

# Chapter 1: Getting Started

## Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess:

No of guesses : 0

Your Guess:

Your guess is higher.

No of guesses : 6 ← noOfTries changes with each guess

## Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess:

Your guess is higher.

After Data Binding

Your guess is lower.

Yes! That's it.

No of guesses : 0

View Template

## Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess:

No of guesses : 0

Rendered View

# Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess:  Verify Restart property binding

No of guesses : 0 `<input type="number" [value]="guess" (input)="guess = $event.target.value" />`

```
30 class GuessTheNumberComponent {
31   deviation: number;
32   noOfTries: number;
33   original: number;
34   guess: number;
35
36   constructor() {
37     this.initializeGame();
38   }
39   verifyGuess() {
40     this.deviation = this.original - this.guess;
41     this.noOfTries = this.noOfTries + 1;
42   }
43   initializeGame() {
44     this.noOfTries = 0;
45     this.original = Math.floor(Math.random() * 1000) + 1;
46     this.guess = null;
47     this.deviation = null;
48   }
49 }
50
51 bootstrap(GuessTheNumberComponent);
52
```

Paused in debugger

Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess: 6 Verify Restart

No of guesses : 1

```
28 noOfTries: number;
29 original: number;
30 guess: number;
31
32 constructor() {
33   this.initializeGame();
34 }
35
36 verifyGuess() {
37   this.deviation = this.original - this.guess;
38   this.noOfTries = this.noOfTries + 1;
39 }
40
41 initializeGame() {
42   this.noOfTries = 0;
43   this.original = Math.floor(Math.random() * 1000) + 1;
44   this.guess = null;
45   this.deviation = null;
46 }
```

Watch

- this.noOfTries: 1
- this.original: 735
- this.guess: "6"
- this.deviation: 729

# Guess the Number !

Guess the computer generated random number between 1 and 1000.

Your Guess:  Verify Restart

Your guess is lower.

No of guesses : 1

```
28 noOfTries: number;
29 original: number;
30 guess: number;
31
32 constructor() {
33   this.initializeGame();
34 }
35
36 verifyGuess() {
37   this.deviation = this.original - this.guess;
38   this.noOfTries = this.noOfTries + 1;
39 }
40 initializeGame() {
41   this.noOfTries = 0;
42   this.original = Math.floor((Math.random() * 1000) + 1);
43 }
```

Watch

```
{
  noOfTries: 1
  original: 735
  guess: "6"
  deviation: 729
}
```

# Chapter 2: Building Our First App-7 Minute Workout

## 7 Minute Workout

### Description

A jumping jack or star jump, also called side-straddle hop is a physical jumping exercise.

### Steps

Assume an erect position, with feet together and arms at your side. Slightly bend your knees, and propel yourself a few inches into the air. While in air, bring your legs out to the side about shoulder width or slightly wider. As you are moving your legs outward, you should raise your arms up over your head, arms should be slightly bent throughout the entire in-air movement. Your feet should land shoulder width or wider as your hands meet above your head with arms slightly bent.

Workout Remaining - 00:07:40

### Jumping Jacks



Video-Player 442, 50x 538px



Time Remaining: 20

- ▲ 📁 trainer
  - ▲ 📁 src
    - ▲ 📁 components
      - 📁 app
      - 📁 workout-runner
      - 📁 services
    - ▶ 📁 static

```
Current Exercise: {
  "exercise": {
    "name": "jumpingJacks",
    "title": "Jumping Jacks",
    "description": "A jumping jack or star jump, also called side-
    "image": "JumpingJacks.png",
    "nameSound": "",
    "procedure": "Assume an erect position, with feet together and
    inches into the air.\n                    While in air, br
    you are moving your legs outward, you should raise your arms up o
    Your feet should land shoulder width or wider as your h
    "videos": [
      "dmYwZH_BNd0",
      "BAB0dJ-2Z6o",
      "c4DAnQ6DtF8"
    ]
  },
  "duration": 30
}
```

Time Left: 28

## Jumping Jacks



Time Remaining: 17



## Steps

Assume an erect position, with feet together and arms at your side. Slightly bend your knees, and propel yourself a few inches into the air. While in air,

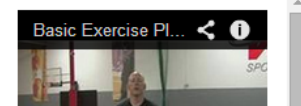
### Description

A jumping jack or star jump, also called side-straddle hop is a

Workout Remaining - 00:07:38

## Jumping Jacks

### Videos

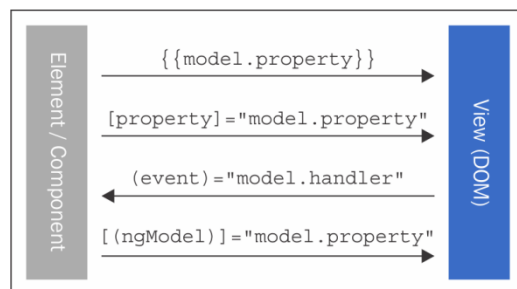
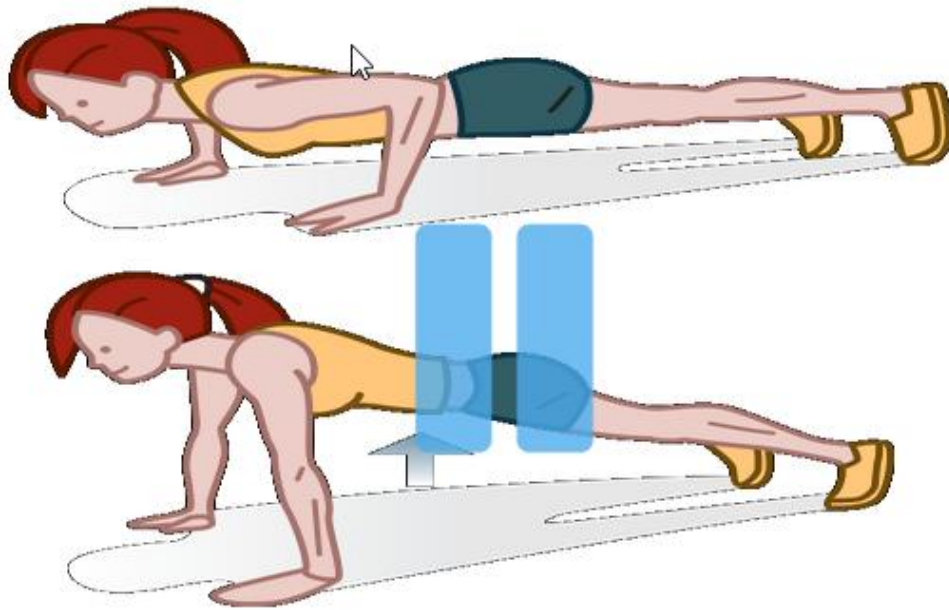


