

WORKOUT

**IT'S ALL ABOUT TIME,
ENERGY & FOCUS.**

**Ready to Build Yourself ?
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Workout Template by StackIdeas

Thank you for purchasing the Workout 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

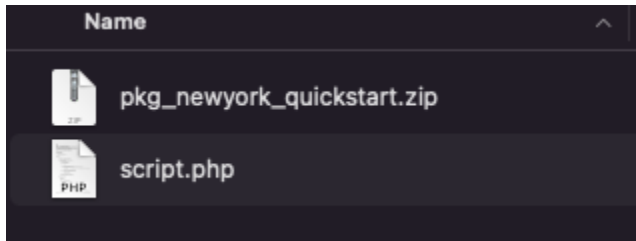
Quickstart installation would be a little bit different from Joomla. It is impossible to install the Quickstart package inside an existing Joomla installation website via the Extension Manager. It is because Quickstart includes the Joomla core files. This package is strictly for use with a new Joomla!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

Preparation

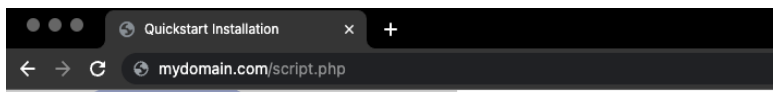
- Please check and ensure that your WebHost has met the [minimum requirements](#) to run Joomla and quickstart.
- Download the latest version of the template package. Unzip the downloaded package to a folder on your hard drive.
(pkg_template_quickstart_jx_vx.x.x_UNZIPFIRST.zip)
- Create a new database 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

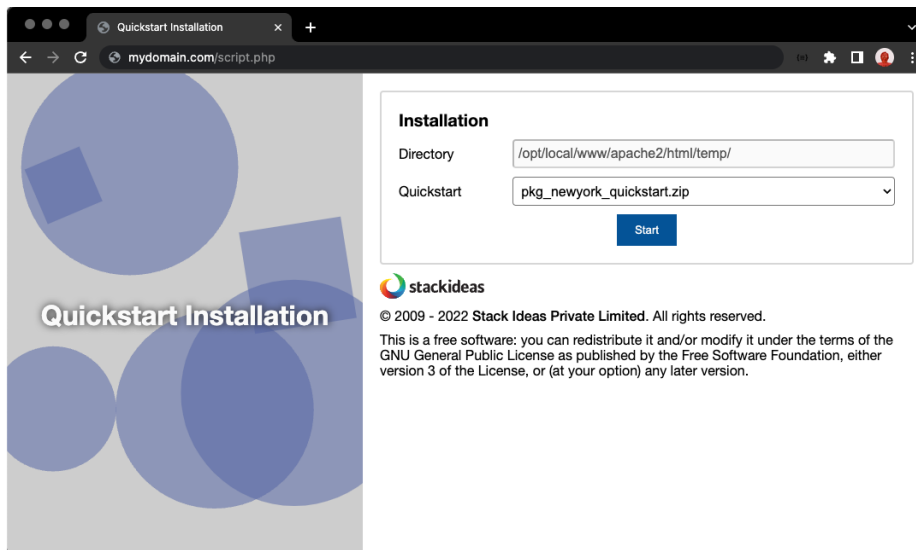
- Before starting the installation, make sure you've transferred the quickstart package into your server.



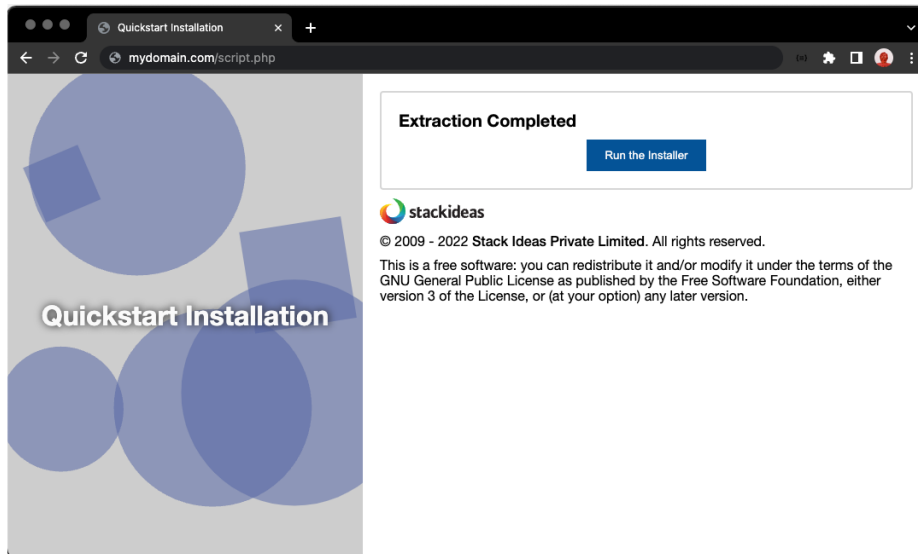
- Open your browser and navigate to your main domain. (i.e: <https://mydomain.com>). Or to the appropriate subdomain (i.e: <https://mydomain.com/new/>), depending on where you've uploaded the quickstart.
- Append `/script.php` to the end of the url. (i.e: <https://mydomain.com/script.php> or <https://mydomain.com/new/script.php>).



