



# Fitness Template by StackIdeas

*Thank you for purchasing the Fitness template.*

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This is a quickstart template installation guide for beginners. This zip package (`pkg_template_quickstart_jx_vx.x.x_UNZIPFIRST.zip`) contains the following:

1. `pkg_template_quickstart.zip`  
*(Main quickstart template zip)*
2. `script.php`  
*(Installation script to assist with installation)*
3. `template-readme.pdf`

## **Astroid Framework Documentation**

Astroid Framework is built with simplicity and ease the use of mind. Astroid lets you manage every aspect of your Joomla website without writing a single line of code which helps you build Joomla templates easily.

It's a powerful framework for designers & developers to create responsive, fast & robust Joomla-based websites and templates.

To know more about what all Astroid has to offer read the documentation:

<https://astroidframe.work/>

## Quickstart Package

The quickstart package is a complete Joomla website. It's fully functional, the entire Joomla package contains Joomla CMS, components, modules, plugins and the chosen template, Astroid framework with all the configuration.

### Warning!

DO NOT INSTALL the Quickstart package using Joomla Extensions Manager. Please follow the installation guide below.

### Note

You don't have to use/keep the sample contents to build your website, sample contents are only for illustrating the features of the current template and including the components. Moreover, you can (and you should) delete (or replace) them with your own.

## Template Package

The template package (~3mb) is a Joomla standalone template. This template **DOES NOT** contain sample content.

## Quickstart Installation

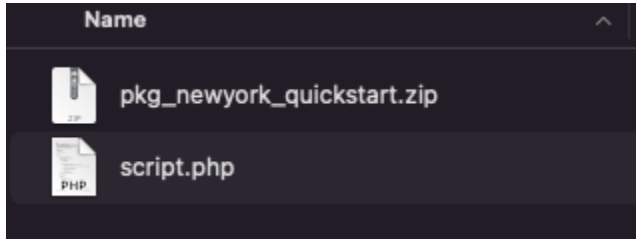
Quickstart installation would be a little bit different from Joomla. It is impossible to install the Quickstart package inside an existing Joomla installation website via the Extension Manager. It is because Quickstart includes the Joomla core files. This package is strictly for use with a new Joomla! Installation to help you to duplicate the demo site with the sample contents.

## Preparation

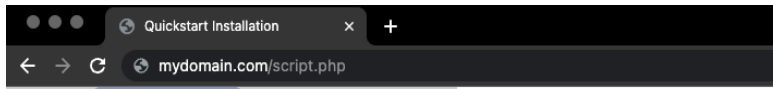
- Please check and ensure that your WebHost has met the [minimum requirements](#) to run Joomla and quickstart.
- Download the latest version of the template package. Unzip the downloaded package to a folder on your hard drive.  
(pkg\_template\_quickstart\_jx\_vx.x.x\_UNZIPFIRST.zip)
- Create a new database using the database wizard in cPanel and assign a user with full permission to the database. We suggest using a new/fresh database (MySQLi) for all quickstart installation. But yes, you can use the current/old database as well, but make sure to use a new prefix for the tables.
- Remove the index.html file from the root folder. *\* If you have it.*
- Delete the old configuration.php file from the root folder. *\* If you have it.*
- Upload the extracted quickstart files to the desired directory on your web server. Usually the root directory or public\_html folder. To transfer files from your computer to a web server, you'll need a special SFTP/FTP software. For example, FileZilla - would be a good choice.
- Keep this SFTP/FTP connection open so you have it handy during installation.

## Installation

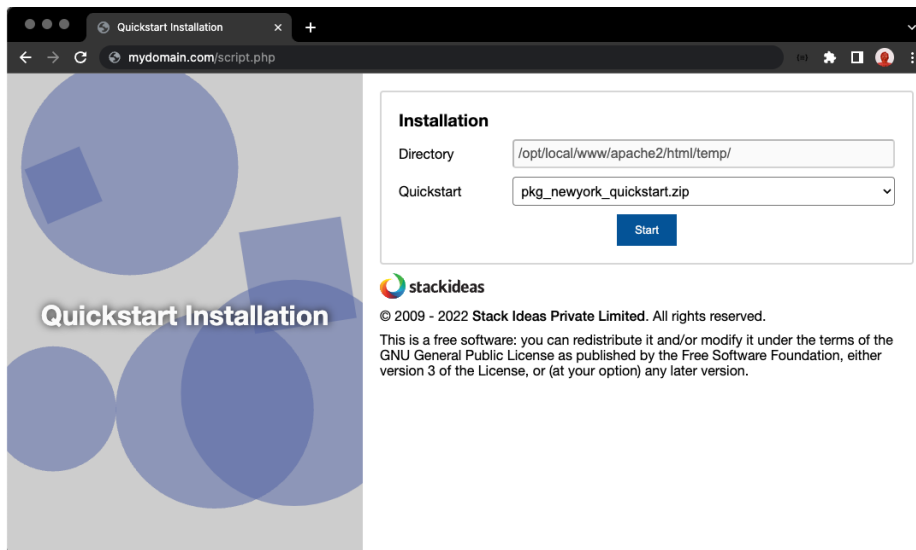
- Before starting the installation, make sure you've transferred the quickstart package into your server.



