

HERCULES

Professional Documentation

Version 7.0.1

Complete Hercules 7.0.1 documentation for installation, setup, all 21 theme niches, 84 builder-specific demo packages, customization, demo media, licensing and support.

INCLUDED IN THIS MANUAL

- * Installation and first launch
- * Server requirements
- * 4 page builders and setup wizard
- * 21 Hercules theme niches
- * 84 builder-specific demo packages
- * Demo import and customization
- * Sports, timetable and WooCommerce features
- * Translation, RTL, performance, updates and support

Online documentation: <https://adnanthemes.com/hercules/documentation/>

Support: <https://adnanthemes.com/hercules/support/>

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SECTION 1 / 48 - GETTING STARTED

Major Update Backup and Automatic Demo Setup

Back up the existing website before Hercules 7.0.1, then let the selected single-niche demo import configure the essential site settings automatically.

Step-by-step

1. Before installing or updating Hercules 7.0.1, create a complete backup of the WordPress database and wp-content files.
2. Choose one page builder and one of the 21 Hercules niches in Hercules Setup.
3. Review and install the required plugins, including Slider Revolution when the selected niche uses its hero module, before starting the demo import.
4. The selected demo package imports the authored pages, layouts, text, menu structure and settings for that one niche and builder only.
5. Inner-page demo photographs and videos are not redistributed in the buyer demo data and are replaced by neutral placeholders.
6. After the import, Hercules assigns the selected niche homepage as the static front page and assigns its primary navigation menu.
7. Hercules prepares the selected niche Slider Revolution module when Slider Revolution is active. Bundled slider hero assets are handled separately from placeholder inner-page media.
8. Internal demo links are remapped to the buyer website domain and WordPress permalinks are refreshed.
9. See documentation/source-images.txt for source references to the demo imagery actually used in the preview. Download third-party media yourself and follow the source provider current license terms.

Warning

Do not run a major theme update or demo import on a live website without a restorable backup.

SECTION 2 / 48 - GETTING STARTED

Installation and First Launch

Install Hercules, activate companion plugins and complete the setup wizard.

Step-by-step

1. Go to Appearance > Themes > Add New > Upload Theme.
2. Upload hercules.zip, install and activate it.
3. Install Hercules Core, Sports Suite, Timetable and Slider Compatibility.
4. Choose builder, niche, language, RTL mode and optional features.
5. Run the demo import after all required plugins are active.

Tip

Use a clean WordPress installation for the smoothest import.

Warning

Upload hercules.zip, not the complete marketplace package.

SECTION 3 / 48 - GETTING STARTED

Server Requirements

Recommended limits for installation, import and builder editing.

Step-by-step

1. Use PHP 8.0 or newer.
2. Set `memory_limit` to at least 256M; 512M is recommended.
3. Set `max_execution_time` to 300 seconds or more.
4. Set `upload_max_filesize` and `post_max_size` above the package size.
5. Enable DOM, JSON, cURL, mbstring, ZIP and GD or Imagick.

SECTION 4 / 48 - SETUP WIZARD

Builder and Niche Selection

Choose one of 4 supported builders and one of 21 single-niche demo packages before importing.

Step-by-step

1. Select Default/Classic Editor, Elementor, Gutenberg or WPBakery Page Builder.
2. Select exactly one of the 21 Hercules niches shown in the Theme Niches section.
3. Install the required plugins shown by the Hercules installer for the selected setup. In the current 7.0.1 package FitCalc is registered as required; WooCommerce remains optional.
4. Install only the page-builder plugin that matches your selected builder. Gutenberg and Default/Classic Editor do not require a separate page-builder plugin.
5. Choose language and RTL mode where required.
6. Review the selected builder and niche before starting the import.

Warning

Do not mix content packages from different builders or import several niches into the same clean-install test when validating a customer package.

SECTION 5 / 48 - THEME NICHEs

All 21 Hercules Theme Niches

Hercules 7.0.1 contains 21 single-niche demos. Each niche is packaged for Default/Classic Editor, Elementor, Gutenberg and WPBakery, giving 84 builder-specific demo packages in total.

