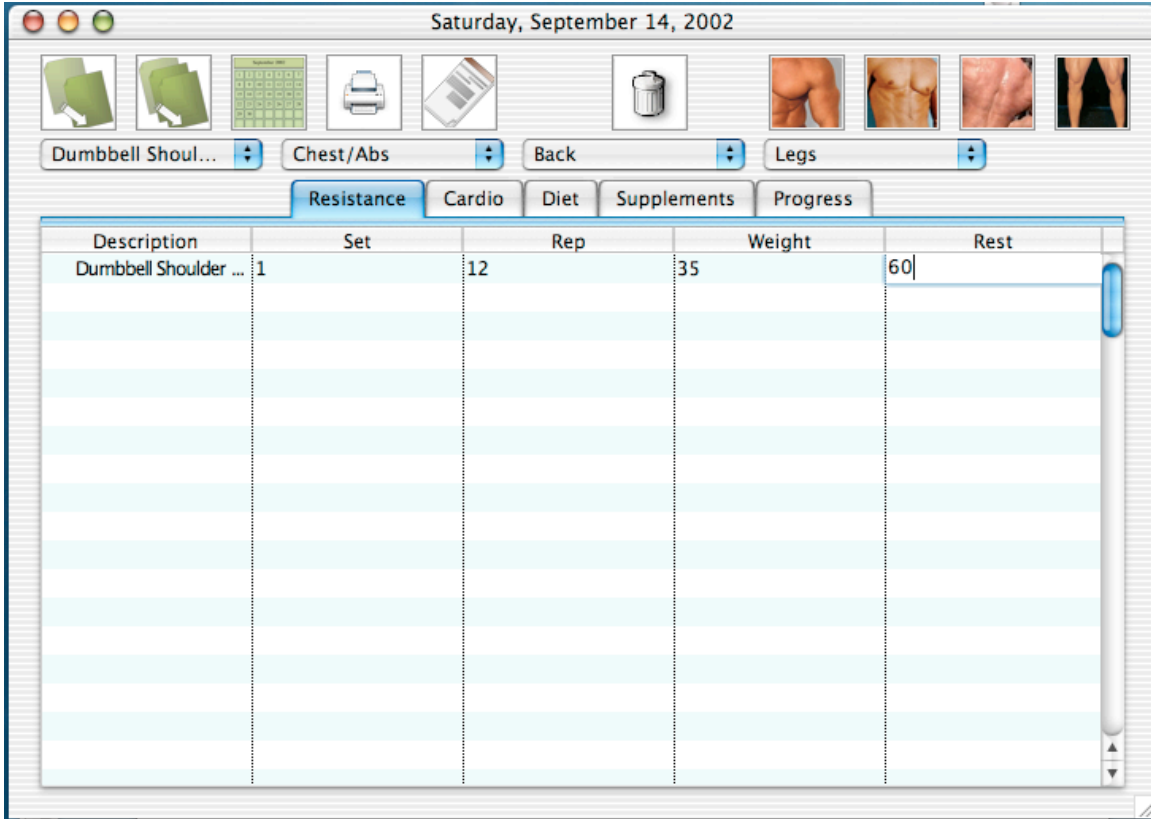
Exercise Menus

Beneath the buttons is a row of popup menus. These menus contain lists of exercises for each particular body part. You can edit these menus using the exercise editor, launched by one of the buttons above. You can choose exercises from these lists to add to the current routine or you can simply type the information into the table.



Tabs

The information for the current day is displayed in a series of Tabbed-panels. The first one, called "Resistance" is used to display and edit your weight training routine. You can enter the name of the exercise, the set, number of repetitions, and the rest period between exercises. You can navigate from cell to cell using the tab key, (shift-tab moves you backwards), the up arrow, and down arrow keys.



The Cardio tab is used to display information about cardio vascular exercises. The Detailed Cardio Panel appears initially. On this panel, you can enter specific information about your cardio routine. For example, if you plan to run 5 miles today, you can enter 5 in the distance field, set the units to miles, and enter the time required for you to run that distance. If you are interested in keeping track of total and average distances, you can create a Stat Group and keep track of simple statistics. Stat Groups are created in the Goals Sheet and will be explained later on. At the bottom of the Cardio Panel, you will see two buttons, clicking either of these buttons will switch the pages of the Cardio Panel. The second panel contains a large text area where you can write a description of the exercise as well as record notes and comments.