Time Remaining: 3

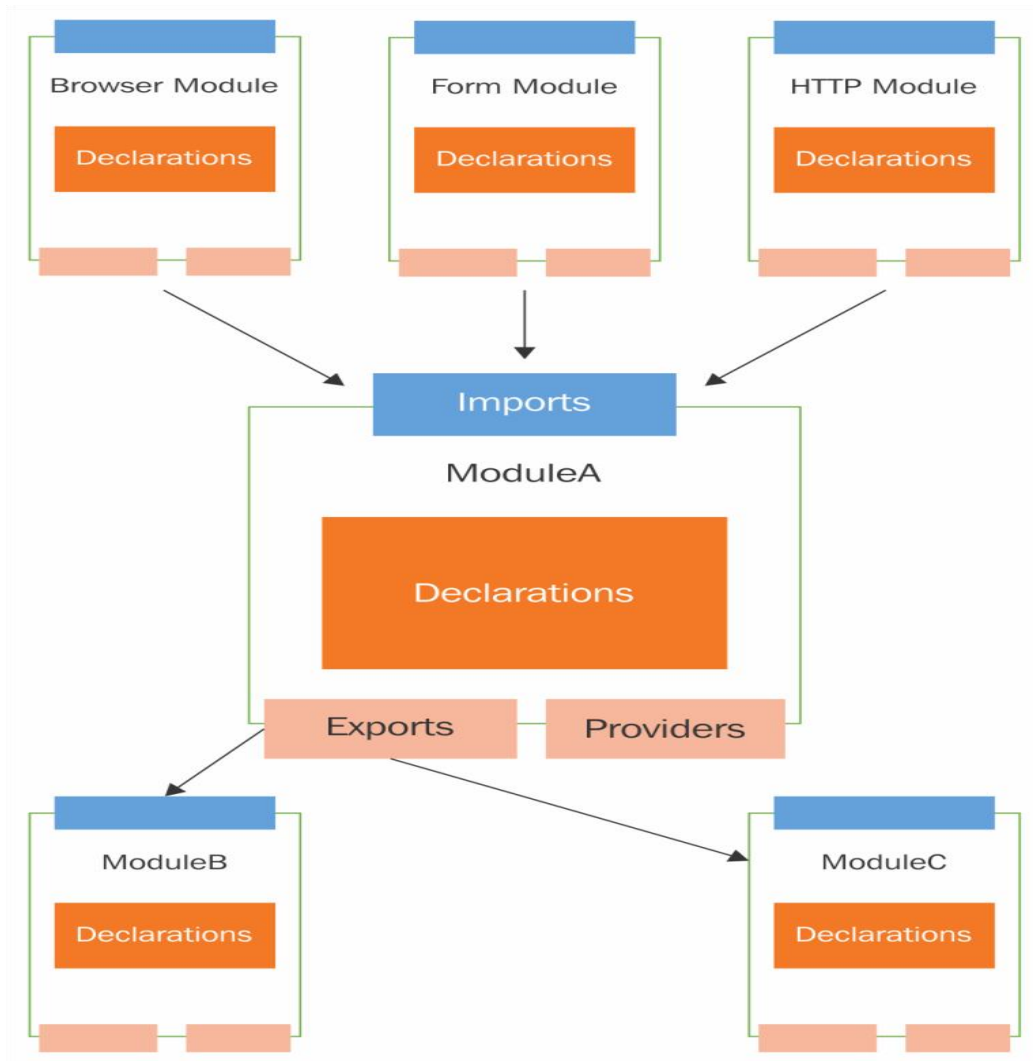
Next up: Wall Sit

Workout Remaining - 00:06:02

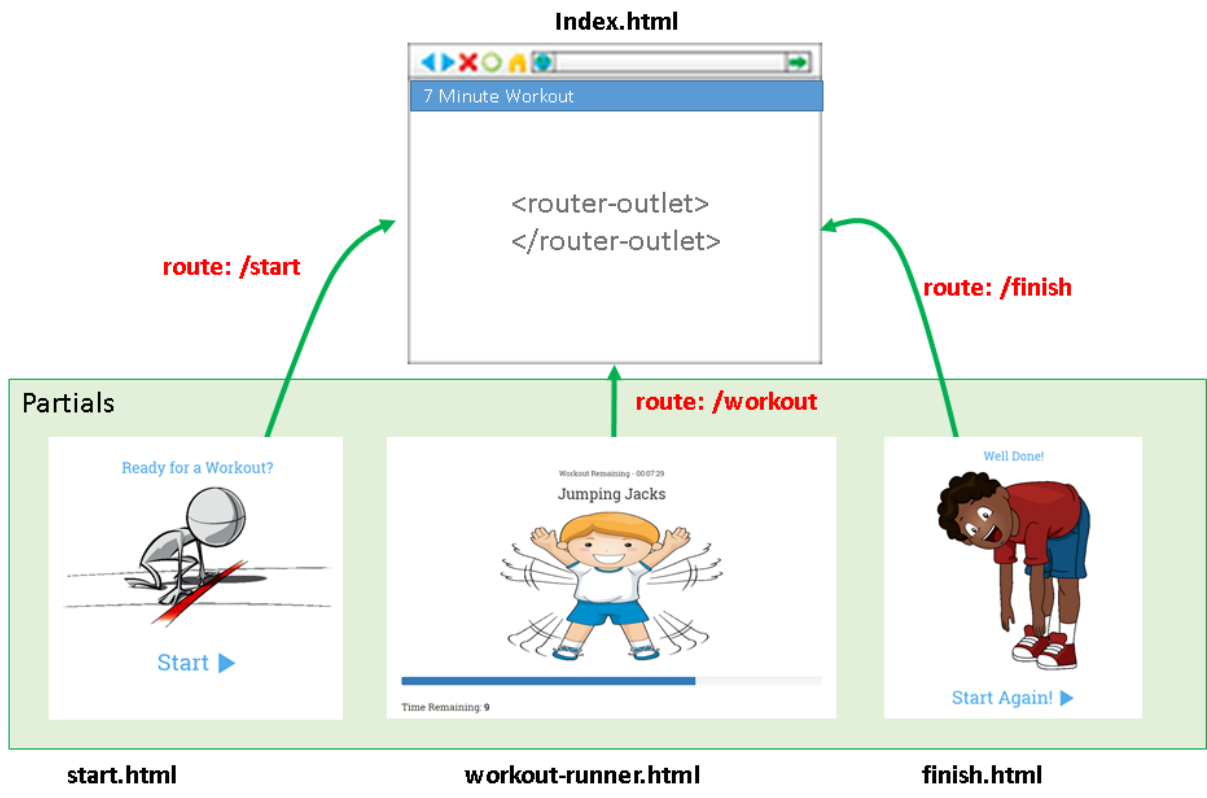
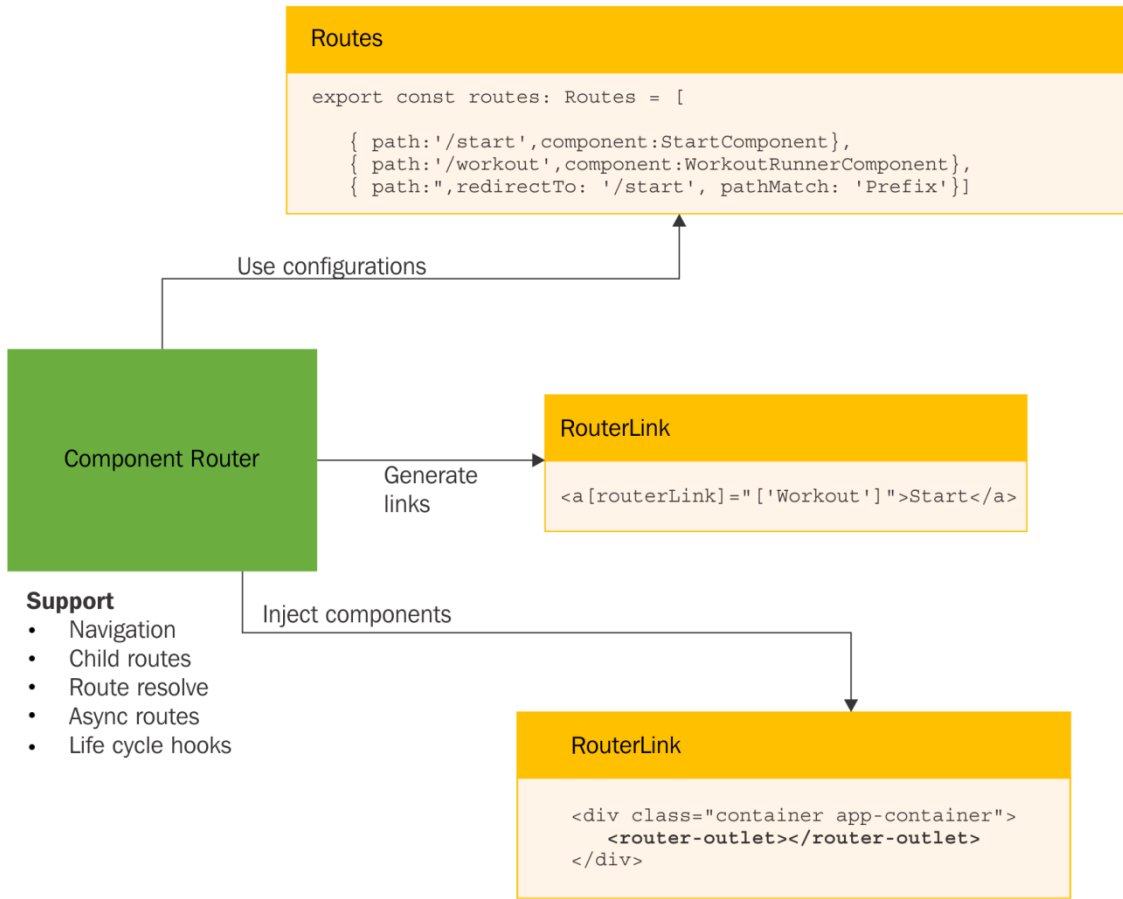
# Push Up