Step-by-step

1. Modern Gym - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
2. Personal Trainer - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
3. CrossFit Box - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
4. Yoga Studio - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
5. Pilates Studio - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
6. Boxing & MMA - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
7. Football Academy - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
8. Multi-Sports Club - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
9. Fitness Shop - available for all 4 builders; 9 menu items; 3 Slider Revolution slides. Includes a 12-product WooCommerce catalog with theme placeholder product images.
10. Sports Magazine - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
11. Online Fitness Coach - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
12. Sports Charity - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
13. Women's Fitness - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
14. Bodybuilding Club - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
15. Martial Arts Academy - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
16. Cycling Club - available for all 4 builders; 10 menu items; 1 Slider Revolution slide. Current package contains one Slider Revolution slide.
17. Wellness Center - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
18. Sports Rehabilitation - available for all 4 builders; 10 menu items; 3 Slider

Revolution slides.

- 19. Outdoor Bootcamp - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
- 20. Nutrition Coach - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.
- 21. Paddle Club - available for all 4 builders; 10 menu items; 3 Slider Revolution slides.

Note

The package manifest for each builder/niche combination is single-demo scoped. Inner-page photography remains placeholder-only in the buyer import; Slider Revolution hero assets are handled by the theme package.

SECTION 6 / 48 - THEME NICHEs

Niche Package and Builder Rules

Use one builder package and one niche package per import so the resulting site matches the selected demo structure.

Step-by-step

1. There are 21 niches under each of the 4 builder directories: Classic/Default Editor, Elementor, Gutenberg and WPBakery.
2. Each package includes its own content XML, Redux/settings data, preview image and package manifest.
3. All 84 package manifests are present in the customer theme.
4. Most niches define 10 primary menu specifications and 3 Slider Revolution slides. Fitness Shop defines 9 menu specifications; Cycling Club currently defines 1 slider slide.
5. Fitness Shop includes a 12-product WooCommerce catalog with placeholder product imagery.
6. Packages are scoped to the selected niche only and do not intentionally import the other 20 demos.
7. Blog Details is part of the authored customer demo structure where defined by the selected niche package.
8. Use a clean WordPress test installation when validating a different niche or builder combination.

Warning

Do not combine XML/settings files from different niche or builder folders manually.

SECTION 7 / 48 - THEME NICHEs

Modern Gym Setup Guide

Builder/package verification and customer setup notes for the Hercules Modern Gym niche.

Step-by-step

1. Modern Gym is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Modern Gym, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. General gym memberships, classes, trainers and fitness marketing.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/modern-gym/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 8 / 48 - THEME NICHEs

Personal Trainer Setup Guide

Builder/package verification and customer setup notes for the Hercules Personal Trainer niche.

Step-by-step

1. Personal Trainer is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Personal Trainer, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Individual trainer services, coaching programs, results and contact/booking journeys.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/personal-trainer/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 9 / 48 - THEME NICHEs

CrossFit Box Setup Guide

Builder/package verification and customer setup notes for the Hercules CrossFit Box niche.

Step-by-step

1. CrossFit Box is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose CrossFit Box, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Functional fitness and CrossFit-style classes, coaches and membership presentation.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/crossfit-box/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 10 / 48 - THEME NICHEs

Yoga Studio Setup Guide

Builder/package verification and customer setup notes for the Hercules Yoga Studio niche.

Step-by-step

1. Yoga Studio is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Yoga Studio, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Yoga classes, instructors, schedules and wellness-oriented presentation.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/yoga-studio/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 11 / 48 - THEME NICHEs

Pilates Studio Setup Guide

Builder/package verification and customer setup notes for the Hercules Pilates Studio niche.

Step-by-step

1. Pilates Studio is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Pilates Studio, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Pilates and reformer studio services, instructors and class scheduling.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/pilates-studio/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 12 / 48 - THEME NICHEs

Boxing & MMA Setup Guide

Builder/package verification and customer setup notes for the Hercules Boxing & MMA niche.