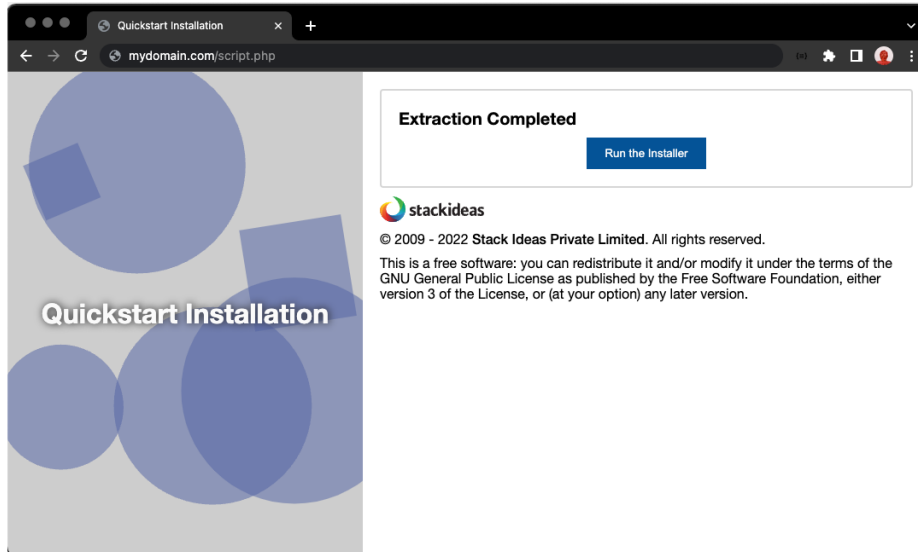
- Open your browser and navigate to your main domain. (i.e: <https://mydomain.com>). Or to the appropriate subdomain (i.e: <https://mydomain.com/new/>), depending on where you've uploaded the quickstart.
- Append `/script.php` to the end of the url. (i.e: <https://mydomain.com/script.php> or <https://mydomain.com/new/script.php>).



- You'll be taken to the first screen of the quickstart installation.



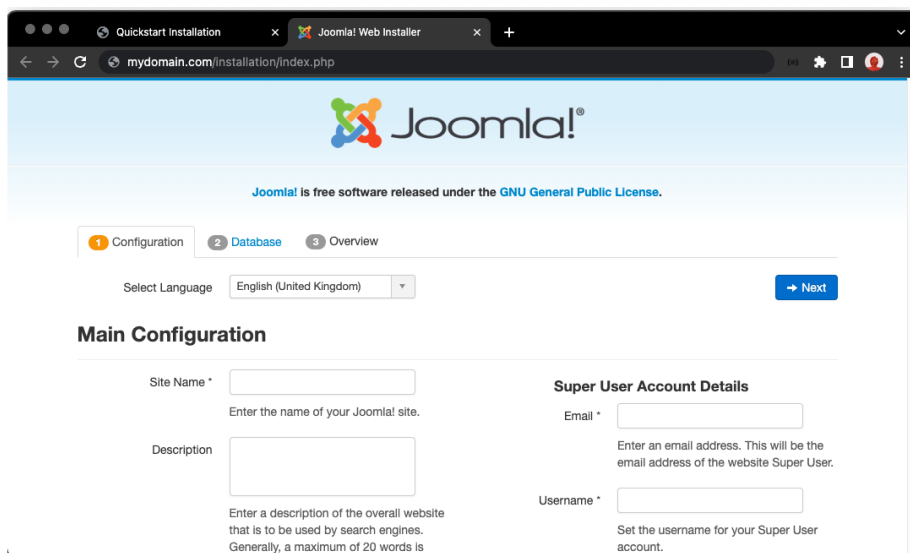
- Follow the installation instructions and click the **Run the installer** button when you see this screen. This will launch the Joomla installation.