## Chapter 3: More Angular 2 – SPA, Routing, and Data Flows in Depth





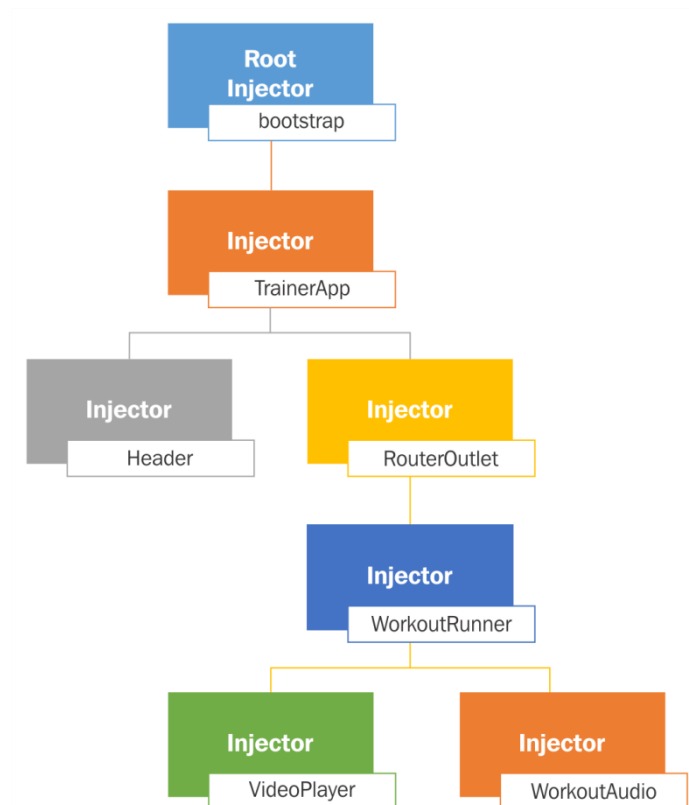
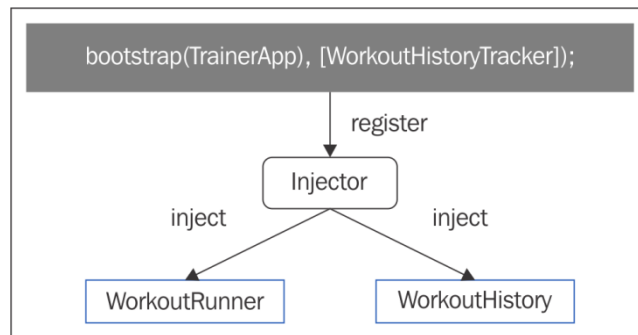


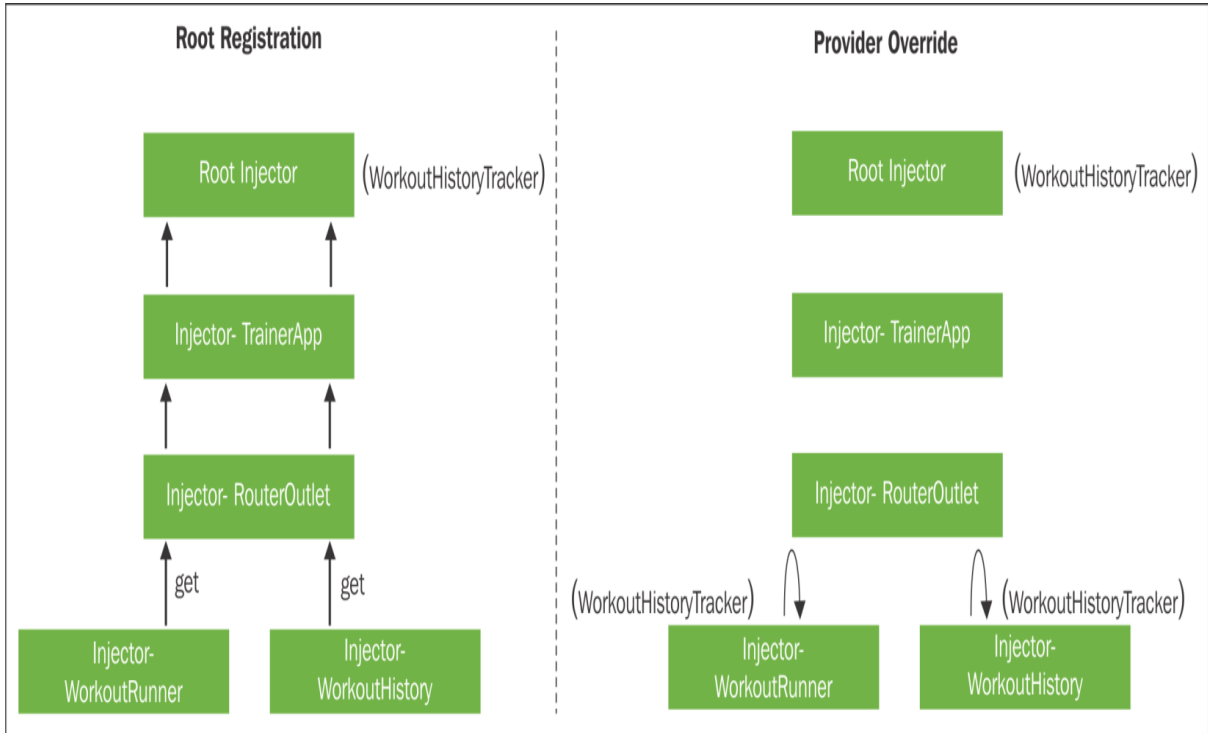
# 7 Minute Workout

History

All Workouts:

No	Started	Ended	Last Exercise	Exercises Done	Completed
1	1/10/2016, 9:49 AM	1/10/2016, 9:57 AM	Side Plank	12	Yes





## Chapter 4: Personal Trainer



Personal Trainer

History

Ready for a Workout?



