# Workout Generator Summary

Weak Geek will take in user inputs to auto generate a workout based upon how difficult the user wants it to be. Users can define whether if they can workout at home using weights, the gym, and or

# Functional Requirements

Workouts will be generated from all user input variations. It will be a downloadable word document, and or PDF that the user can specify.

# Non-Functional Requirements

Workouts can either pull from a local database or a CSV file.

# Weak Geek Explanation

Workout’s will be defined as a cumulation of different exercises and exercises will be defined by sets, and repetitions. Sets are defined by how many times a user should perform a repetition, and a repetition is how many times the user should perform the exercise. There will be an assortment of different user inputs that effect how the workouts will be generated. The following will be first set of user inputs that will define how a user wants to generate their workout:

User Inputs:

* Days a week user plans to workout
* Period of time user plans to workout
  + Ex: User only wants to workout for 30 min each time
* Workout Cycle Length
  + Will be defined how long the user wants to have a workout cycle for
  + Ex: 3, 5, or 10-week cycles
* Should workout include cardio
* How difficult does the user want the workouts to be
  + Beginner, Intermediate, Expert
* Can workouts include weighted exercises?
  + If yes can this include workouts for the gym
* Exported to word doc or pdf

# Controller Endpoints

Controller endpoints can be used for various reasons to make the application more “robust”. There will be specific endpoints that are only utilized by the UI to which then generates the formatted workouts for the user.

There will be general endpoints used to help generate the workout.

## Core Muscle Groups

#### GET

/api/v1/CMG/GetAllCoreMuscleGroup

/api/v1/CMG/RandomNumberOfCoreWorkouts/{Number of days in workout}

/api/v1/CMG

#### POST

TODO: Figure out the post method for adding core workouts

/api/v1/CMG/{Exercise Name}

#### PUT

TODO: Figure out the put method for adding core workouts

### Legs

#### GET

/api/v1/CMG/legs/{Leg workout name}

/api/v1/CMG/legs/

#### POST

#### PUT

### Arms

#### GET

#### POST

#### PUT

### Back

#### GET

#### POST

#### PUT

### Shoulders

#### GET

#### POST

#### PUT

### Chest

#### GET

#### POST

#### PUT

## Accessory Muscle Groups

### Core

#### GET

#### POST

#### PUT

### Cardio

#### GET

#### POST

#### PUT

#### Calves

#### GET

#### POST

#### PUT

### Forearms

#### GET

#### POST

#### PUT

# Weak Geek Services

# Weak Geek Repositories