Saturday, September 14, 2002

Dumbbell Shoul... Chest/Abs Back Legs

Resistance **Cardio** Diet Supplements Progress

Detailed Cardio Panel Stat Group: none Set Stat Group

Today

Distance: Miles Time: Minutes

Statistics

	Total	Daily Avg.	Goal
Distance:	<input type="text"/>	<input type="text"/> Miles	<input type="text"/>
Time:	<input type="text"/>	<input type="text"/> Minutes	<input type="text"/>

< > Update

Saturday, September 14, 2002

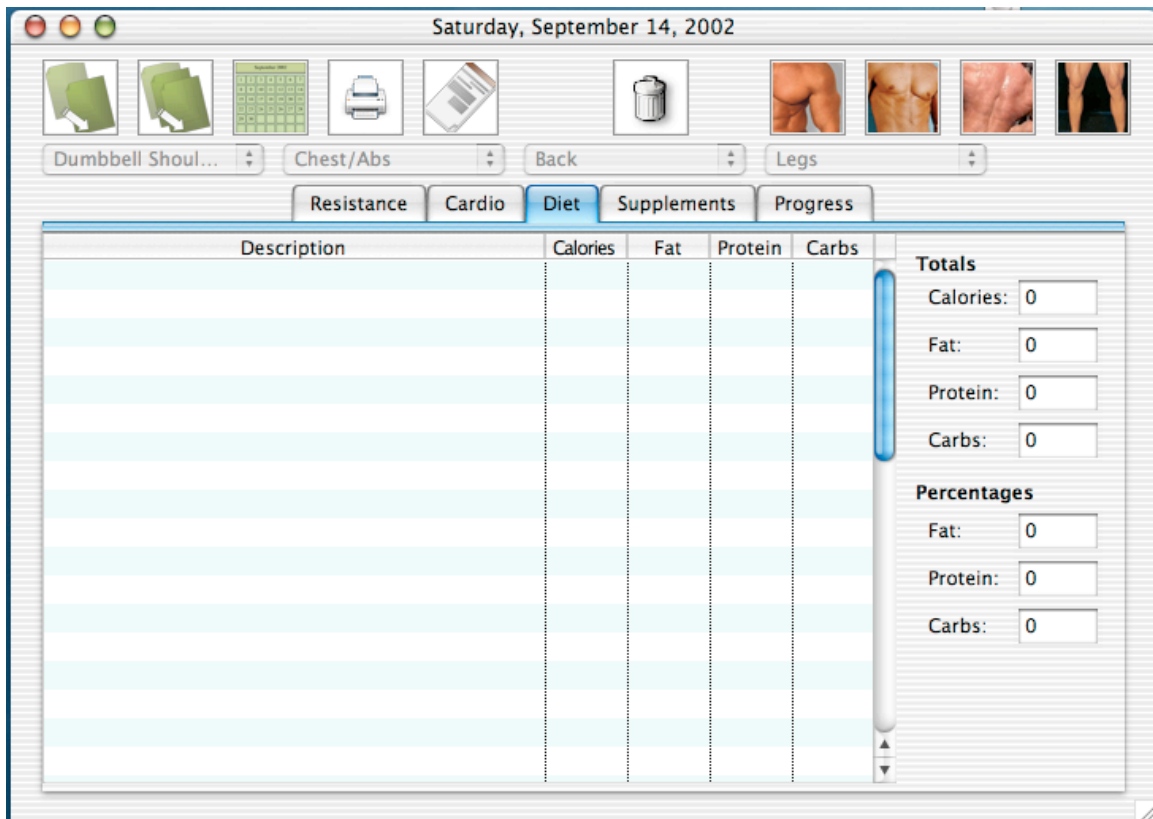
Dumbbell Shoul... Chest/Abs Back Legs

Resistance **Cardio** Diet Supplements Progress

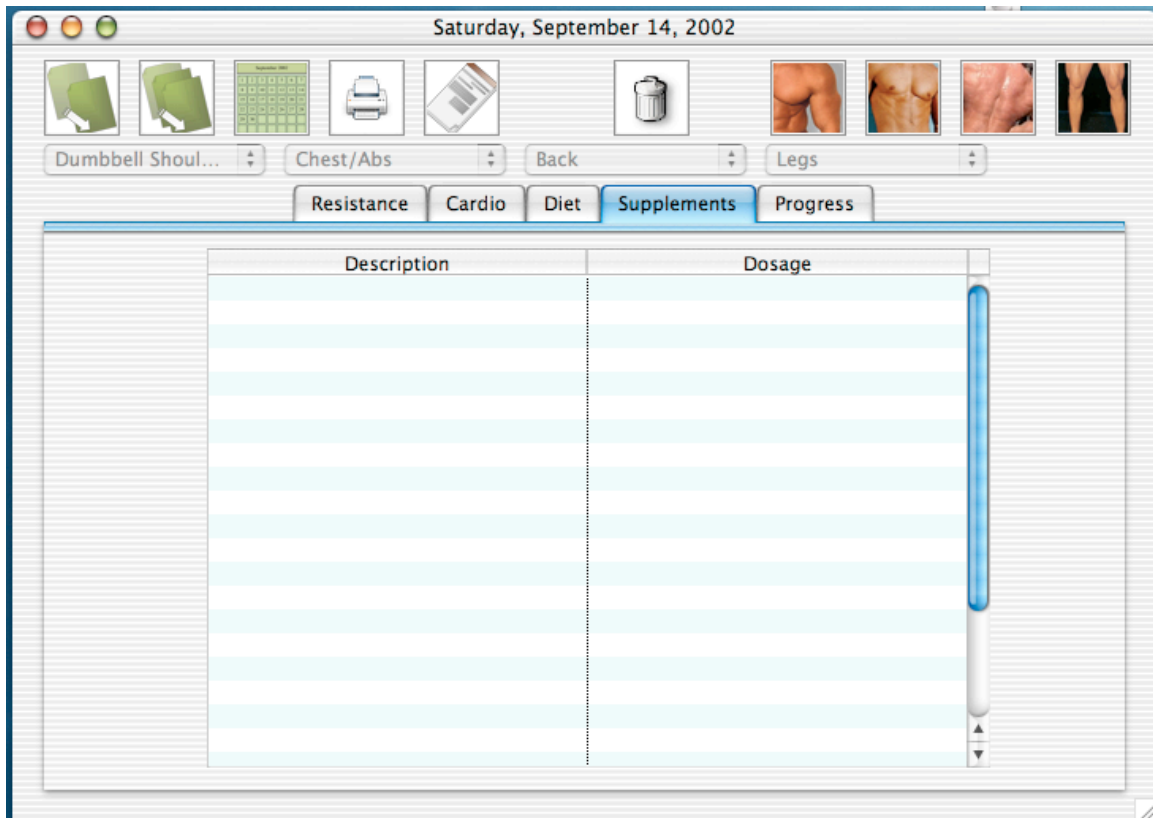
Description and Notes