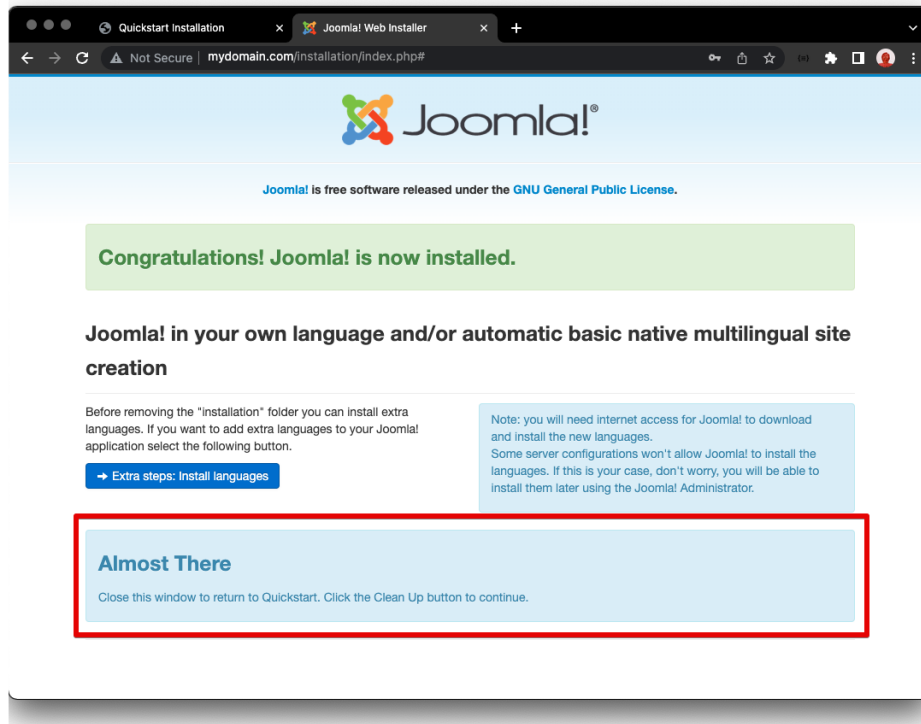
### Important!

**DO NOT CLOSE** the existing window. There are post-installation steps that are needed for the template installation.

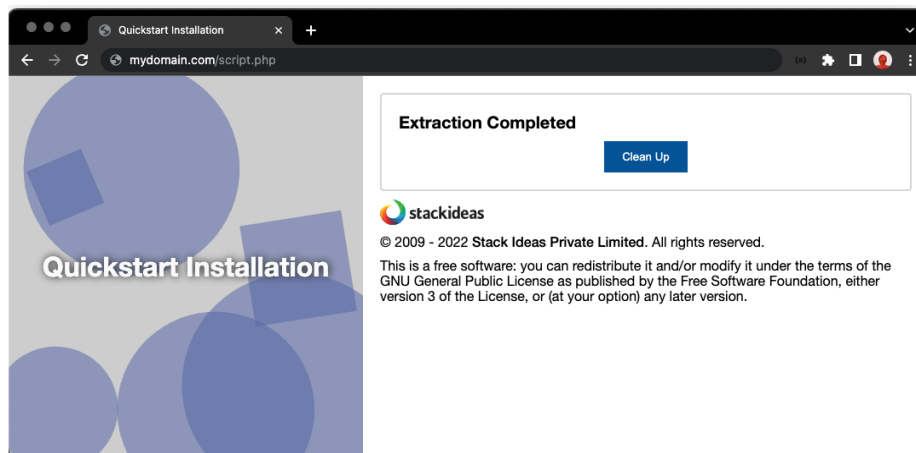
- Complete the Joomla installation.



- Please do not use “admin” as your default Super Admin Username. Use something more unique for the username for security reasons.
- Default sample data will be automatically installed on your server.
- Once the installation is complete, you should see a successful message from Joomla. Close the Joomla installation page and return to the quickstart installation page.