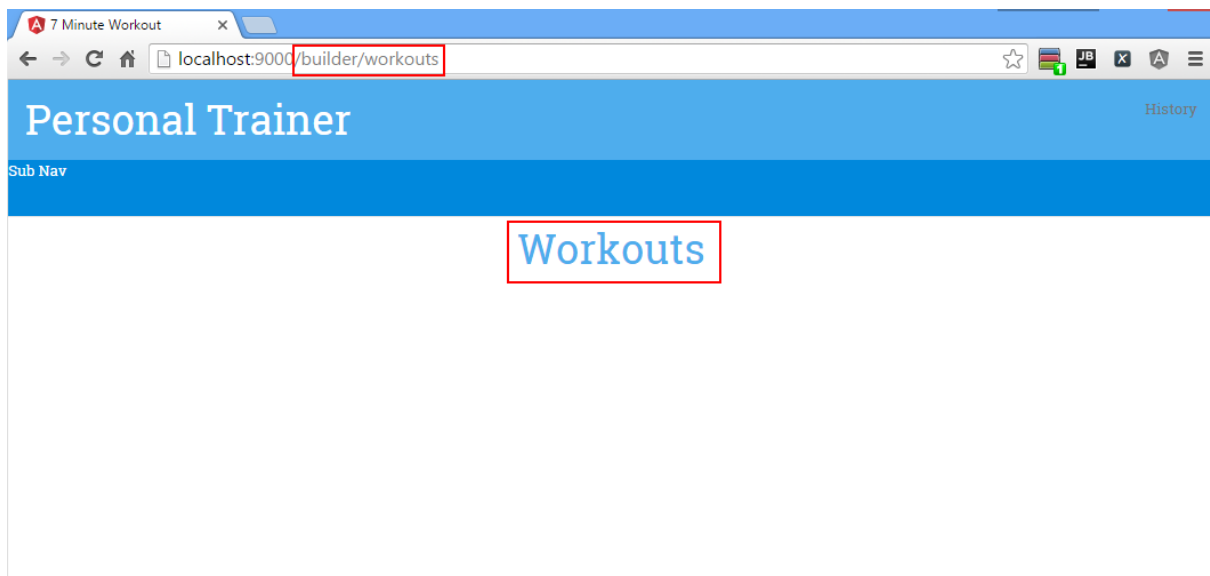
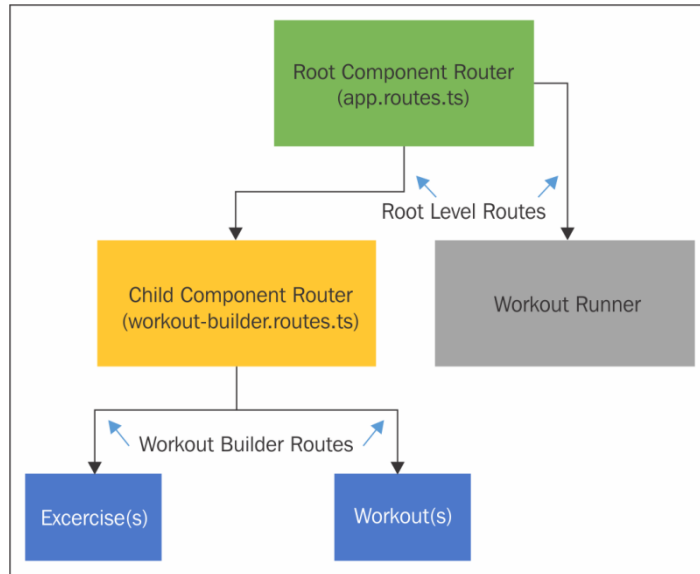
Select Workout ▶

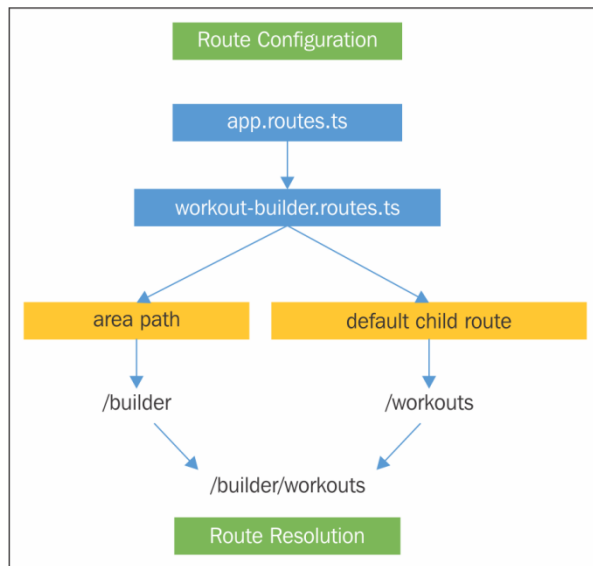
Create a Workout +

Personal Trainer

History

Workout Builder





- ▼ localhost:9000
  - ▶ dist
  - ▶ node\_modules
  - ▶ static/css
  - ▼ source
    - ▼ components
      - ▶ app
      - ▶ finish
      - ▶ shared
      - ▶ start
      - ▼ workout-builder
        - ▼ exercise
          - exercise.component.ts
        - ▼ exercises
          - exercises.component.ts
        - ▼ navigation
          - left-nav-exercises.component.ts
          - left-nav-main.component.ts
          - sub-nav.component.ts
        - ▼ workout
          - workout.component.ts
        - ▼ workouts
          - workouts.component.ts
          - workout-builder.component.ts
          - workout-builder.module.ts
          - workout-builder.routes.ts
      - ▶ workout-history
      - ▶ workout-runner

- ▼ localhost:9000
  - ▶ dist
  - ▶ node\_modules
  - ▶ static
  - ▼ source
    - ▼ components
      - ▶ app
      - ▶ finish
      - ▶ shared
      - ▶ start
      - ▶ workout-history
      - ▶ workout-runner
      - base-dynamic-component.ts
      - css-backdrop.ts
      - css-dialog-container.ts
      - swap-component.directive.ts
    - ▶ framework
    - ▶ models
    - ▶ overlay
    - ▶ plugins/bootstrap
    - ▶ providers
    - ▶ services
    - angular2-modal.module.ts
    - bootstrap.ts
    - start

Name	Method▲	Status	Type	Initiator	Size	Time	Timeline
<input type="checkbox"/> workout-builder.module.js	GET	200	xhr	zone.js:1274	7.0 KB	3 ms	
<input type="checkbox"/> exercise.component.js	GET	200	xhr	zone.js:1274	2.8 KB	5 ms	
<input type="checkbox"/> exercises.component.js	GET	200	xhr	zone.js:1274	2.8 KB	5 ms	
<input type="checkbox"/> left-nav-exercises.component.js	GET	200	xhr	zone.js:1274	2.9 KB	6 ms	
<input type="checkbox"/> left-nav-main.component.js	GET	200	xhr	zone.js:1274	2.9 KB	6 ms	
<input type="checkbox"/> sub-nav.component.js	GET	200	xhr	zone.js:1274	2.8 KB	6 ms	
<input type="checkbox"/> workout-builder.component.js	GET	200	xhr	zone.js:1274	3.2 KB	6 ms	
<input type="checkbox"/> workout.component.js	GET	200	xhr	zone.js:1274	2.8 KB	4 ms	
<input type="checkbox"/> workouts.component.js	GET	200	xhr	zone.js:1274	2.8 KB	4 ms	
<input type="checkbox"/> workout-builder.routes.js	GET	200	xhr	zone.js:1274	5.3 KB	4 ms	
<input type="checkbox"/> workout.component.html	GET	200	xhr	zone.js:1274	461 B	6 ms	
<input type="checkbox"/> workouts.component.html	GET	200	xhr	zone.js:1274	452 B	5 ms	
<input type="checkbox"/> exercise.component.html	GET	200	xhr	zone.js:1274	449 B	5 ms	
<input type="checkbox"/> exercises.component.html	GET	200	xhr	zone.js:1274	453 B	3 ms	
<input type="checkbox"/> sub-nav.component.html	GET	200	xhr	zone.js:1274	728 B	3 ms	
<input type="checkbox"/> left-nav-exercises.component.html	GET	200	xhr	zone.js:1274	335 B	3 ms	
<input type="checkbox"/> left-nav-main.component.html	GET	200	xhr	zone.js:1274	571 B	3 ms	