< > Update

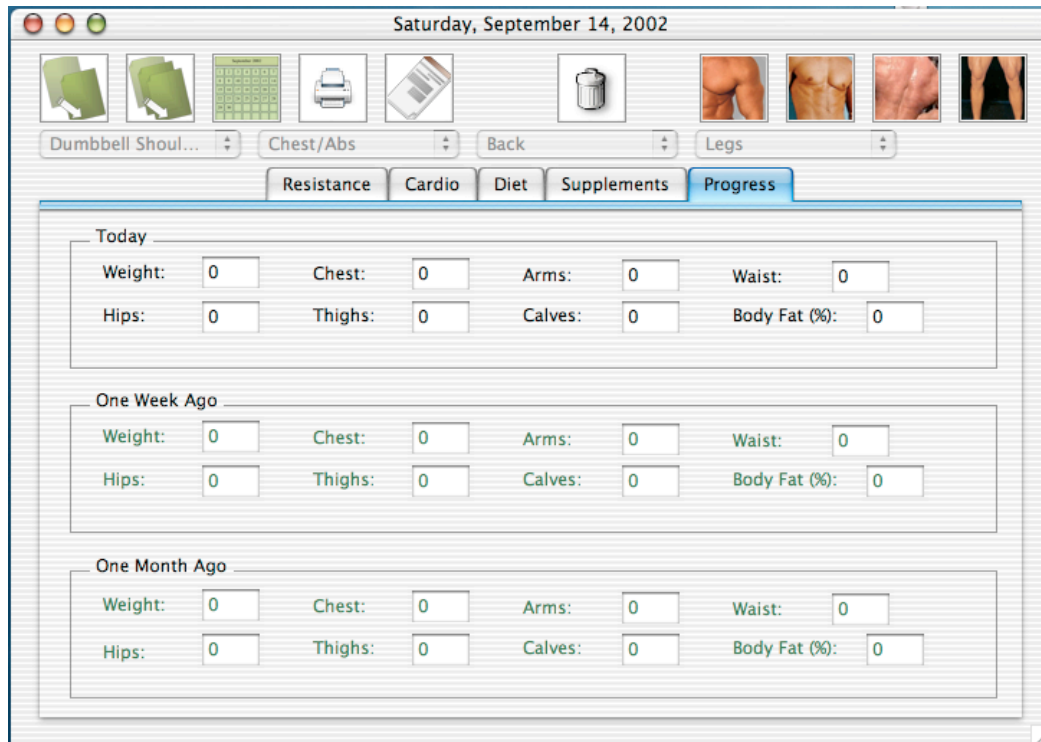
The Diet tab allows you to keep track of what you eat during the day as well as the number of calories and other relevant information. Once you have entered information, you can click on a new cell and the total values for the information you have entered will be calculated and displayed. If you have entered fat, protein, and carbohydrate values, the percentage of the total number of calories that come from each source will be calculated. This information is important if you are concerned with the amount of fat you are consuming or if you want to ensure that you are consuming the optimal proportions of each energy source.