Step-by-step

1. Boxing & MMA is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Boxing & MMA, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Boxing and MMA training programs, coaches and combat-sports presentation.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/boxing-mma/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 13 / 48 - THEME NICHEs

Football Academy Setup Guide

Builder/package verification and customer setup notes for the Hercules Football Academy niche.

Step-by-step

1. Football Academy is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Football Academy, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Football academy programs, coaching, teams, players and youth development content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/football-academy/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 14 / 48 - THEME NICHEs

Multi-Sports Club Setup Guide

Builder/package verification and customer setup notes for the Hercules Multi-Sports Club niche.

Step-by-step

1. Multi-Sports Club is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Multi-Sports Club, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Multi-sport club programs, teams, events and general sports membership content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/sports-club/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 15 / 48 - THEME NICHEs

Fitness Shop Setup Guide

Builder/package verification and customer setup notes for the Hercules Fitness Shop niche.

Step-by-step

1. Fitness Shop is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Fitness Shop, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 9 menu items and 3 Slider Revolution slides.
4. Use the imported authored page structure supplied by this niche package; do not assume pages from another niche are included.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. WooCommerce-focused fitness store. Current package includes 12 demo products and placeholder product images.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.
8. WooCommerce catalog check: 12 demo products are defined in the current Fitness Shop package; confirm shop/catalog visibility after import.

Note

Canonical preview: <https://adnanthemes.com/hercules/fitness-shop/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 16 / 48 - THEME NICHEs

Sports Magazine Setup Guide

Builder/package verification and customer setup notes for the Hercules Sports Magazine niche.

Step-by-step

1. Sports Magazine is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Sports Magazine, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Editorial sports news, posts, categories, article detail and media-heavy publishing workflows.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/sports-magazine/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 17 / 48 - THEME NICHEs

Online Fitness Coach Setup Guide

Builder/package verification and customer setup notes for the Hercules Online Fitness Coach niche.

Step-by-step

1. Online Fitness Coach is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Online Fitness Coach, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Remote coaching, online programs, lead generation and calculator-supported fitness journeys.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/online-fitness-coach/> |
Source references for third-party preview imagery:
`documentation/source-images.txt`

SECTION 18 / 48 - THEME NICHEs

Sports Charity Setup Guide

Builder/package verification and customer setup notes for the Hercules Sports Charity niche.

Step-by-step

1. Sports Charity is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Sports Charity, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Nonprofit sports programs, impact stories, donations, volunteers and community outreach.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.
8. Sports Charity UI check: verify the dedicated sidebar/menu toggle, Donate action, cart control and vertical menu behavior on desktop and compact layouts.

Note

Canonical preview: <https://adnanthemes.com/hercules/sports-charity/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 19 / 48 - THEME NICHEs

Women's Fitness Setup Guide

Builder/package verification and customer setup notes for the Hercules Women's Fitness niche.

Step-by-step

1. Women's Fitness is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Women's Fitness, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Women-focused fitness programs, coaching, classes and wellness presentation.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/womens-fitness/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 20 / 48 - THEME NICHEs

Bodybuilding Club Setup Guide

Builder/package verification and customer setup notes for the Hercules Bodybuilding Club niche.

Step-by-step

1. Bodybuilding Club is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Bodybuilding Club, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Bodybuilding, strength training, memberships, coaches and transformation-focused content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/bodybuilding-club/> |

Source references for third-party preview imagery:
documentation/source-images.txt

SECTION 21 / 48 - THEME NICHEs

Martial Arts Academy Setup Guide

Builder/package verification and customer setup notes for the Hercules Martial Arts Academy niche.

Step-by-step

1. Martial Arts Academy is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Martial Arts Academy, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Martial arts academy programs, instructors, classes and discipline-focused content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/martial-arts/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 22 / 48 - THEME NICHEs

Cycling Club Setup Guide

Builder/package verification and customer setup notes for the Hercules Cycling Club niche.