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



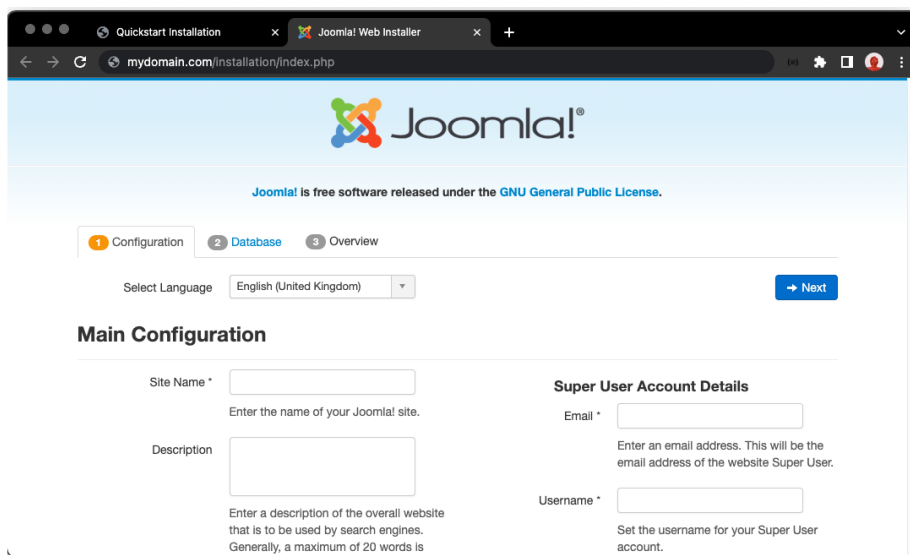
- Follow the installation instructions and click the **Run the installer** button when you see this screen. This will launch the Joomla installation.



Important!

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

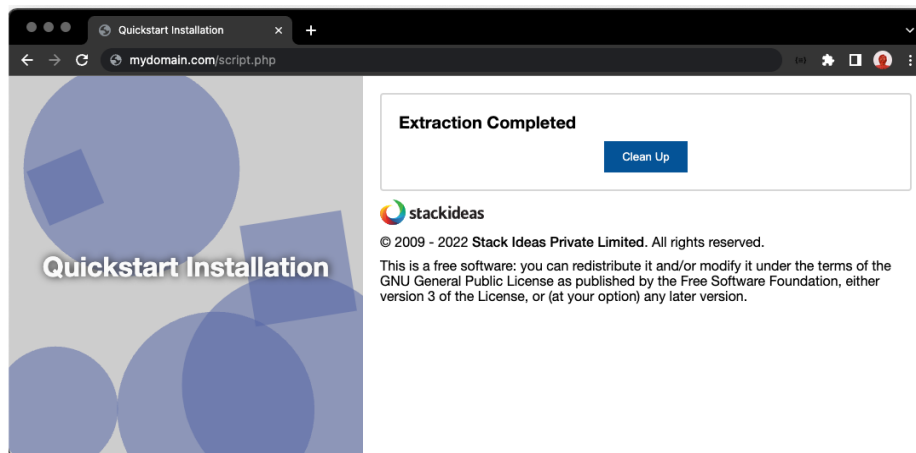
- Complete the Joomla installation.



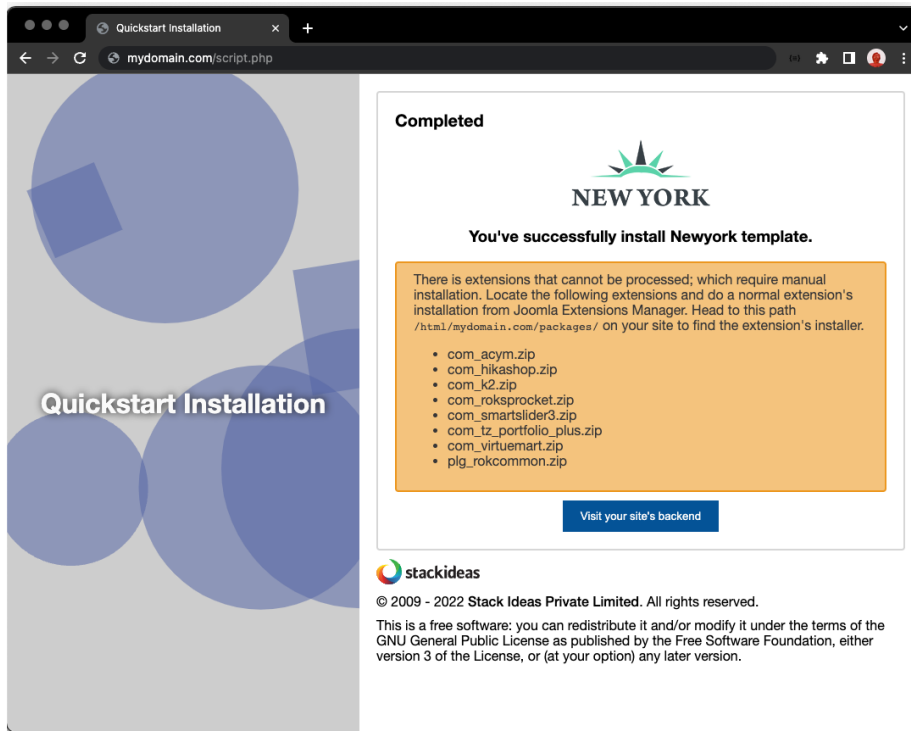
- Please do not use “admin” as your default Super Admin Username. Use something more unique for the username for security reasons.
- Default sample data will be automatically installed on your server.
- Once the installation is complete, you should see a successful message from Joomla. Close the Joomla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