The Supplements tab allows you to keep track of all the dietary and nutritional supplements you use on a daily basis. You can enter the name of each supplement as well as the current dosage you are taking.

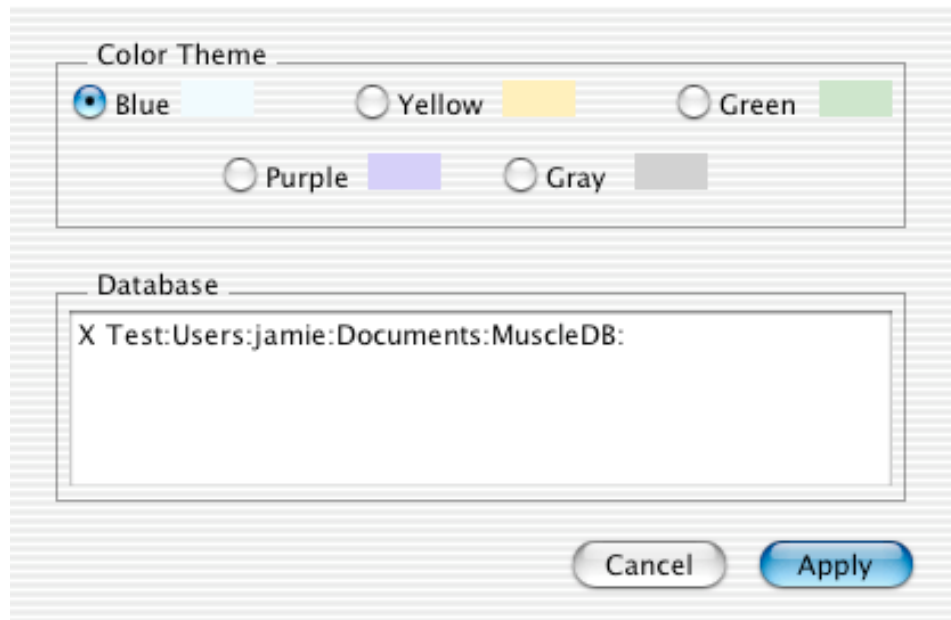


The Progress tab allows you to record information such as your weight and body measurements on a regular basis. It also shows you the values for the previous week and the previous month (if they exist). You should consider weighing yourself and taking your measurements weekly- it's a great way to see just how effective your workout plan is.