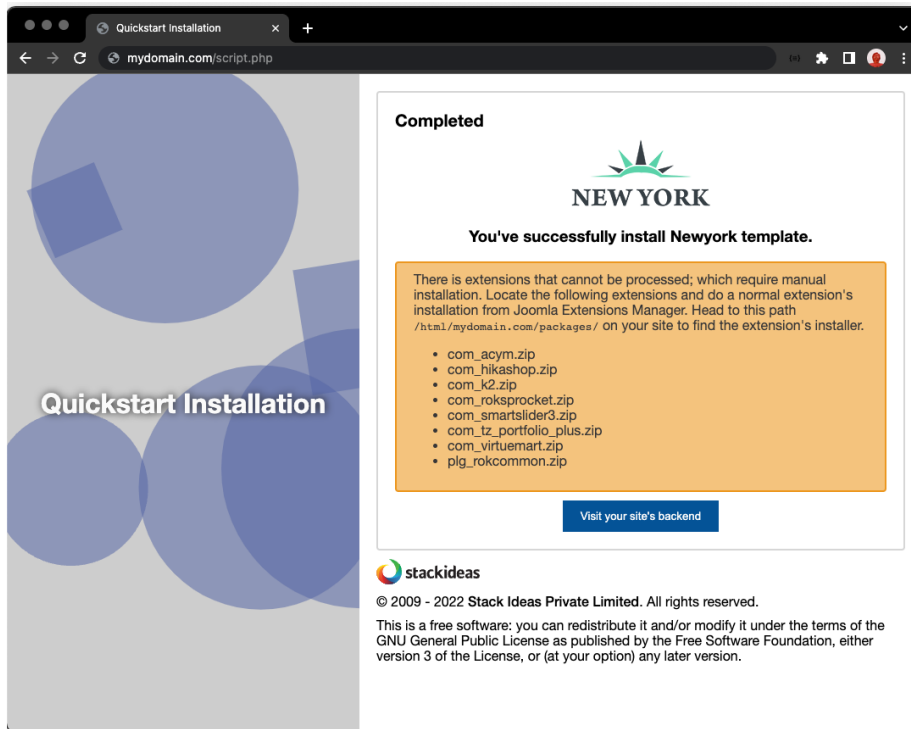


- Click on the **Clean Up** button and continue the installation until you see a successful installation message.





- Should you need to install any 3rd party components required by the template, it will be mentioned on the success page.



- Remove the index.html file from the root folder. *\* If you have it.*
- Rename htaccess.txt to .htaccess. *\* SEO and security reasons.*
- Login to the backend/administrator area <https://mydomain.com/administrator> or <https://mydomain.com/new/administrator> and navigate to **Extensions > Manage > Install**.
- Locate the 3rd party components\*\* in `your_site/packages/` and install them all from Joomla Extensions Manager.

### Information

The root directory is often called `htdocs`, `httpdocs`, `httpd`, `public_html`, or `www`. If you can't find that folder, your web hosting company should be able to help you out.

If any of the required web server settings aren't met, you won't be able to install Quickstart. In that case, Joomla will display a screen of required settings and mark the ones that require attention. If there are any problems, get in touch with your web hosting company to have them correct the web server settings for you.

### **\*\* Note**

You will only get an activated copy of the premium version for extensions within the template. You will NOT get a license key for any integrated premium Joomla! extensions.

## Template Installation

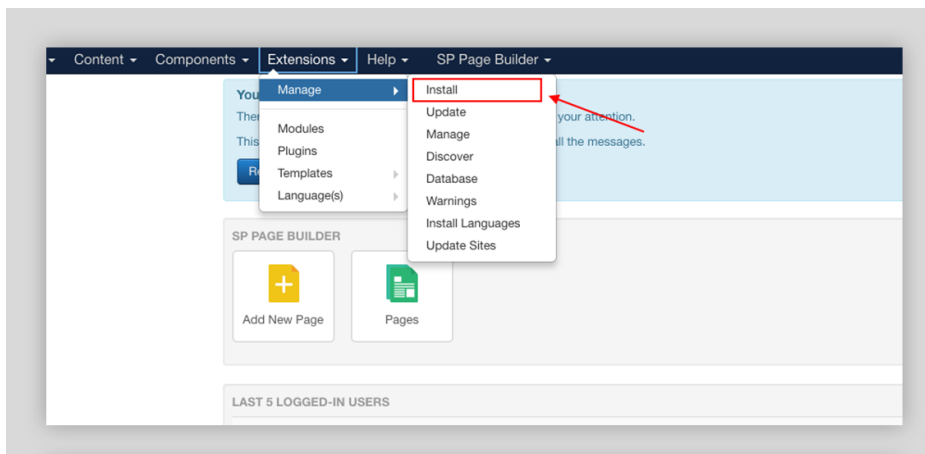
Installing a template in Joomla is always an easy task that doesn't take much of a hassle. If you're new to Joomla and facing trouble understanding how the core stuff works, you'll need to follow a few simple steps to install and enable a Joomla template.