Step-by-step

1. Cycling Club is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Cycling Club, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 1 Slider Revolution slide.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Cycling club rides, events and membership content. Current package defines one Slider Revolution slide.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.
8. Cycling Club currently defines one Slider Revolution slide; this is intentional in the current package and should not be documented as three.

Note

Canonical preview: <https://adnanthemes.com/hercules/cycling-club/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

Wellness Center Setup Guide

Builder/package verification and customer setup notes for the Hercules Wellness Center niche.

Step-by-step

1. Wellness Center is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Wellness Center, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Wellness services, programs, practitioners and health-oriented content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/wellness-center/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

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Sports Rehabilitation Setup Guide

Builder/package verification and customer setup notes for the Hercules Sports Rehabilitation niche.

Step-by-step

1. Sports Rehabilitation is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Sports Rehabilitation, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Sports rehabilitation services, recovery programs and practitioner/service content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/sports-rehab/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

Outdoor Bootcamp Setup Guide

Builder/package verification and customer setup notes for the Hercules Outdoor Bootcamp niche.

Step-by-step

1. Outdoor Bootcamp is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Outdoor Bootcamp, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Outdoor group fitness, coaching, class schedules and challenge-oriented content.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/outdoor-bootcamp/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

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Nutrition Coach Setup Guide

Builder/package verification and customer setup notes for the Hercules Nutrition Coach niche.

Step-by-step

1. Nutrition Coach is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Nutrition Coach, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Nutrition coaching, consultations, meal planning and wellness calculator journeys.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/nutrition-coach/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 27 / 48 - THEME NICHEs

Paddle Club Setup Guide

Builder/package verification and customer setup notes for the Hercules Paddle Club niche.

Step-by-step

1. Paddle Club is available as a dedicated single-niche package for all 4 builders: Default/Classic Editor, Elementor, Gutenberg and WPBakery.
2. Import flow: choose the builder first, choose Paddle Club, then import the matching package. Do not mix files from another builder or niche.
3. Current package specification: 10 menu items and 3 Slider Revolution slides.
4. The package menu specification includes Blog Details.
5. Inner-page preview photographs/videos are replaced with neutral placeholders in the customer import. Slider hero assets are handled separately by the theme package.
6. Paddle/padel club programs, coaching, club information and sport-specific presentation.
7. After import, verify the homepage, Primary Menu assignment, Slider Revolution module, internal links and responsive layout before replacing placeholder media.

Note

Canonical preview: <https://adnanthemes.com/hercules/paddle/> | Source references for third-party preview imagery: [documentation/source-images.txt](#)

SECTION 28 / 48 - SETUP WIZARD

Demo Import

Import the selected niche package with its authored pages, menu, settings, Slider Revolution configuration and placeholder inner-page media.

Step-by-step

1. Open Hercules > Demo Import after completing the setup wizard.
2. Confirm the required plugins for the selected niche are installed and active.
3. Select the same builder and niche chosen in the wizard.
4. Use the niche preview card to confirm you are importing the correct demo.
5. Start the import and keep the browser tab open until the completion message appears.
6. Hercules finalizes the selected homepage, primary menu, internal links, permalinks and selected Slider Revolution module automatically.
7. Review the imported site and replace placeholder inner-page media with media you are licensed to use.

Tip

Each package is single-demo scoped. A clean WordPress installation is recommended when testing a different niche.

SECTION 29 / 48 - OPTIONAL FEATURES

AI Content Generator (Optional)

Hercules bundles Hercules WordPress Generator, an optional plugin that writes pages and posts directly inside your own site. It is completely optional: the theme and every demo work fully without it. It is also free to run - the default provider is Ollama, which you host yourself and which needs no account, no sign-up and no API key. If you already hold your own Anthropic, OpenAI or Google Gemini key you may use that instead, but you are never required to, and any usage cost is billed by that provider directly to you, not by AdnanThemes.