Preferences

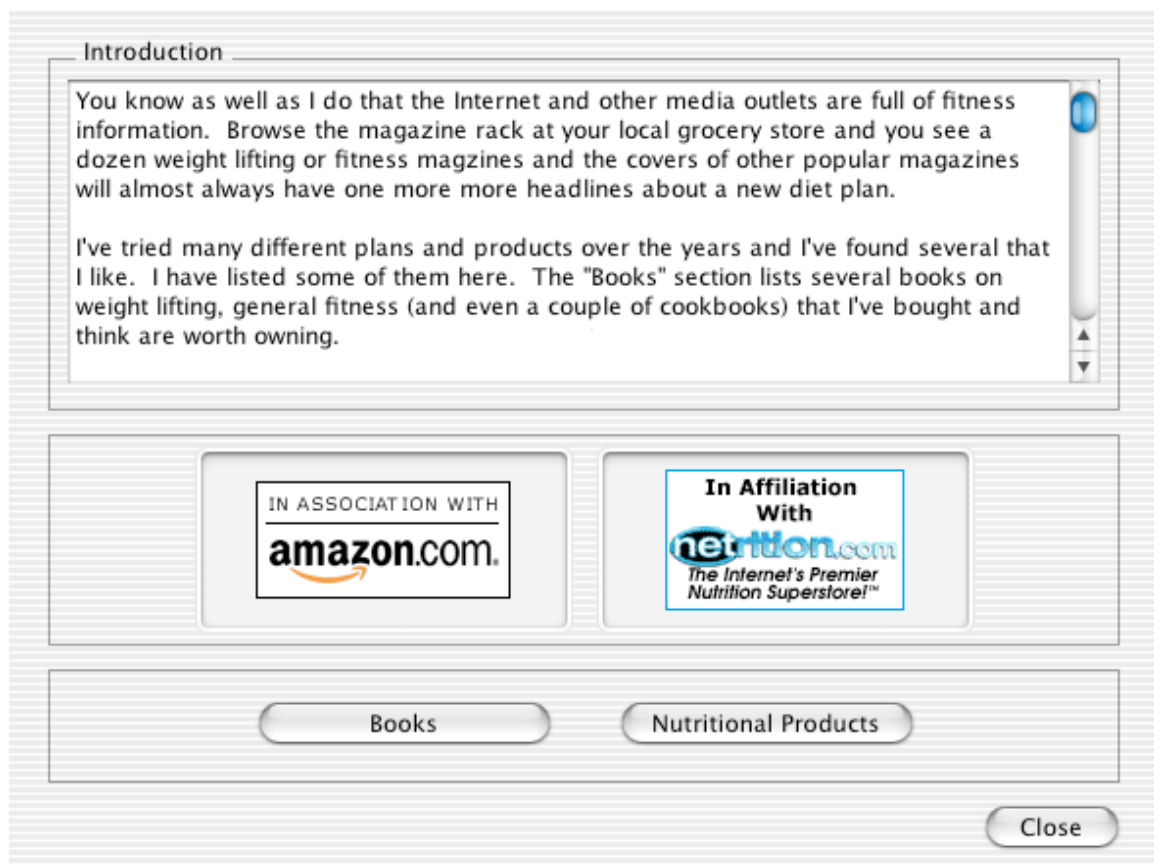
You can change the color of the rows in the tables using the preferences dialog box. This dialog box also shows the location of your database folder, in case you need to locate it. You can change the location by moving the folder in the Finder. The next time you start Muscle! it will ask you for the new location and update the preferences file.

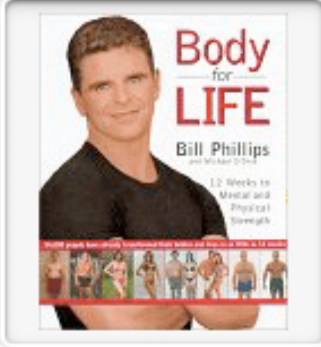


Extras Menu

The Extras menu contains items linking to Amazon.com and Netrition.com. These items are books and nutritional supplements that I use and like. Each page has a short description and a "More" button that will open the respective web page. You can purchase these items or ignore them altogether. If you find this information helpful or you find something that you like and would like to see added in future versions, send a message to ratedo@earthlink.net and I'll take a look at adding it.

In future releases I hope to add information on finding health clubs as well as personal trainers.