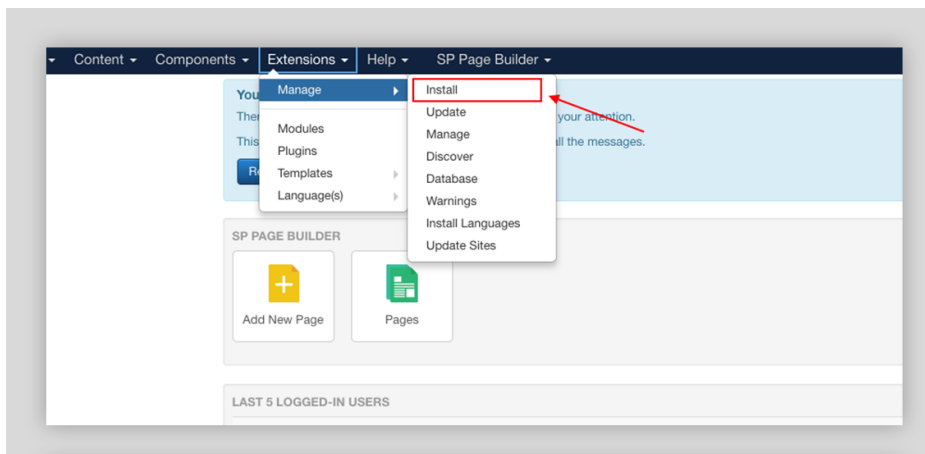
Installing a template in Joomla is always an easy task that doesn't take much of a hassle. If you're new to Joomla and facing trouble understanding how the core stuff works, you'll need to follow a few simple steps to install and enable a Joomla template.

Installing Template for Joomla 3

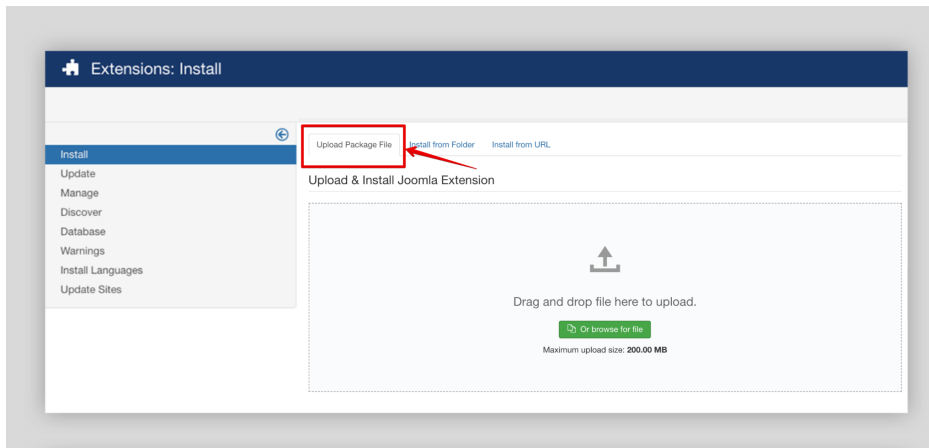
- First, you'll have to login to your Joomla control panel using your username and password.



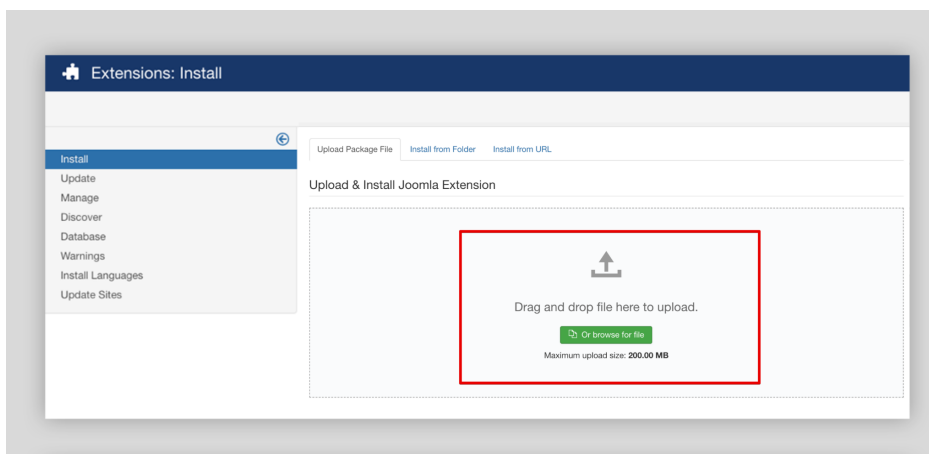
- Click on the **Extensions** menu. On the top of the dropdown menu, click **Manage** and select **Install**.