Step-by-step

1. Install the plugin from Appearance > Install Plugins. It is listed as recommended, not required.
2. Open Hercules WordPress Generator in the WordPress admin menu to reach the settings screen.
3. Choose your provider. Ollama is selected by default. To use it, install Ollama on your own server from ollama.com, pull a model such as llama3, and leave the URL as `http://localhost:11434`.
4. To use a commercial provider instead, pick Anthropic, OpenAI or Gemini and paste your own API key. Keys are stored encrypted and are only ever sent to the provider you chose.
5. Place the shortcode `[hercules_generator_studio]` on any page to give logged-in editors the generation tool.
6. Place the shortcode `[hercules_generator_discover]` on any page to offer visitors a short requirements quiz that returns a downloadable planning PDF.
7. In the Studio, describe what you want. Quick mode writes a single page; the multi-page plan writes a set of related pages.
8. Generated content is always saved as a draft first, so you can review and edit before anything goes live.

SECTION 30 / 48 - CUSTOMIZATION

Customization Priority System

Understand which setting wins when an option exists in several places.

Use global settings first and page or builder overrides only when a unique design is required.

Visual workflow

Theme Default -> Global Option -> Niche Preset -> Page Option -> Builder Element -> Custom CSS

Tip

Avoid repeating the same override across many pages.

SECTION 31 / 48 - CUSTOMIZATION

Branding, Logo and Site Icon

Configure consistent branding for desktop, sticky and mobile headers.

Step-by-step

1. Open Appearance > Customize or Hercules > Theme Options > Branding.
2. Upload the main logo and add useful alt text.
3. Upload a light logo for dark or transparent headers.
4. Set a dedicated mobile logo when required.
5. Set the Site Icon under Site Identity.
6. Clear caches and verify desktop, tablet and mobile.

Best practices

- * Use sanitised SVG or a transparent WebP/PNG.
- * Keep the source logo sharp at twice its displayed size.
- * Keep desktop and mobile logo proportions consistent.

Troubleshooting

Clear browser, WordPress, server and CDN caches when the old logo remains visible.

SECTION 32 / 48 - CUSTOMIZATION

Global Colours

Control brand, text, background, border and interaction colours.

Step-by-step

1. Open Hercules > Theme Options > Colours.
2. Set primary, secondary and accent colours.
3. Set body, heading, muted text, border and surface colours.
4. Review button, link, hover, focus and active states.
5. Check success, warning and error states.
6. Verify contrast on light and dark sections.

Visual workflow

Brand Palette -> Global Components -> Page Sections -> Interactive States -> Accessibility Review

Warning

Do not rely on colour alone to communicate status.

SECTION 33 / 48 - CUSTOMIZATION

Typography

Configure body, headings, navigation, buttons and responsive sizes.

Step-by-step

1. Open Hercules > Theme Options > Typography.
2. Choose body font, weight, size and line height.
3. Configure H1 to H6 with a consistent scale.
4. Configure navigation, button and form typography.
5. Set mobile sizes where necessary.
6. Test long headings, translations and RTL content.

Best practices

- * Use no more than two font families unless required.
- * Use comfortable body line-height.
- * Load only font weights used by the site.

Troubleshooting

Check font-provider settings, privacy controls, caches and console errors when a font does not load.

SECTION 34 / 48 - CUSTOMIZATION

Header Builder

Create global, sticky, transparent and mobile headers.

Step-by-step

1. Open Hercules > Header Builder.
2. Create or select the global header.
3. Arrange logo, menu, search, account, social and CTA elements.
4. Configure row height, container, background, border and spacing.
5. Configure sticky state and sticky branding.
6. Build the mobile row and hamburger menu.
7. Publish and assign display conditions.

Visual workflow

Global Header -> Niche Header -> Page Assignment -> Sticky State -> Mobile Header -> Final Output

Warning

A page-level transparent header can override the global background.

Troubleshooting

Check template status, display conditions, menu assignment and page-level options if the header is missing.

SECTION 35 / 48 - CUSTOMIZATION

Footer Builder

Build reusable footers and assign them globally or per page.