# Workouts

# Exercise

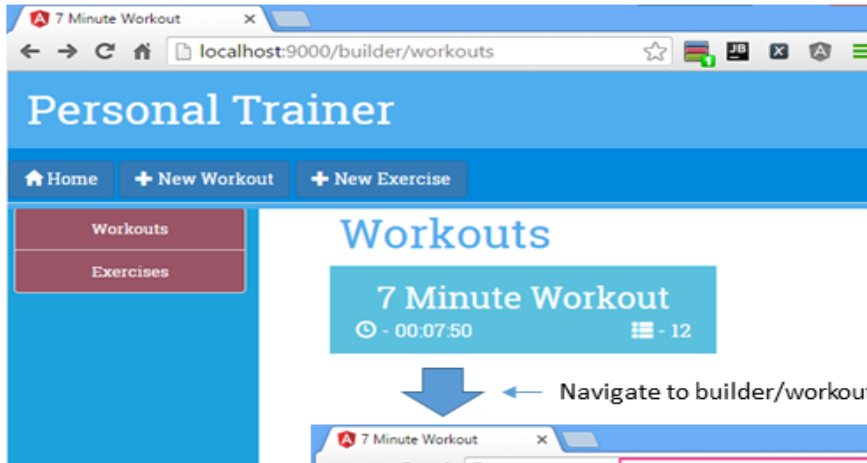
Workouts

Exercises

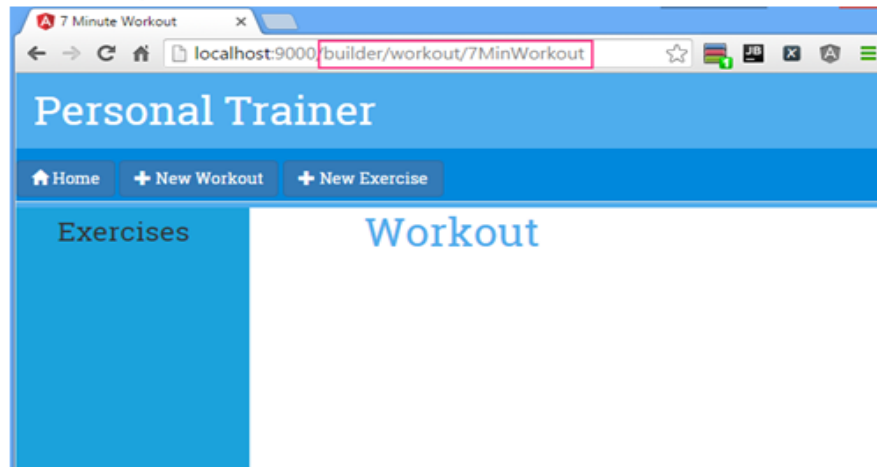
# Workouts







← Navigate to builder/workout/{workout name}



Name:

7minwork

Name:

form-control ng-untouched ng-pristine ng-invalid

Name:

form-control ng-dirty ng-valid ng-touched

Name:

Name is required

## My New Workout

The workout should have at least one exercise!

# Workout Title

The workout should have at least one exercise!

Name:

Enter workout name. Must be unique.

Name is required

Title:

What would be the workout title?

Title is required.

Description:

Enter workout description.

Rest Time (in seconds):

0

Rest time is required

Total Exercises: 0

Total Duration:

Save

# Personal Trainer

Home

+ New Workout

+ New Exercise

## Abdominal Crunches

Name:

crunches

Title:

Abdominal Crunches

Description:

The basic crunch is a abdominal exercise in a strength-training



Exercise Steps:

Lie on your back with your knees bent and feet flat on the floor, hip-

Exercise Image (Will be scaled to: 540 X 360 px):

crunches.png

Videos:

Xyd\_fa5zoEU



MKmrqcoCZ-M



Add Video

Save

Videos:

Xyd\_fa5zoEU



MKmrqcoCZ-M



Add a related youtube video identified.



Add Video

**Name:**

a workout

**Name must be alphanumeric**

## Chapter 5: Supporting Server Data Persistence

Cloud provider:

Location: Amazon's US East (Virginia) Region (us-east-1) **1. Select any provider**

Plan (see [pricing details](#)): **2. Select Single-node**

Single-node (development) | Replica set cluster (production)

These plan(s) are perfect for development/testing/staging environments as well as for utility instances that do not require high-availability.

<input type="radio"/> Sandbox (shared RAM, 0.5 GB)	FREE
<input type="radio"/> Shared Single-node (shared RAM, 2GB storage; expand up to 8GB for additional charge)	\$15
<input type="radio"/> M3 Single-node (7.5 GB RAM, 120 GB SSD block storage)	\$420
<input type="radio"/> M4 Single-node (15 GB RAM, 240 GB SSD block storage)	\$835
<input type="radio"/> M5 Single-node (34.2 GB RAM, 480 GB SSD block storage)	\$1310
<input type="radio"/> M6 Single-node (68.4 GB RAM, 700 GB SSD block storage)	\$2045

MongoDB version: 2.4.x  I want an experimental 2.6.x database instead! (?)

Database name: **3. Provide a database name**

NAME	DOCUMENTS	CAPPED?	SIZE <sup>Ⓜ</sup>
exercises	12	false	19.30 KB
workouts	1	false	8.97 KB

# 7 Minute Workout

🕒 - 00:00:00

☰ - 12

## Model

```
WorkoutPlan {  
  "name": "7minworkout",  
  "title": "7 Minute Workout",  
  "description": "A high intensity ...",  
  "restBetweenExercise": 10  
  "exercises": [  
    { Exercise, "duration": 30 },  
    { Exercise, "duration": 30 },  
    ...  
    { Exercise "duration": 30 },  
  ];  
  totalWorkoutDuration(): number {...}  
}
```

```
Exercise {  
  name = "jumpingJacks"  
  title = "Jumping Jacks"  
  ...  
}
```

## Server data

```
WorkoutPlan {  
  "_id": "7minworkout",  
  "name": "7minworkout",  
  "title": "7 Minute Workout",  
  "description": "A high intensity ...",  
  "restBetweenExercise": 10  
  "exercises": [  
    {"name": "jumpingJacks", "duration": 30 },  
    {"name": "wallSit", "duration": 30 },  
    ...  
    {"name": "pushUp", "duration": 30 }  
  ]  
}
```

# 7 Minute Workout

🕒 - 470

☰ - 12

Name	Method	Status
<input type="checkbox"/> 7minworkout?apiKey=9xf7...:11Kh0zV9Z_8vCzo5kqjexx	OPTIONS	200
<input type="checkbox"/> 7minworkout?apiKey=9xf7...:11Kh0zV9Z_8vCzo5kqjexx	PUT	200
<input type="checkbox"/> workouts?apiKey=9xf7...:11Kh0zV9Z_8vCzo5kqjexx	GET	200