Body for Life
by Bill Phillips

I think that this is one of the best general fitness books on the market to day. The plan is easy to follow and if you are serious about it, you will see results. Basically you follow a simple diet and workout regime for 12 weeks. You set goals and track your progress throughout the plan. As an added benefit, you can enter the Body For Life contest and try to win some cash.

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Myoplex Plus Delux Bars
from EAS

These bars are great. The Chocolate Peanut Butter ones are my favorite. They are almost like eating a candy bar and are also a lot more convenient than protein shakes.

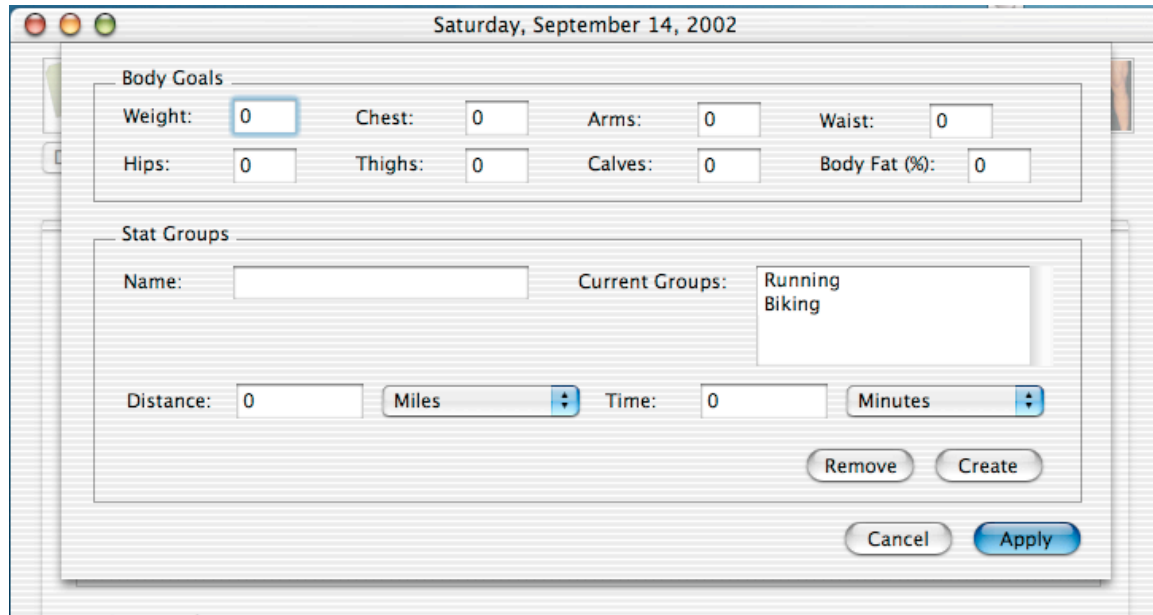
Here's the nutritional info:
Depending on the variety these bars have 340 to 350 calories each, 7-8 grams of fat (2 to 3 grams saturated fat), 43-45 grams of carbohydrates, and 24 grams of protein.