Step-by-step

1. Open Hercules > Footer Builder.
2. Create or edit a footer template.
3. Add logo, menus, contact details, newsletter, social links and widgets.
4. Configure colours, spacing and columns.
5. Add copyright and dynamic year.
6. Publish and set display conditions.
7. Verify mobile stacking and link readability.

Tip

Keep legal, contact and support links easy to find.

SECTION 36 / 48 - CUSTOMIZATION

Menus and Mega Menu

Assign menu locations and build organised multi-column navigation.

Step-by-step

1. Go to Appearance > Menus.
2. Create and assign the Primary Menu.
3. Open Hercules settings for a top-level item.
4. Enable Mega Menu and choose columns.
5. Add child links, labels, icons or promotional content.
6. Test keyboard, touch and mobile navigation.

Warning

Avoid deep menu nesting on mobile.

Troubleshooting

Reassign menu locations after demo import when navigation is missing.

SECTION 37 / 48 - CUSTOMIZATION

Page Layout and Sidebar

Set boxed, full-width and sidebar layouts globally or per page.

Step-by-step

1. Set global layout under Hercules > Theme Options > Layout.
2. Choose content width and default sidebar.
3. Edit a page and open Hercules Page Options.
4. Choose header, footer, title bar and sidebar overrides.
5. Use a full-width builder template when needed.
6. Verify all responsive breakpoints.

Visual workflow

Global Layout -> Post Type Layout -> Page Override -> Builder Canvas -> Responsive Output

Note

A builder canvas template may intentionally bypass the theme container.

SECTION 38 / 48 - CUSTOMIZATION

Blog and Single Post Design

Control archives, cards, metadata, featured media and article details.

Step-by-step

1. Open Hercules > Theme Options > Blog.
2. Choose grid, list or masonry archives.
3. Set columns, excerpt length, image ratio and pagination.
4. Configure author, date, categories, comments and reading time.
5. Configure single-post hero, width, author box and related posts.
6. Set a fallback featured image.
7. Review each niche blog and matching single layout.

Tip

Use consistent image ratios to reduce layout movement.

SECTION 39 / 48 - CUSTOMIZATION

Custom CSS and JavaScript

Add project customisations without editing the parent theme.

Step-by-step

1. Use Additional CSS for small visual changes.
2. Use a child theme stylesheet for maintained CSS.
3. Load JavaScript through the child theme or a trusted snippets plugin.
4. Use specific selectors and avoid broad overrides.
5. Test on staging and inspect the browser console.
6. Document custom snippets before handover.

EXAMPLE

```
.site-header .hercules-cta {  
  border-radius: 999px;  
}  
  
@media (max-width: 767px) {  
  .site-header .hercules-cta { width: 100%; }  
}
```

Warning

Parent theme file edits are replaced by updates.

SECTION 40 / 48 - CUSTOMIZATION

Child Theme and Safe Updates

Preserve CSS, PHP and template overrides during updates.

Step-by-step

1. Install and activate the Hercules child theme.
2. Keep the parent theme installed and updated.
3. Place CSS in child theme style.css.
4. Place safe PHP customisations in child functions.php.
5. Override only required templates.
6. Compare overrides after major parent updates.
7. Test updates on staging before production.

Visual workflow

Parent Update -> Child Preserved -> Template Comparison -> Staging Test -> Production Update

Warning

Do not copy the entire parent theme into the child theme.

SECTION 41 / 48 - FEATURES

Classes, Trainers and Timetable

Create trainer profiles, class data and weekly schedules.

Step-by-step

1. Create trainer profiles with speciality and image.
2. Create classes and assign trainer, level and duration.
3. Create weekly timetable entries.
4. Assign day, start time, end time and room.
5. Insert the timetable block, widget or shortcode.
6. Test filters and mobile scrolling.

SECTION 42 / 48 - FEATURES

Matches, Teams, Players and Videos

Manage sports data and licensed video content.

Step-by-step

1. Create teams with logo, colours and league data.
2. Create players and assign team, position and number.
3. Create matches with venue, date, time, status and result.
4. Add videos using local MP4 or a supported provider.
5. Add poster, source and licence notes.
6. Insert relevant archive, block, widget or shortcode.