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

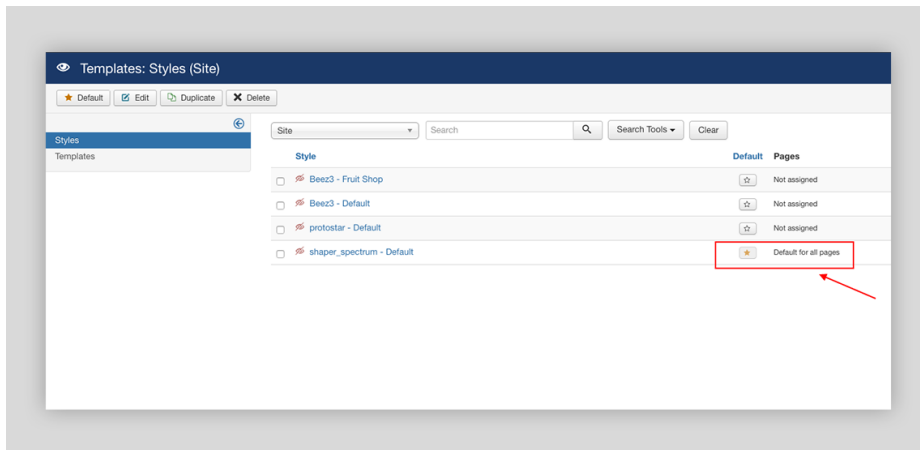


- Drag and drop the template zip file here to upload or click the **Browse for file** option.



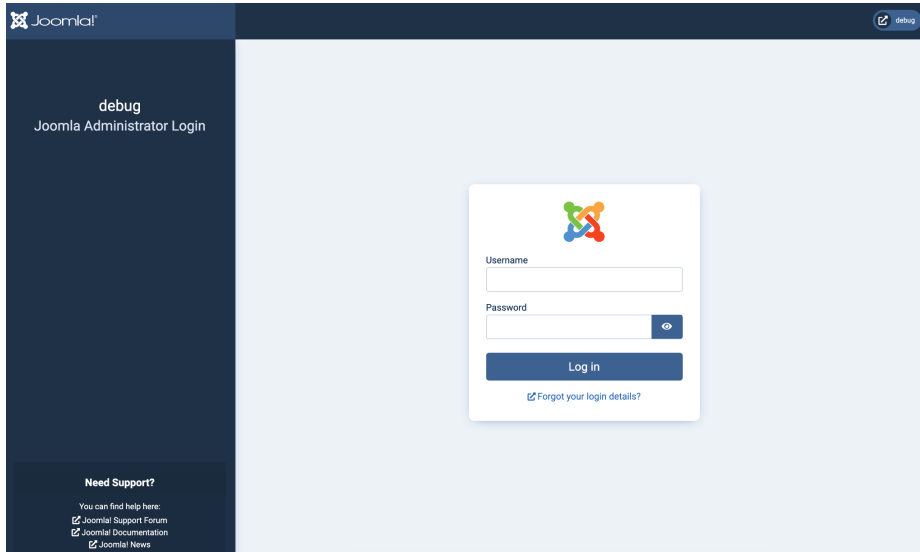
- Bravo, the template has now been installed (*if you've chosen the right package*)! Your site is now good to go.
- By default on fresh installation, this template will not be automatically enabled for you. So, go to **Extensions > Templates > Styles**.

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

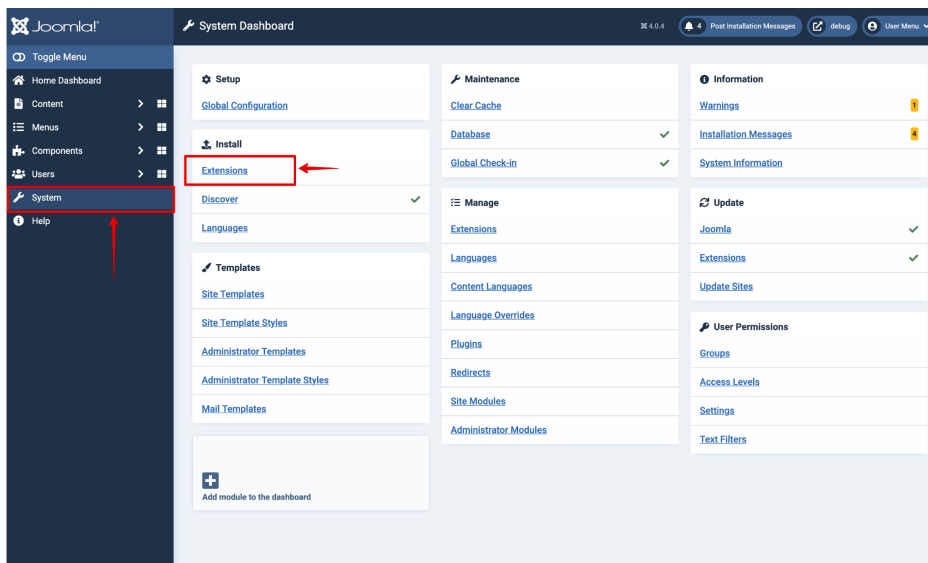


Installing Template for Joomla 4

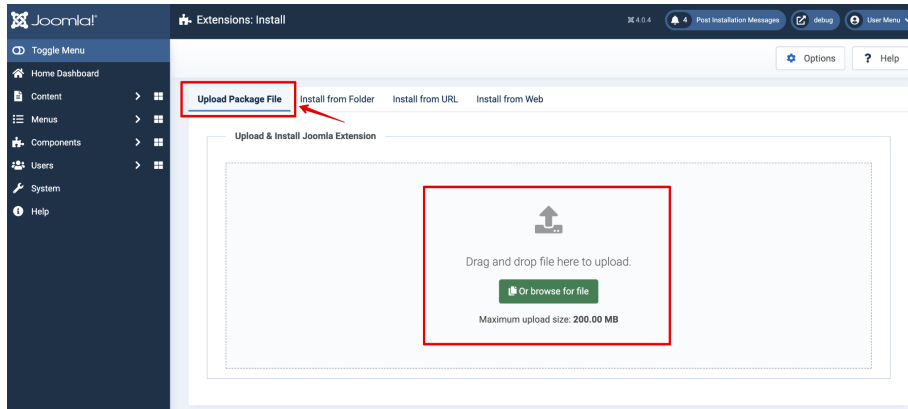
- First of all you've to login to your Joomla control panel using your username and password.