🏠 Home

+ New Workout

+ New Exercise

Workouts

Exercises

# Workouts

**Could not load the specific workout!**

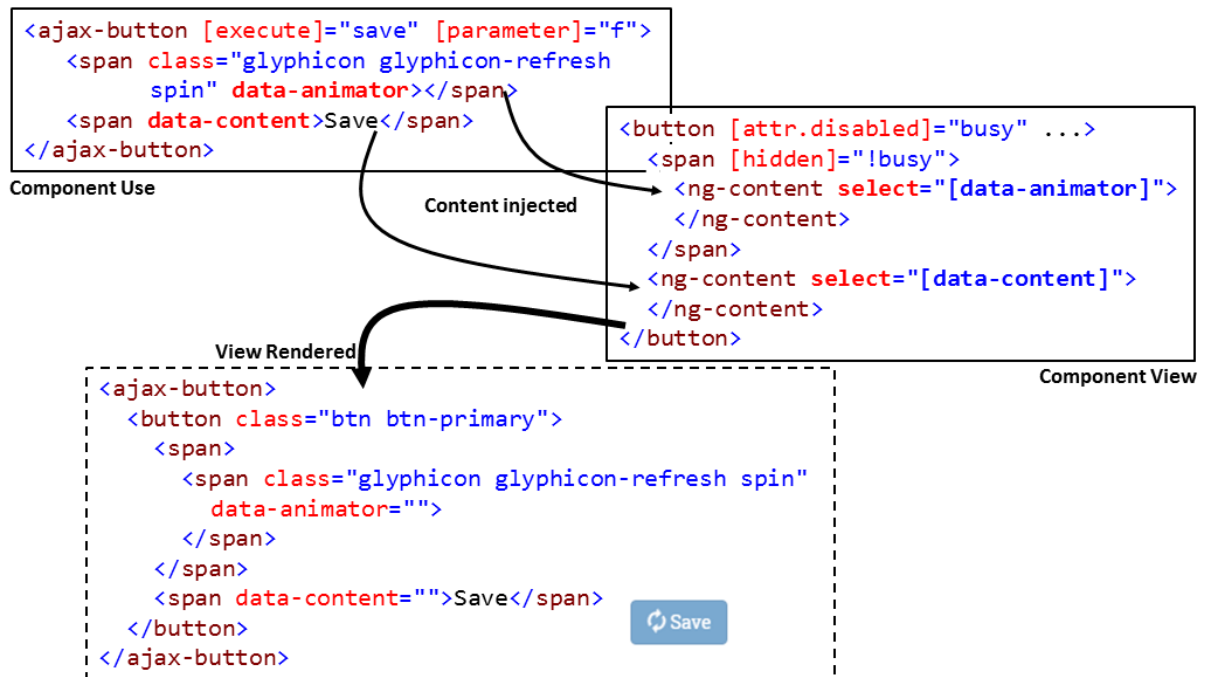


## Chapter 6: Angular 2 Directives in Depth

Name:

A workout with this name already exists.

Save



## Elements

Color format: As authored

Show user agent shadow DOM

Word wrap

Show rulers

```
<audio controls src="/static/audio/nextup.mp3">
  #shadow-root (user-agent)
    <div pseudo="-webkit-media-controls">
      <div pseudo="-webkit-media-controls-overlay-enclosure">
        <input type="button" style="display: none;"...</input>
      </div>
      <div pseudo="-webkit-media-controls-enclosure">
        <div pseudo="-webkit-media-controls-panel">
          <input type="button" pseudo="-webkit-media-controls-play-button">...</input>
          <input type="range" step="any" pseudo="-webkit-media-controls-timeline" max="0.972">...</input>
          <div pseudo="-webkit-media-controls-current-time-display" style>0:00</div>
          <div pseudo="-webkit-media-controls-time-remaining-display" style="display: none;">0:00</div>
          <input type="button" pseudo="-webkit-media-controls-mute-button">...</input>
          <input type="range" step="any" max="1" pseudo="-webkit-media-controls-volume-slider" style>...</input>
          <input type="button" pseudo="-webkit-media-controls-toggle-closed-captions-button" style="display: none;"...</input>
          <input type="button" style="display: none;"...</input>
          <input type="button" pseudo="-webkit-media-controls-fullscreen-button" style="display: none;"...</input>
        </div>
      </div>
    </div>
  </audio>
```

```
<ajax-button>
  <button class="btn btn-primary">
    <span hidden>
      <span class="glyphicon glyphicon-refresh spin" data-animator></span>
    </span>
    <span data-content>Save</span>
  </button>
</ajax-button>
```

```
<ajax-button _ngghost-eaq-14>
  <button class="btn btn-primary" _ngcontent-eaq-14>
    <span _ngcontent-eaq-14 hidden>
      <span class="glyphicon glyphicon-refresh spin" data-animator></span>
    </span>
    <span data-content>Save</span>
  </button>
</ajax-button>
```

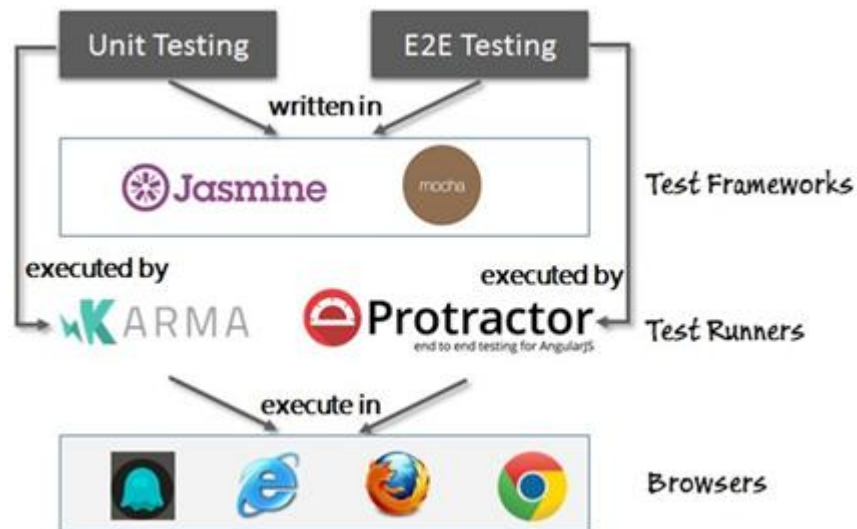
---

```
<style>button[_ngcontent-eaq-14] {  
  background: green;  
}</style>
```

```
▼ <ajax-button>  
  ▼ #shadow-root (open)  
    <style>  
      button {  
        background: green;  
      }  
    </style>  
    ▼ <button class="btn btn-primary">  
      ► <span hidden>...</span>  
      <span data-content>Save</span>  
    </button>  
</ajax-button>
```

Name:

## Chapter 7: Testing Personal Trainer

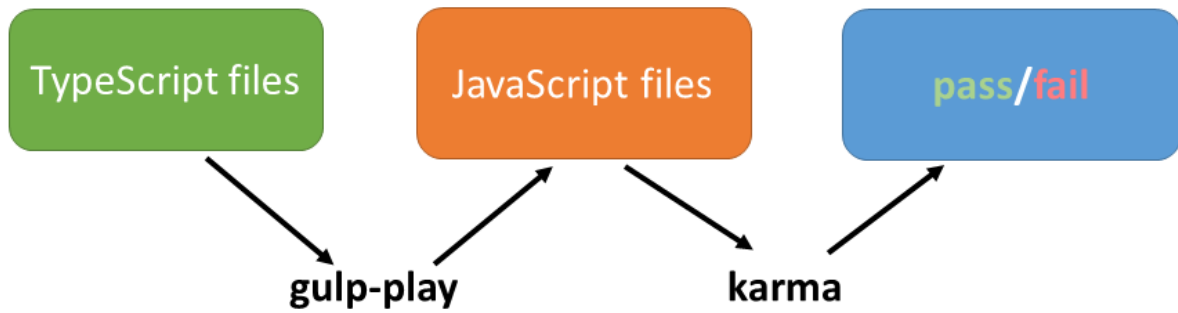


- source
  - components/workout-runner
    - exercise-description.ts
    - pipes.spec.ts
    - pipes.ts
    - video-player.ts
    - workout-runner.spec.ts
    - workout-runner.ts
  - services

```
19 03 2016 14:28:47.012:INFO [karma]: Karma v0.13.22 server started at http://localhost:9876/
19 03 2016 14:28:47.031:INFO [launcher]: Starting browser Chrome
19 03 2016 14:28:49.617:INFO [Chrome 49.0.2623 (Windows 8 0.0.0)]: Connected on socket /#Awjpf2kJKARV0f9mAAAA with id 49661790
Chrome 49.0.2623 (Windows 8 0.0.0): Executed 1 of 1 SUCCESS (0.007 secs / 0.003 secs)
```

```
Chrome 49.0.2623 (Windows 8 0.0.0) SecondsToTime pipe should convert integer to time format FAILED
Expected '00:00:05' to equal '00:00:06'.
```

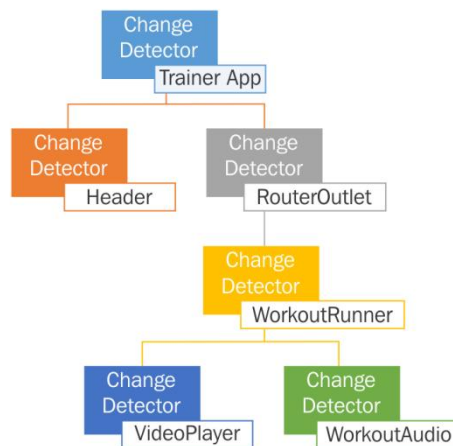
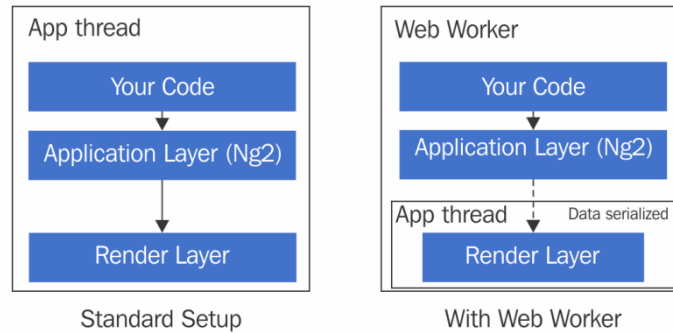
Chrome 49.0.2623 (Windows 8 0.0.0): Executed 1 of 1 (1 FAILED) ERROR (0.012 secs / 0.005 secs)



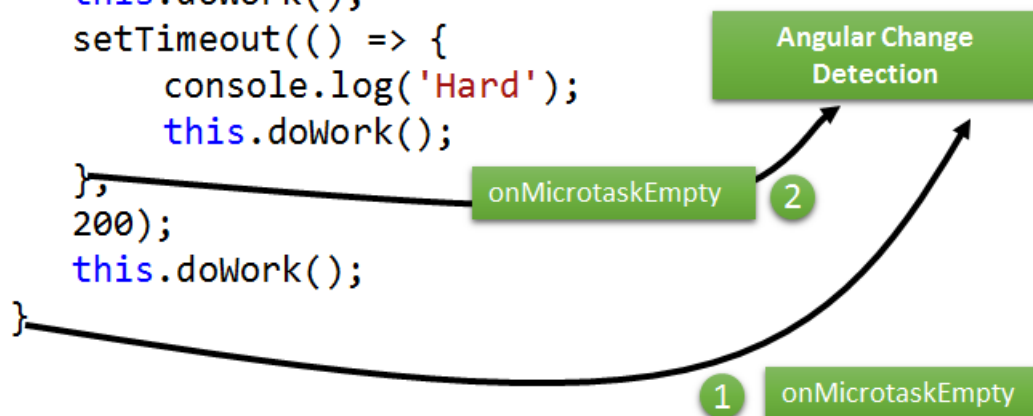
```
67 expect(fixture.componentInstance instanceof WorkoutRunnerComponent).toBe(true, 'should create Work
68 });
69
70 it('should start the workout', () => {
71   expect(runner.workoutTimeRemaining).toEqual(runner.workoutPlan.totalWorkoutDuration());
72   expect(runner.workoutPaused).toBeFalsy();
73 });
74
75 it('should start the first exercise', () => {
76   spyOn(runner, 'startExercise').and.callThrough();
77   runner.ngOnInit();
78   runner.ngDoCheck();
79 });
```

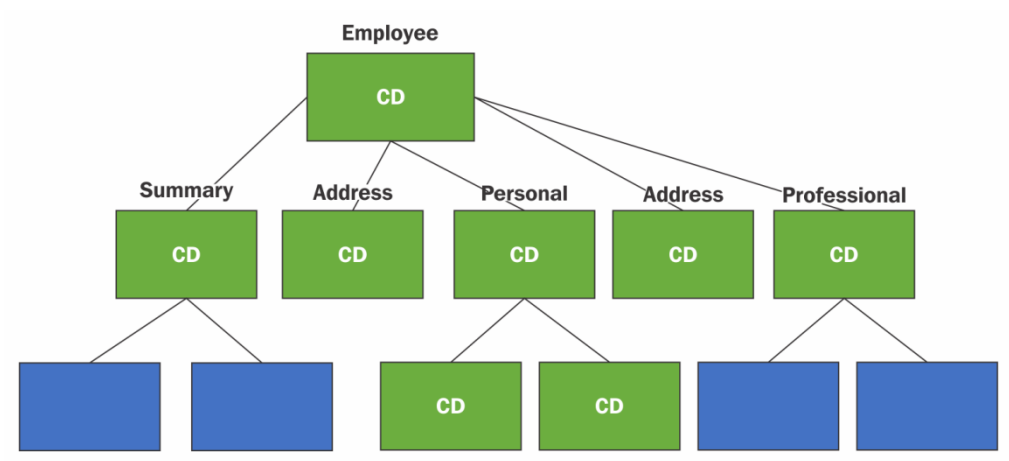
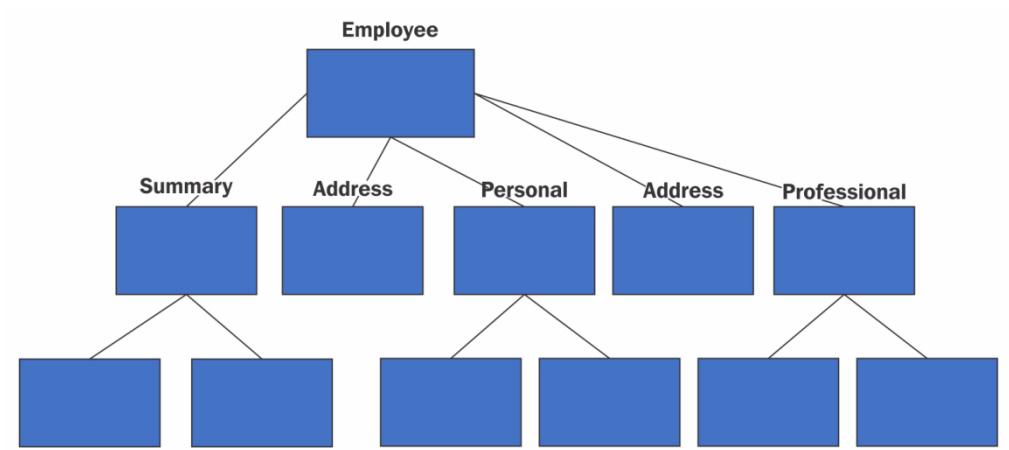
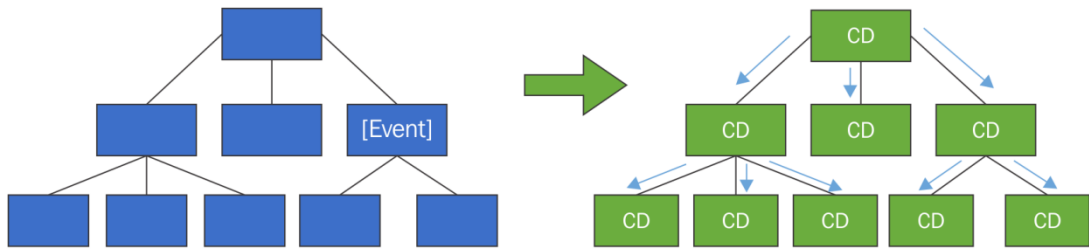
```
35 ngOnInit() {
36   this.getWorkout(this.workoutName);
37 }
38
39 ngDoCheck():any {
40   if (!this.dataLoaded) {
41     this.start();
42   }
43 }
44
45 start() {
46   if(this.workoutPlan)
47   {
48     this.dataLoaded = true;
49     this.restExercise = new ExercisePlan(new Exercise("rest", "Relax!", "Relax a bit", "rest.png"));
50     this.tracker.startTracking();
51     this.workoutTimeRemaining = this.workoutPlan.totalWorkoutDuration();
52     this.currentExerciseIndex = 0;
53     this.startExercise(this.workoutPlan.exercises[this.currentExerciseIndex]);
54     this.workoutStarted.emit(this.workoutPlan);
55   }
56 }
```