Warning

Use only media you are licensed to display or redistribute.

SECTION 43 / 48 - OPTIONAL FEATURES

WooCommerce and FitCalc

Current Hercules 7.0.1 package status for shop and calculator integrations.

Step-by-step

1. FitCalc is currently registered as a required plugin by the Hercules 7.0.1 plugin installer.
2. WooCommerce remains optional and should be installed when the selected site needs shop, cart, checkout or account features.
3. Fitness Shop includes a 12-product WooCommerce catalog in its demo package; product imagery uses theme placeholders in the customer import.
4. Use FitCalc for supported fitness and wellness calculator features where the niche design calls for them.
5. After changing plugin availability, clear caches and verify menus, shortcodes and builder widgets on the front end.

Note

This test documentation follows the current package registration. If FitCalc is later changed to optional in the theme code, update this documentation at the same time.

SECTION 44 / 48 - PERFORMANCE

Images, Video and Page Speed

Optimise media and delivery without changing the approved design.

Step-by-step

1. Resize images to their maximum display dimensions.
2. Use WebP or AVIF where supported.
3. Compress images before upload.
4. Use poster images and lazy loading for video.
5. Avoid multiple autoplay background videos.
6. Enable page and browser caching plus CDN where suitable.
7. Regenerate builder CSS and clear caches.
8. Test key page types separately.

Visual workflow

Original Media -> Correct Size -> Compression -> Modern Format -> Lazy Load -> Cache/CDN
-> Performance Test

Tip

Optimise on staging first.

SECTION 45 / 48 - SUPPORT

Troubleshooting Checklist

Follow this order before opening a support ticket.

Step-by-step

1. Back up and reproduce the issue on staging.
2. Update WordPress, Hercules and companion plugins.
3. Clear browser, plugin, server and CDN caches.
4. Regenerate builder files and save permalinks.
5. Temporarily disable non-required plugins.
6. Check PHP limits and debug logs.
7. Record URL, steps, screenshots and errors.
8. Open a ticket with environment details.

Visual workflow

Reproduce -> Update -> Clear Cache -> Conflict Test -> Check Logs -> Collect Evidence -> Support Ticket

Warning

Do not test destructive changes on a live site.

SECTION 46 / 48 - LICENSING AND DEMO MEDIA

Bundled Premium Plugins and Demo Image Licensing

Understand WPBakery/Slider Revolution bundling, bundled slider hero assets and the placeholder-only policy for inner demo photography/video.

Step-by-step

1. WPBakery Page Builder and Slider Revolution are bundled with Hercules under the theme author required commercial/extended bundling rights.
2. The theme author private plugin license key is never shared and is not required for bundled core use with Hercules.
3. Purchase your own plugin license only if you want direct vendor activation, premium libraries/add-ons, direct plugin updates or direct vendor support.
4. Without a separate plugin license, compatible bundled plugin versions are supplied through Hercules theme updates.
5. The selected niche can use bundled Slider Revolution hero assets supplied with the theme package.
6. Inner-page preview photographs and videos are not redistributed through the demo XML and are replaced with neutral placeholders.
7. Open documentation/source-images.txt for the source references of preview media actually used. Download any desired third-party image yourself and follow the provider current license terms.

Warning

Do not extract bundled commercial plugins for use with another theme. Do not assume third-party preview photographs are licensed to you by AdnanThemes.

SECTION 47 / 48 - SUPPORT

Frequently Asked Questions

Quick answers to the questions buyers ask most often before and after installing Hercules.