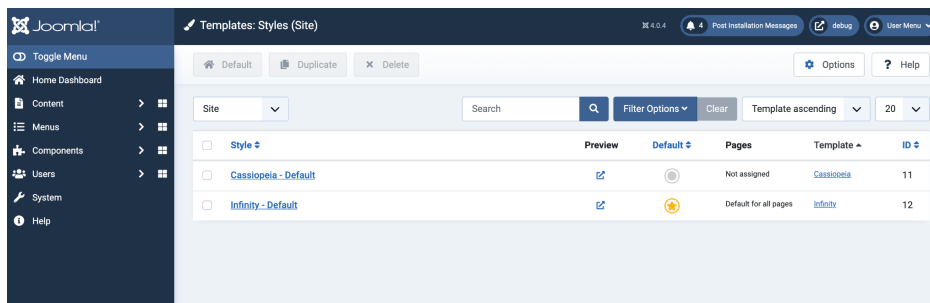
- Click on **System** from the sidebar and choose **Install > Extensions** as shown below.



- 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.

Workout Template

Workout is a template perfect for fitness-oriented businesses. It works beautifully across different screen sizes and is customizable.



Responsive Layout

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



Newsletter Subscription

AcyMailing integration within the template allows you to collect emails from your subscribers and send newsletters to them.



Astroid Framework

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



Number Counter

Number Counter allows you to showcase the highlighted features like the number of students, number of awards etc with the help of an animated counter.



EasyBuilder

Build and edit pages with EasyBuilder drag and drop interface. So it will be easy for you to edit or create new pages for your website.



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.

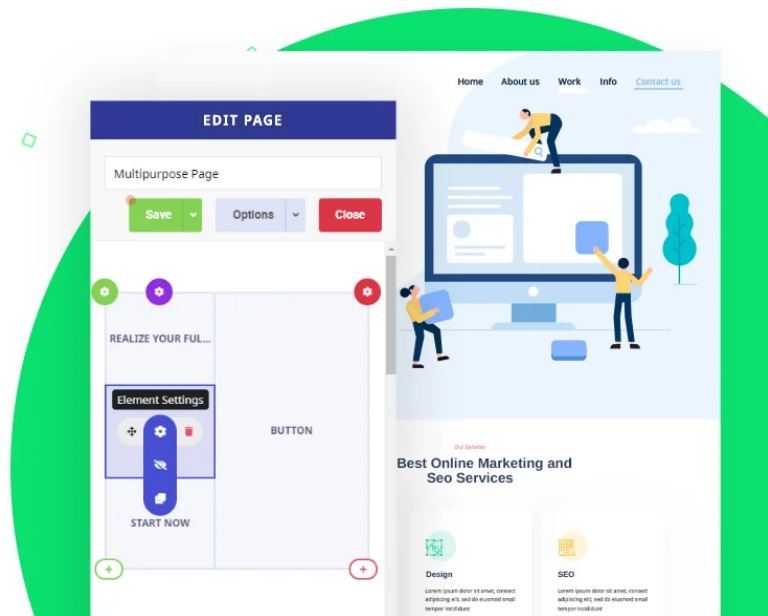
Extensions & Modules

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

- J2Store
- EasyBuilder
- Register Login Module

EasyBuilder

EasyBuilder is one of the page builders for Joomla and it packs quite a lot of features.



What is EasyBuilder

EasyBuilder is a next-generation Joomla page builder that comes with a clean layout. It is also Search Engine Optimization (SEO) and Search Engine Marketing (SEM) compatible and you'll be able to build web pages quickly as it comes with a drag & drop feature.

Moreover, it also features a powerful elements library too. The library contains 30+ builder elements. With this page builder, you'll find different elements like content to sliders, Joomla modules, Joomla articles, contact forms, and so on.

Requirements

Minimum Requirements

- Joomla: 3.9+
- PHP: 7.2+
- Mysql: 5.7+ or Maria DB 10.2+

PHP Specifications

- max_execution_time = 120
- max_input_time = 120
- max_input_vars = 2000
- memory_limit = 512M
- post_max_size = 10M
- upload_max_filesize = 10M

Features of EasyBuilder

Drag & Drop Builder

EasyBuilder comes with a drag & drop feature. So, you can build a website by simply dragging the element to where you would like to add it. In addition, you have complete freedom to move any row, column, element, section and everything else on the page.

Extensive Library of Pre-designed Sections & Pages

The best part of the EasyBuilder is that it comes with an extensive library containing pre-designed pages and different kinds of sections. All you have to do is just insert the section or page and you are all done.