### Installing Template for Joomla 3

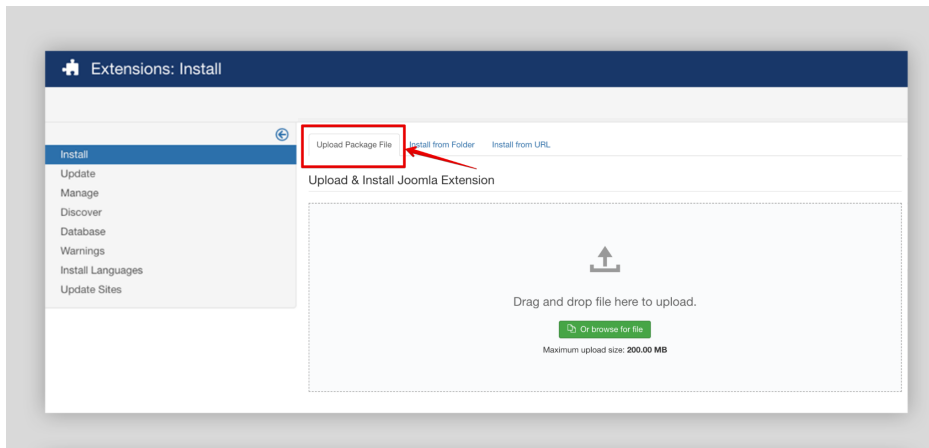
- First, you'll have to login to your Joomla control panel using your username and password.



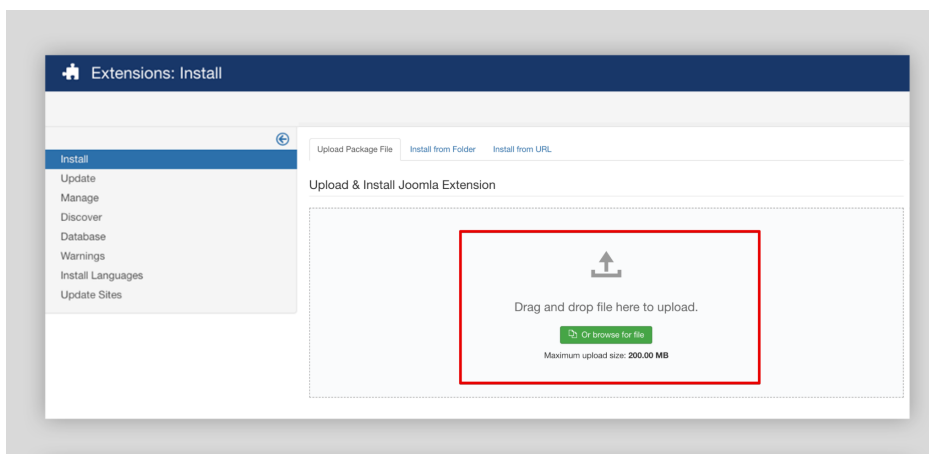
- Click on the **Extensions** menu. On the top of the dropdown menu, click **Manage** and select **Install**.



- On the install page, select the option **Upload Package File**.