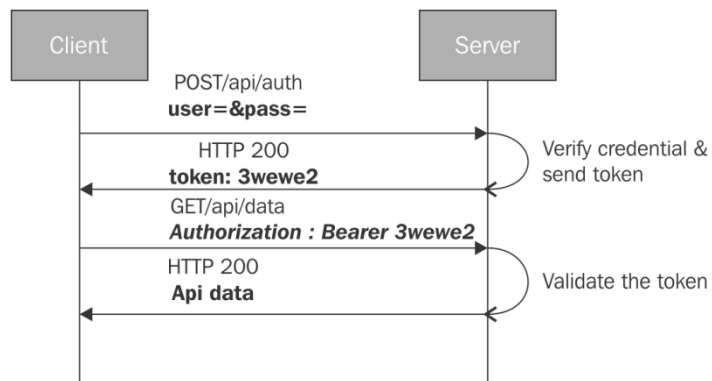
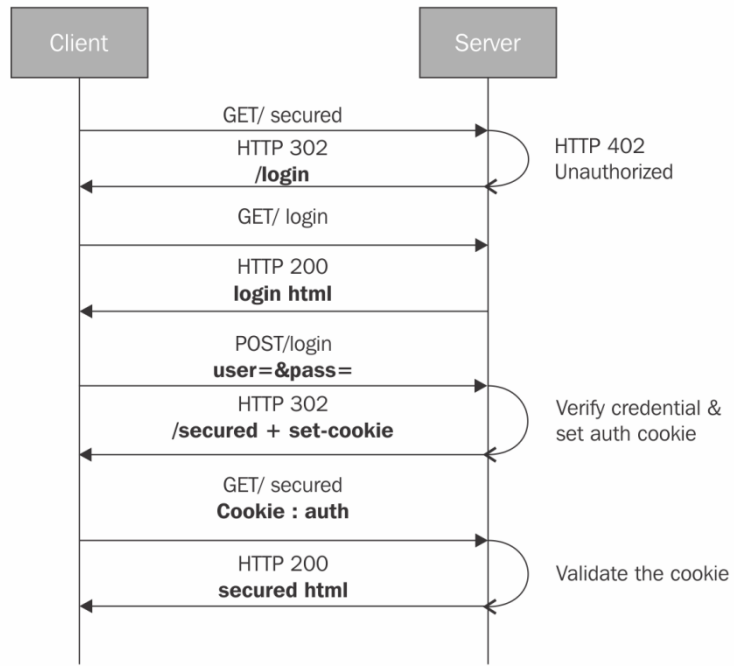
## Chapter 8: Some Practical Scenarios



```
function onClick() {
  this.doWork();
  setTimeout(() => {
    console.log('Hard');
    this.doWork();
  }, 200);
  this.doWork();
}
```

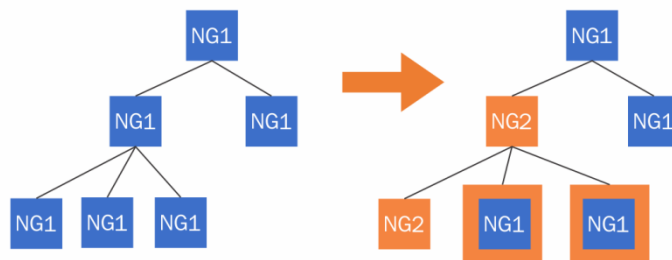
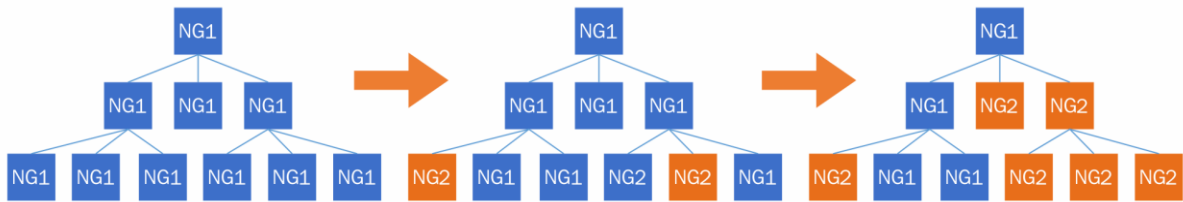
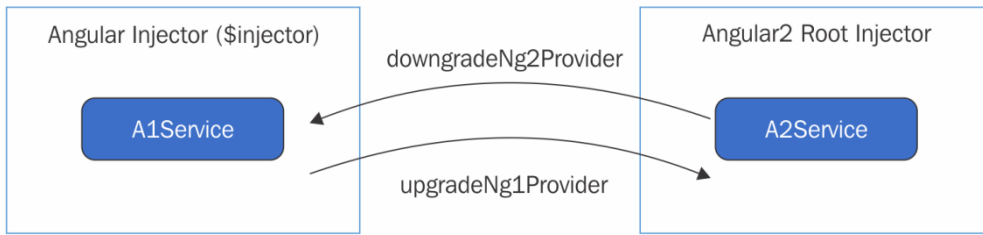






- ### Exercises
- Abdominal Crunches >
  - High Knees >
  - Jumping Jacks >
  - Lunges >
  - Plank >





```

ng1 <body class="ng-scope">
  ng2 <ng2-root #ng2root id="NG2_UPGRADE_0_ng2Root_c0">
    ng1 <ng1-root class="ng-isolate-scope">
      <div ng-controller="RootController" class="ng-scope">...</div>
    </ng1-root>
    <!--ng1 insertion point-->
  </ng2-root>
</body>

```