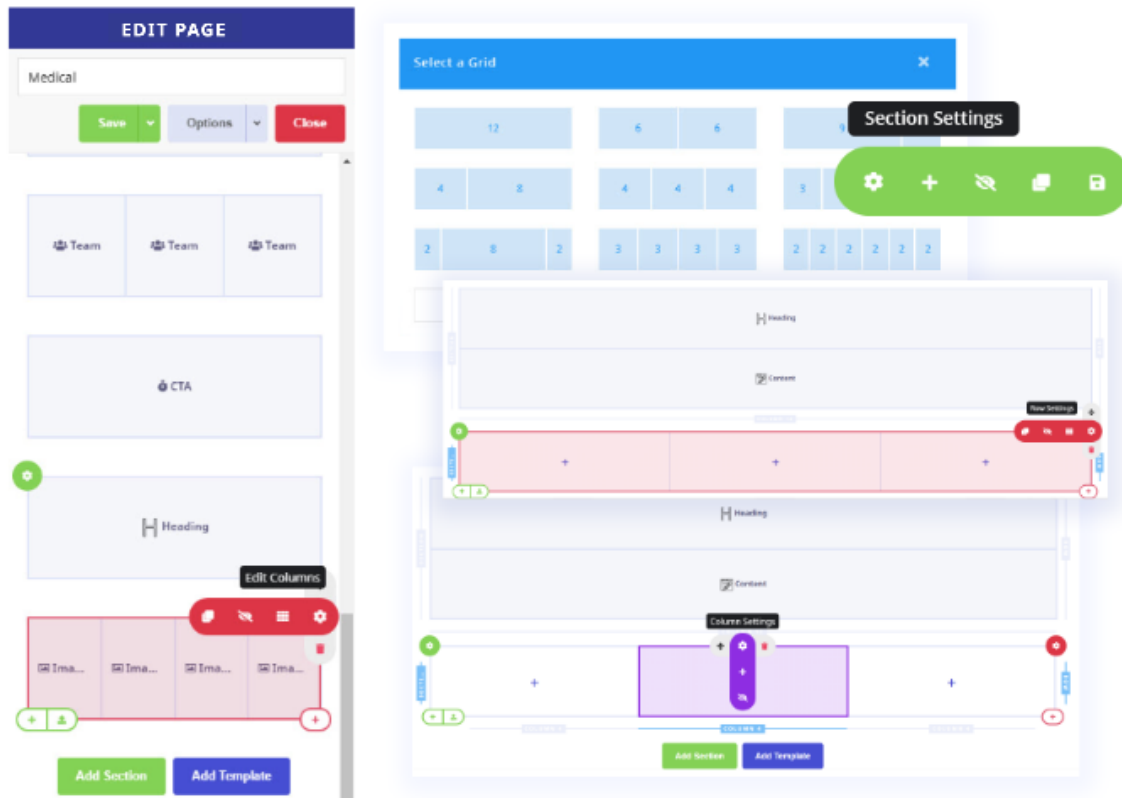
The library includes Hero, About, Services, Features sections and so on. So, you can simply choose and insert it into your content.

Developed with a Mobile-First Approach

As you already know how important mobile websites are, hence, this EasyBuilder is developed with a mobile-first approach. As a result, no matter what website you built, it will always be responsive. So, your users can have the best experience while visiting your website from different devices.

Create Simple to Complex Design with EasyBuilder

With the EasyBuilder, you'll have full freedom to design any kind of layout. No matter if you want to make a simple design or a complex one. The builder gives you sections, rows, columns and so on. So, you can have a stunning website easily.



SEO & Open Graph Settings

There is no doubt that SEO is an essential part of any website. Without SEO, there is no traffic, no sales or revenues. However, EasyBuilder is completely SEO friendly. It offers you the ability to add page-specific page browser titles, meta descriptions and keywords.

It also comes with Facebook open graph and Twitter card support. So you can have a different title and description for different social media platforms.

Save Your Design to the Library

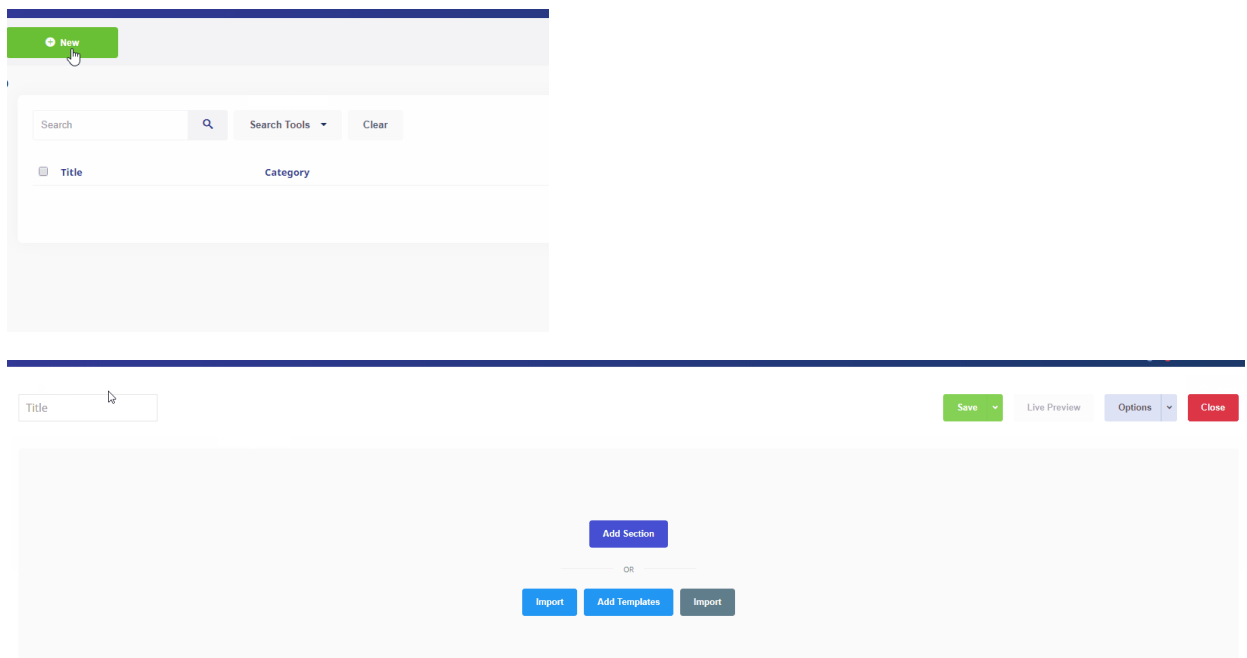
EasyBuilder allows you to create pages with all-around functionality. And the best part is that these creations work perfectly across all devices of different shapes and sizes.