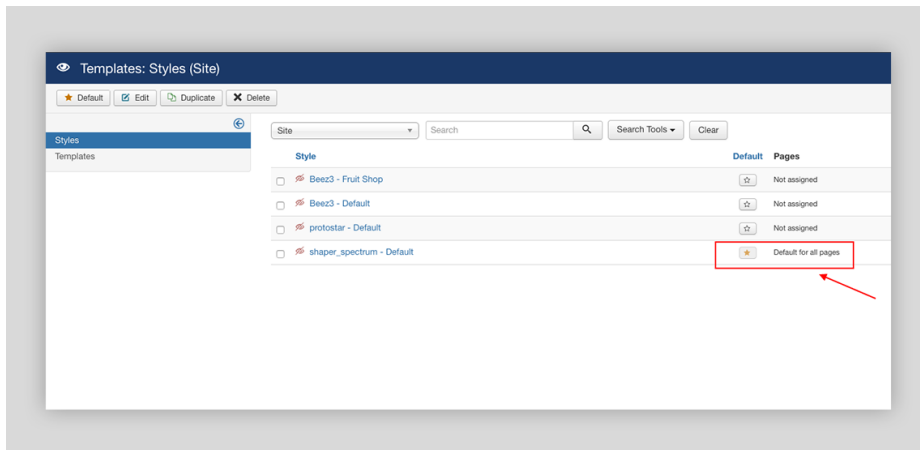


- Drag and drop the template zip file here to upload or click the **Browse for file** option.



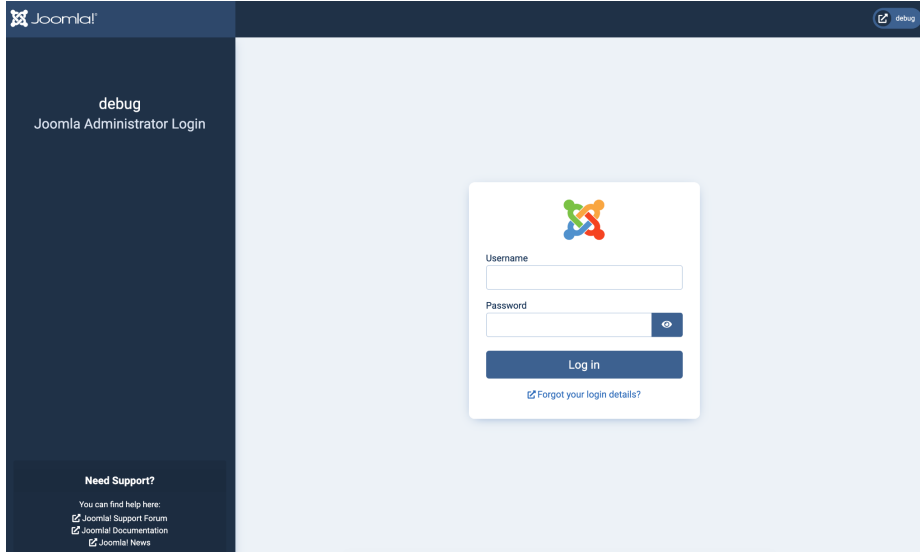
- Bravo, the template has now been installed (*if you've chosen the right package*)! Your site is now good to go.
- By default on fresh installation, this template will not be automatically enabled for you. So, go to **Extensions > Templates > Styles**.

- Set your template to default by clicking on the **Star** button.