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Setting Goals

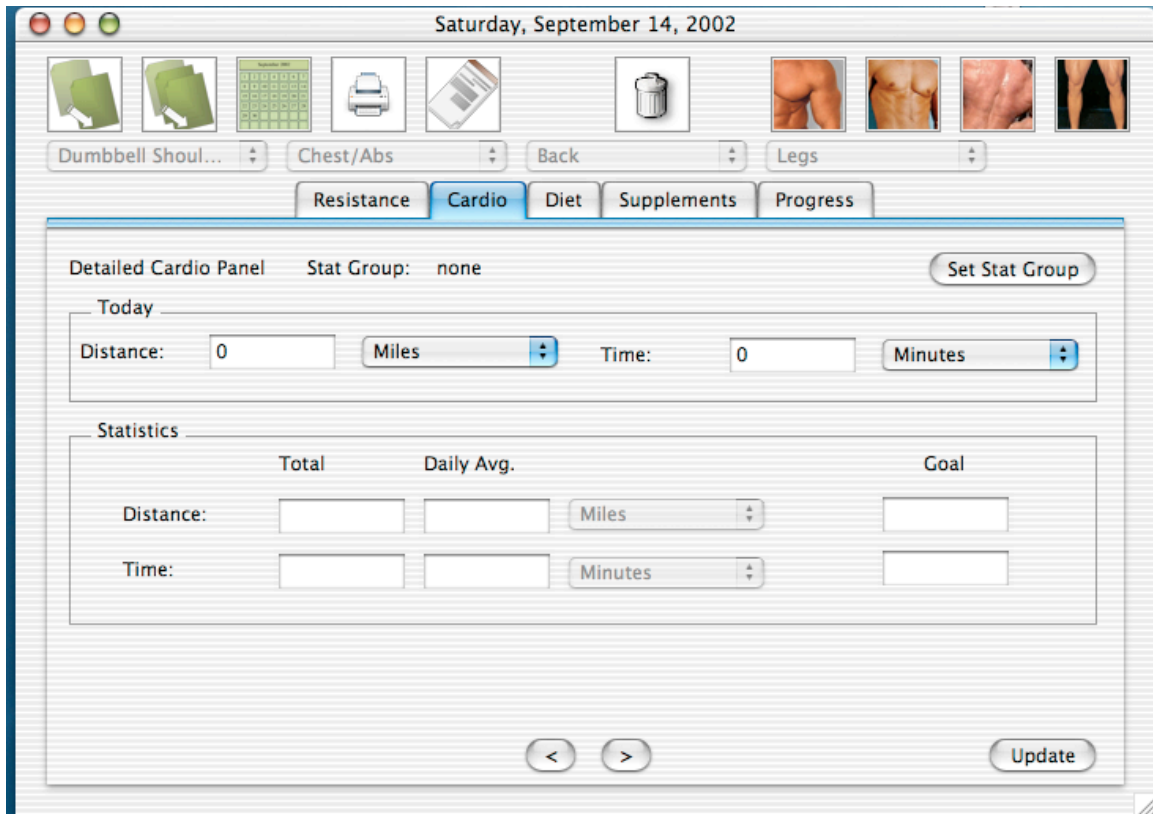
Muscle! Version 1.5 allows you to enter specific goals as well as create Stat Groups for tracking cardio progress. The Goals Sheet can be accessed by choosing the "Edit Goals" option from the Application (Muscle!) menu.



You can enter specific Body Goals in the fields at the top of the sheet. These fields are identical to the fields in the Progress Panel.

You can create Stat Groups using the fields and buttons at the bottom of the sheet. Stat Groups will allow you to set and keep track of specific cardio goals. For example, suppose you want to bike 2,000 miles this year. You can create a stat group called "Biking" by entering the name in the "Name" field and the specific distance and time goals in the Distance and Time fields- don't forget to set the correct units. If you ride your bike, on average, at 20 miles per hour, you might set a time goal of 100 hours. You can set either one of the goals or both. Also, you can create up to 100 different stat groups.

In the Cardio Panel, click the "Set Stat Group" button to specify a stat group for a particular day's cardio activities. You can enter the distance and time values for the current date then click the "Update" button to calculate the total and averages including the current values. The goals you have set for the current activity are shown as well.



You can change the stat group for a specific activity by simply clicking the “Set Stat Group” button and choosing the new group from the popup menu in the sheet.

Registering Muscle!

If you decide that you like this application, please buy a registration key. The key unlocks the printing function and allows you to get technical support (as well as doing away with that annoying “Nag Screen” when you launch the application).

To register, choose “About Muscle!...” from the “Muscle!” menu. The “About Box” will appear as shown below.



Be sure that you are connected to the internet and press the “Get Key”. This button will launch your preferred web browser and connect you to a web site from which you can purchase a license. You will receive the license in an e-mail message within 24 hours of purchase.

When you receive the message enter your name and the registration code exactly as they appear in the message. If you have trouble registering, forward the message containing the registration code to ratedo@earthlink.net with a subject of “Bad Registration Code”.

What To Do When Things Go Wrong

If you have a registered version of the application, please send your name, registration code, and a description of your problem to ratedo@earthlink.net. If you have not registered and are having trouble getting the application to run for the first time, please send a message. I’ll try to help you but I can not guarantee it.

Final Notes

Thanks for your interest in this application. I hope that you find it useful and if there is something missing that you'd like to see in a future version, please let me know.

Good luck with your workout routine and I hope that you achieve all of your fitness goals.

Jamie Outlaw

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