You can design your section and save them to your library. You can later use these sections again anywhere on your website. As a result, you do not have to design the same section again and again. Instead, you can reuse your saved sections.

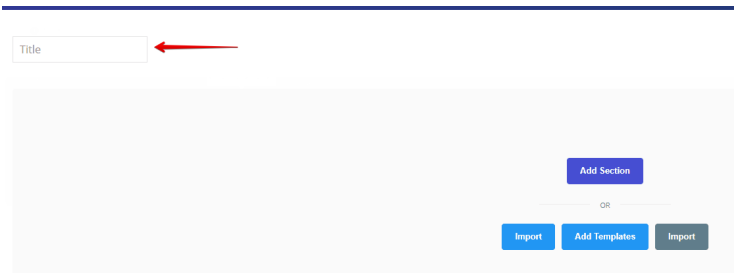
Creating New Page

To create a new page in EasyBuilder, please follow the given steps:

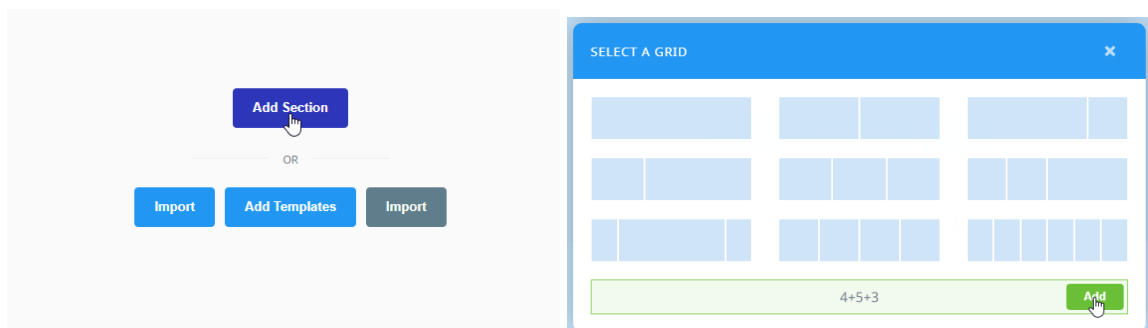
1. Click on the **New** button, you'll then be directed to EasyBuilder's new page.



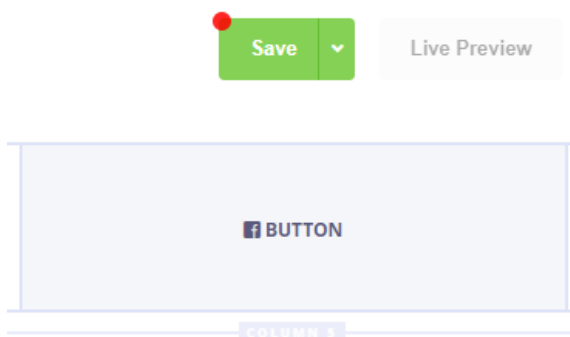
2. Enter the name/title of the page in the textbox. Without the title, your page will not be saved.



3. Click on **Add Section** button (to add a new section on the page) or the **Import** button (to add an already created section or page).
4. On adding a section, choose your grid or customize it as you like. (The sum must always be equal to 12).

