ABSOLUTE
FITNESS

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A short guide and general information to help you get to know your new theme.

IMPORTANT!

Installation video

https://drive.google.com/file/d/0B2O_EnJmqvzsaDZycFY2N0lnbWc/view

Setup Instructions (Enable subtitles! CC)

1) https://www.youtube.com/edit?o=U&video_id=cdHKQcfW8Ks (Enable subtitles! CC)
   In this video: how to customize logo, header image, footer, change main page, contact us, contact form.
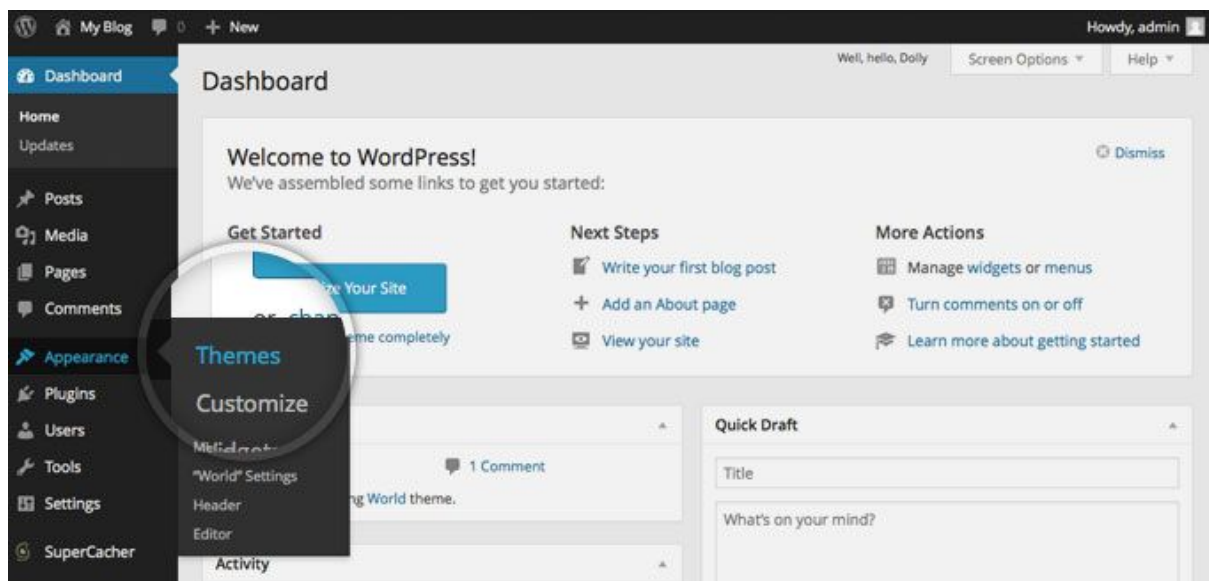2)

Actual version of this file:
https://docs.google.com/document/d/1k2SUAXHXKltzUrAiGdFa1EVQ7Vs8xyzdYOBRixWvXoE/edit?usp=sharing

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1. How to install theme?

To install this theme you must have a working version of WordPress already installed. For information regarding the installing of the WordPress platform, please see the WordPress Codex - http://codex.wordpress.org/Installing_WordPress

1.1. Go to administration section, on a side panel chose:

Appearance → Themes → Add New → Upload Theme
Next, choose *the_crazy.zip* file to upload and press "*Install Now*" button.
On the next screen click "*Activate*" link to activate installed theme.
OR
FTP Upload: Using your **FTP client**, upload the **non-zipped** theme folder into the /wp-content/themes/ folder on your server.

1.2. Install required plugin

Next, you will get the message on the top of the page "The following required plugin is currently inactive: the_crazy_plugin.".