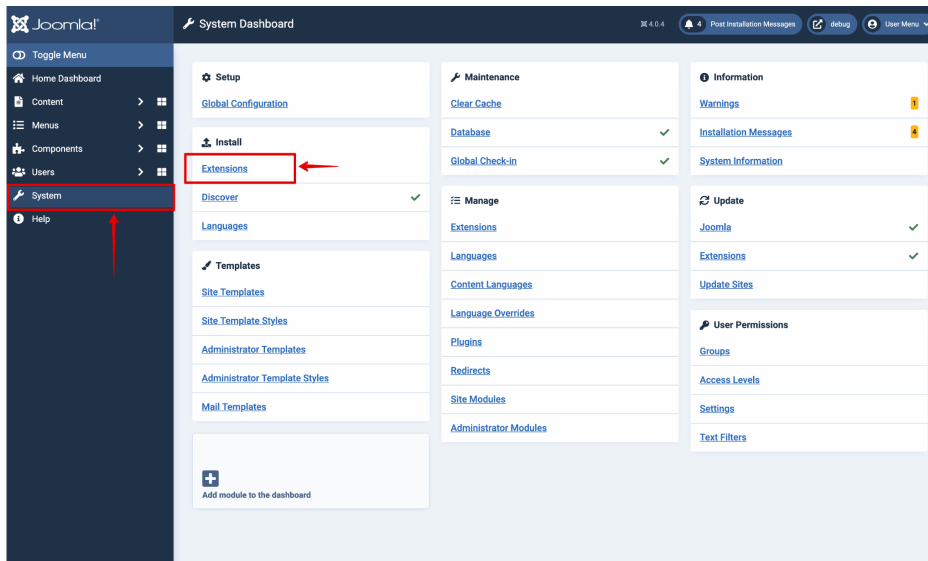


## Installing Template for Joomla 4

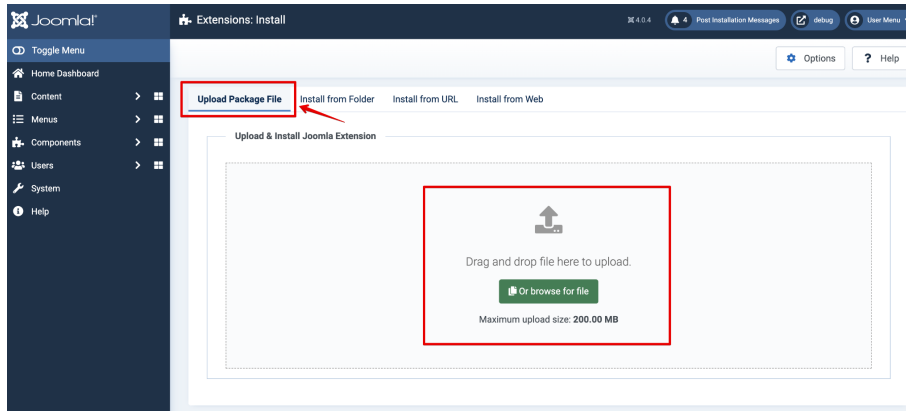
- First of all you've to login to your Joomla control panel using your username and password.



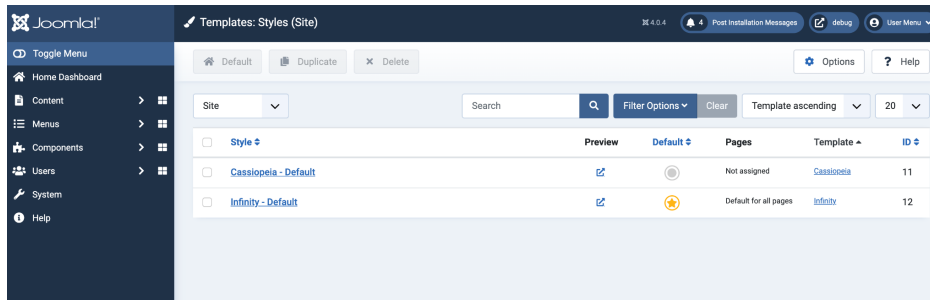
- Click on **System** from the sidebar and choose **Install > Extensions** as shown below.



- On the Install page, select the option **Upload Package File**. Drag and drop the template zip file here to upload or click the **Browse for file** option.



- Bravo, the template has now been installed on your site (if you've chosen the right package)! Your template is now good to go.
- By default on fresh installation, this template will not be automatically enabled for you. So, go to **System > Templates > Site Template Styles**.
- Set your template to default by clicking on the **Star** button.



So, this is the process to install a Joomla template. It's that straightforward! After installing the template, you can start customizing the pages with your content. Also, get your necessary extensions, components, modules and so on.

## Fitness Template

Fitness is a bold template for gym studios and fitness instructors. It works beautifully across different screen sizes and is customizable. The inbuilt HikaShop extension allows you to have a full-fledged eCommerce shop on your website.



### Responsive Layout

The template can run beautifully on most modern web browsers. It also runs smoothly across any screen sizes or devices.



### Clean & Lightweight

Well optimized and clean code, to make the template faster and boost its performance.



### Astroid Framework

Customize template layout and look with Astroid Framework, which makes it much faster and enhances its robust functioning, which brings easy customization.



### HikaShop Ready

Make full fledged Online store for your fitness and gym products with HikaShop extensions.



### Multiple Header Variations

Comes with header variations like boxed and stacked mode to choose from.



### Dedicated Support

We're proud on our support team. If you are facing any issue with template, our technical team is there to help you out.



## Extensions & Modules

Followings are the extensions and modules included in the quickstart package.

- Hikashop
- Smart Slider 3
- EasyAdmin Bar Plugin
- Gym Gallery Module
- JD Before After Module
- JD Page Heading
- JD Pricing Tables
- JD Services Showcase Module
- JD Simple Contact Form Module
- JD Tabs Module
- JD Teams Showcase Module
- JD Testimonials Module
- Register Login Module
- Hikashop Cart Module
- Hikashop Currency Module
- Hikashop Filter Module
- Hikashop Wishlist Module
- Hikashop Module