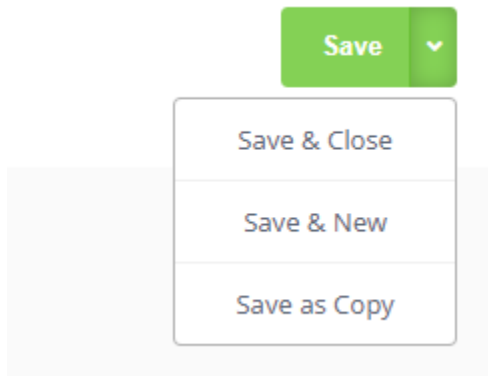


5. After selecting the grid, you can now easily add the elements and create your desired page.

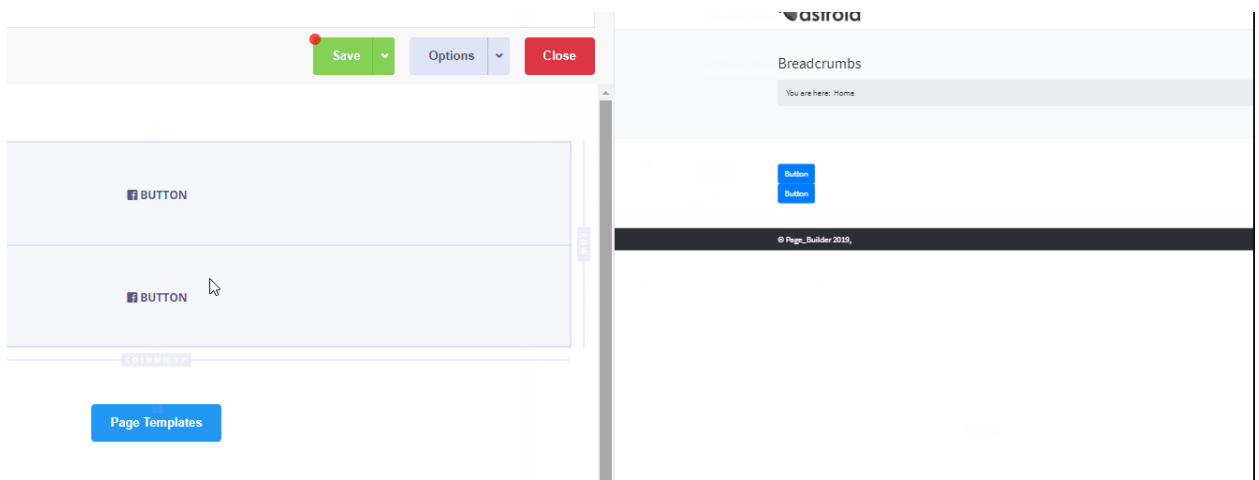


6. After making the changes, save your page by clicking on the **Save** button.

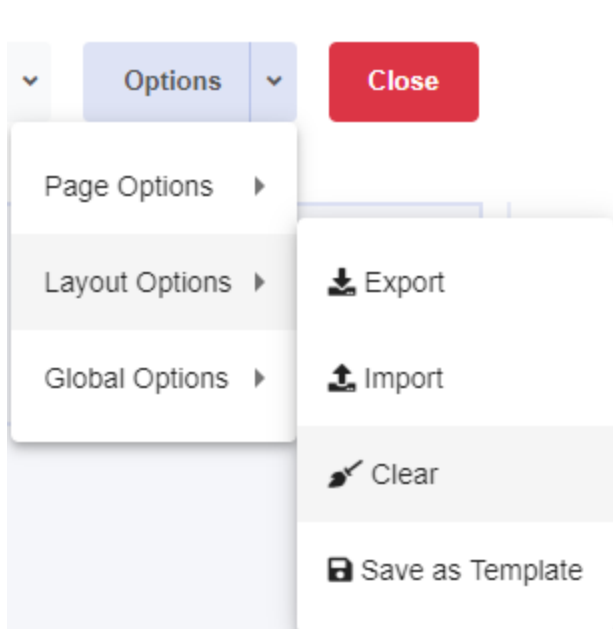
7. Along with just saving, you can either **Save & Close** the page or **Save & New** to create a new page or **Save & Copy** to copy the complete page.



8. After saving, the **Live Preview** button will be active. So, you can preview the changes before publishing them.

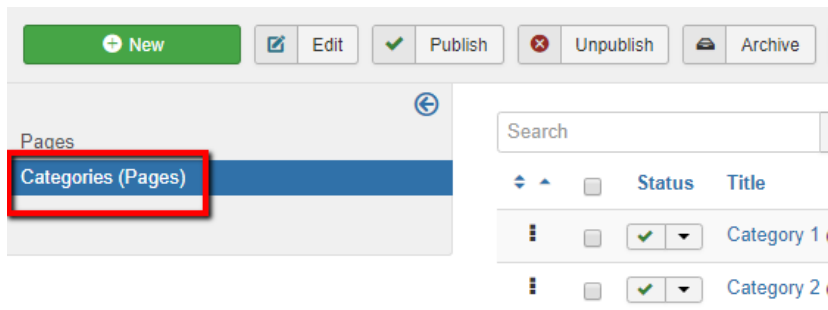


9. In this view, you'll have the option of viewing it on the same page or in a new tab.
10. Next, we have the **Options** button for customizing the page settings.
11. In the dropdown along with the **Options** button, we have **Page Options**, **Layout Options** & **Global Options**. Under layout options, one will find **Import**, **Export**, **Clear page** & **Save as Template** options.



12. Lastly, we have a **Close** button for closing the page.

13. You can also categorize your page into different categories under the **Categories** option.



EasyBuilder Shortcut Keys

Shortcuts are keyboard shortcuts that can be used to do some of the common actions in EasyBuilder. It saves you a lot of time because you don't have to drag & click the mouse again and again, you can work directly with the keyboard.

Easily view the available shortcuts by clicking **Ctrl/⌘ + ?** on your keyboard. Here's a list of the currently available shortcuts:

Action	Shortcut	Description
Save	Ctrl + S Meta + S	Save the page settings to revision history
Save as copy	Ctrl + Shift + P Meta + Shift + P	Save the page settings and create a copy of that page
Clear cache	Ctrl + Shift + X Meta + Shift + X	Clears the EasyBuilder cache
Open Preview	Ctrl + P Meta + P	Open the preview live new window screen
Toggle Panel	Ctrl + Shift + H	Switch between different layout settings popup
Toggle Live Preview	Ctrl + F11 Meta + F11	Easily switch between live preview screen & page layout
Toggle Devices	Ctrl + Shift + D Meta + Shift + D	Switch between different responsive devices
Finder	Ctrl + Shift + F Meta + Shift + F	Navigate anywhere across your Joomla between menu items, modules, articles or any EasyBuilder page

Undo	Ctrl + Z Meta + Z	Cancel the last changes
Redo	Ctrl + Y Meta + Y	Again do the same thing that was once done
Discard Changes	Esc	Ignore all the changes that are done