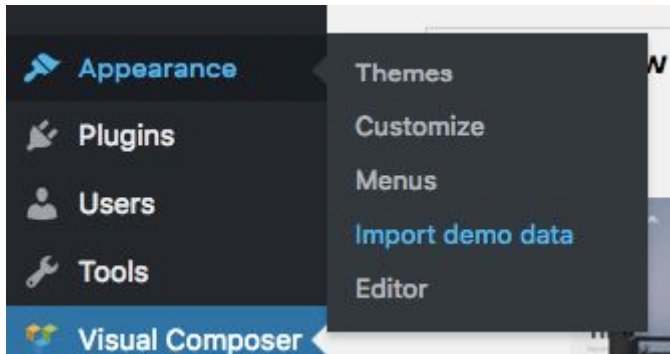
Press "*Begin activating plugin*" under the message. → On the next screen press "Activate"

1.3. Import demo data.

After activating "the_crazy_plugin" plugin you will be able to import demo data. That will make your site looks like our preview site does.
!IMPORTANT! All your existing data on a site will be deleted during Demo import.
Go to side panel:

Appearance → Import demo data → Import → Wait about 2 minutes or less till the page will refresh automatically → Get the message: "Import was successful. Reactivate all plugins!".
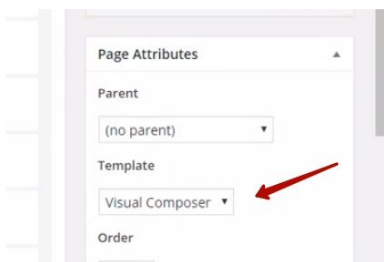To reactivate all plugins go to side panel:
Plugins → Installed Plugins → Deactivate "Absolute fitness plugin" → Activate "Absolute fitness plugin".
That is all.
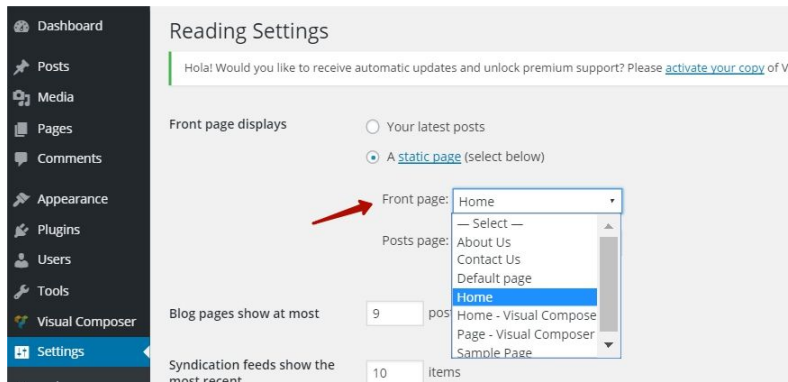

OR if you do not want use Demo Import:

1. Go Pages -> New
2. Select template Visual Composer:

3. Add blocks using visual composer like in this video
https://www.youtube.com/edit?o=U&video_id=cdHKQcfW8Ks (Enable subtitles! CC)

4. Go Settings -> Reading and set this page as Main

2. Customization

Appearance → Customize

2.1. Appearance

This section allows you to change:
1. Style template
2. Logo
3. Switch Pagination on and off (Ajax).
4. Image in the index header
5. Image in the 404 header

2.2. *Footer*

This section allows you to change:
1. Copyright text
2. Background picture for Footer
3. Social links