Step-by-step

1. Which page builder should I use? Choose one in the Setup Wizard: Classic Editor, Elementor, Gutenberg or WPBakery. The demo import only lists packages for the builder you selected.
2. Do I need Slider Revolution for the demo hero? No. The demo hero uses the Hercules slider component included in Hercules Core. Slider Revolution is still bundled and a matching slider is created during import.
3. Does the demo import download anything from another server? No. All 84 builder/demo packages ship inside the theme, so the import is self-contained.
4. Will updating the theme erase my work? Content, theme options, layouts and menus live in the database and are not touched by an update. Edits made directly inside the parent theme folder are replaced, so use a child theme.
5. Which languages and RTL scripts are supported? Translation resources cover 20 locales, with RTL support for Arabic, Hebrew, Urdu and Persian.
6. Does the AI content generator need an account or API key? No. Hercules WordPress Generator is optional and works with a self-hosted Ollama model without an account or key. Anthropic, OpenAI and Google Gemini can be used if you already hold your own key. There is no paid tier.
7. My contact page has no form. What should I do? Contact pages use Contact Form 7. Install and activate it, and Hercules creates a default form when none exists.
8. The theme upload fails with "the link you followed has expired". Raise `upload_max_filesize` and `post_max_size`, or install the inner `hercules.zip` over SFTP.
9. My old logo or colours still show after a change. Clear the browser, WordPress caching plugin, server and CDN caches, then hard-refresh.
10. Can I keep the demo photos on my live site? Demo photography is for demonstration. Replace it with media you are licensed to use. See Bundled Premium Plugins and Demo Image Licensing.
11. Where do I get help? Open a ticket from the support centre in wp-admin, or email wp@adnanthemes.com for pre-sale questions.

Tip

Before asking for support, run through the Troubleshooting Checklist and include your WordPress, PHP and theme versions in the ticket.

Changelog

What changed in each Hercules release. Always back up your files and database before updating.

Step-by-step

1. 7.0.1 (2026-08-28) Changed: standardized navigation labels and order across all 21 demo niches, and centered desktop demo navigation while keeping mobile behavior.
2. 7.0.1 Changed: Blog Details submenu labels standardized across demo and builder menus.
3. 7.0.1 Changed: added a reusable quality layer for Programs, Schedule and Contact pages across Classic, Elementor, Gutenberg and WPBakery imports, with niche-specific program and schedule content.
4. 7.0.1 Changed: Contact pages use a portable Contact Form 7 integration that creates a default Hercules form when needed. Demo import finalization applies these page-quality rules automatically.
5. 7.0.1 Fixed: repeated generic wording in Programs pages, missing timetables in Schedule pages and missing forms in Contact pages. Removed obsolete development CSS backups from the theme folder.
6. 7.0.0 (2026-08-17) Added: 21 sports, fitness and wellness demo niches, 84 validated import packages, the Hercules Schedule Template Library (8 layouts, 9 palettes), Hercules Premium Sections, sports content types, the documentation centre, the support centre, 20 colour presets and translation resources for 20 locales.
7. 7.0.0 Added: Hercules WordPress Generator, an optional AI content plugin that works with self-hosted Ollama and needs no account or API key.
8. 7.0.0 Changed: demo import is fully self-contained and restores the matching theme options for each demo. Plugin installation uses TGM Plugin Activation. WPBakery updated to 9.0.1 and Slider Revolution to 7.1.7.
9. 7.0.0 Fixed: header and footer layout assignment on imports, RTL stylesheet loading, demo URL rewriting, mixed-content URLs, incomplete theme options in sixteen demo packages, raw WPBakery shortcodes in non-WPBakery demo posts, and a broken documentation download link.
10. 6.2.0 Maintenance release. 6.0.0 Previous public release.

Warning

Updating from 6.x to 7.0.0 or later: back up first and test on a staging copy. The demos showcase slider now uses the native [hercules_demos_slider] component, header and footer output is managed through Hercules Layouts, colours use CSS custom properties such as --hercules-accent, and the old timetable is replaced by Hercules Timetable. Review child-theme overrides after updating.

Support and Further Help

For the latest online version of this documentation, visit:

<https://adnanthemes.com/hercules/documentation/>

For Hercules support, visit: <https://adnanthemes.com/hercules/support/>

This PDF is generated from the same Hercules 7.0.1 English documentation data used by the online HTML/CSS/JavaScript documentation, so the section coverage matches the current online manual.