3. Page types and setting up.

There are 5 pages types:
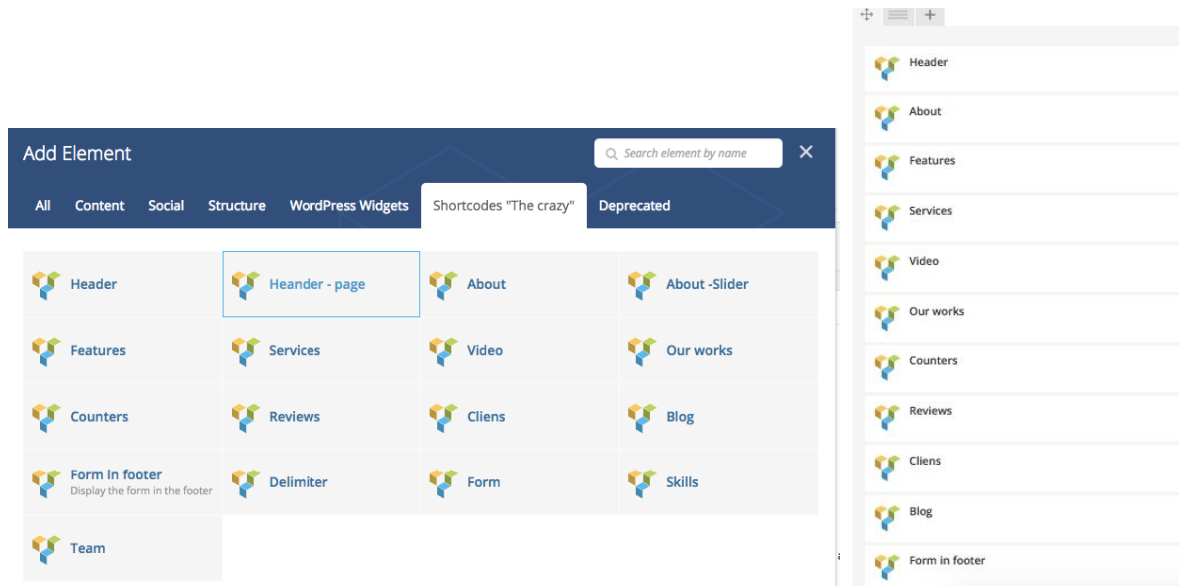- Default
- Home
- Visual composer
- About us
- Contact us

3.1. - Default

No special settings. Ability to switch on|off comments. The picture in a header.

3.3 Visual composer

In "Page attributes" set template type to "Visual composer".
With the Visual composer plugin, you can manually add, delete and change the order of the blocks on the page.

3.4. - About Us

In "Page attributes" set template type to "About Us".
Fields to fill up will appear. You also able to disable and enable blocks.

Below we consider the blocks that are not shown before.

3.4.2 Block "Contacts"

Display team member profiles with descriptions, and links to social media. Simply and beautifully look.

Add to each member of the team photo, description and links to social media, below the example:

Picture	
Header	Col Sass / Web developer
Text	Ut fringilla dolor mi, nec scelerisque.
Link to facebook.com	facebook.com/colsass
Link to dribbble.com	dribbble.com/colsass
Link on twitter.com	twitter.com/colsass

3.5. - Contact us

In "Page attributes" set template type to "Contact us". On this page, your customers and partners will be able to find out all the information about you.
Fields to fill up will appear. You also able to disable and enable blocks.

4. Category types.

There are two types of category: Default (aka Blog) and Portfolio.
You only need to choose a template in field "category type" while add or edit your category.

4.1. Default

Allows you to change the picture in the header.

4.2. Portfolio

Allows you to add picture in header and filter.
Filter "Works" contains two fields: name and class.
"Class" - is a value that will be used next in filter settings (there will be a special field in filter settings).

5. Post types

There are two types of Posts: Standart(aka Blog) and Gallery (aka Portfolio).

5.1. *Standart*

In "Post" you could set up the background image and insert shortcode above main content (more shortcodes view in administration panel: "More in shortcode" link).
In "Category" you could choose feed appearance, add a short description, add the big image (will show up in "Home" template in the first post).

5.2. Gallery

You could apply this template for portfolio or another category.
In "Post" you could add gallery (its view depends on style, there are different types), text blocks, header image.
In "Category" you set up classes for Filter. It is necessary for the class name to match with classes in "Category". This classes will be used to filter works in Portfolio.

Short FAQ

1.How to add a Favicon?
Go to Appearance → Customize → Site Identity and choose image

2.How to create and edit menus on the site?
Go to Appearance → Menus

3.How to add a filter in the category?
Go to Categories Panel, then fill in the name of a new category. After that, set the type of category - "Portfolio". Appear button - "Add filter" click it. Fill in the fields as shown in the example.

Now you can assign a class to the selected post type "Portfolio". You can assign several classes to the posts.

5.How to define "column id" for display of posts in blocks "OUR WORKS" and "BLOG"?
On the Categories Panel, hover the mouse over the category name link and you will see the link address in your browser's status bar (turn it on under View) or click the link. The last numbers in the link address are your column id number.