



# WORKOUT GENERATOR: PERSONALIZED PLANS FOR YOUR GOALS

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# INTRODUCTION OF WORKOUT GENERATOR

## Personalized Fitness

Tailoring workouts and meal plans to individual needs and goals like Muscle Gain, Weight Loss, Body Recomposition.

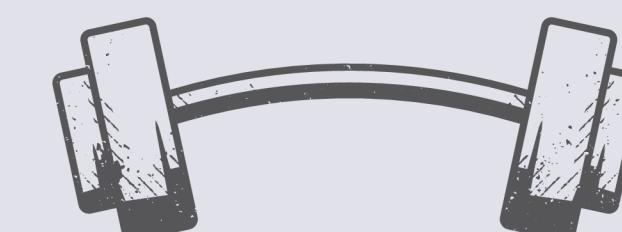
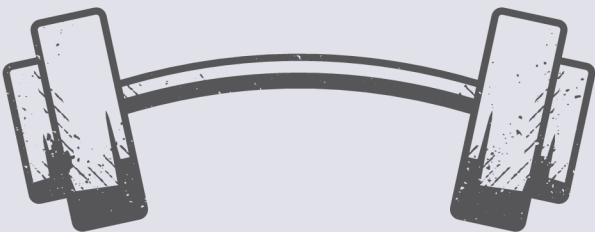


## Data-Driven Approach

Utilizing advanced algorithms to create optimal plans.



# OVERVIEW



1

## Powerlifting

Building strength and maximizing lifts

2

## Weightlifting

Developing lean muscle mass

3

## Bodybuilding

Sculpting physique and achieving desired aesthetics

4

## Muscle Gain

Increasing muscle mass and strength

5

## Fat Loss

Reducing body fat percentage

6

## Body Recomposition

Simultaneously building muscle and losing fat

# LITERATURE REVIEW:

## CAPTURING USER DETAILS

### Gender

Male, Female, Others.

### Age

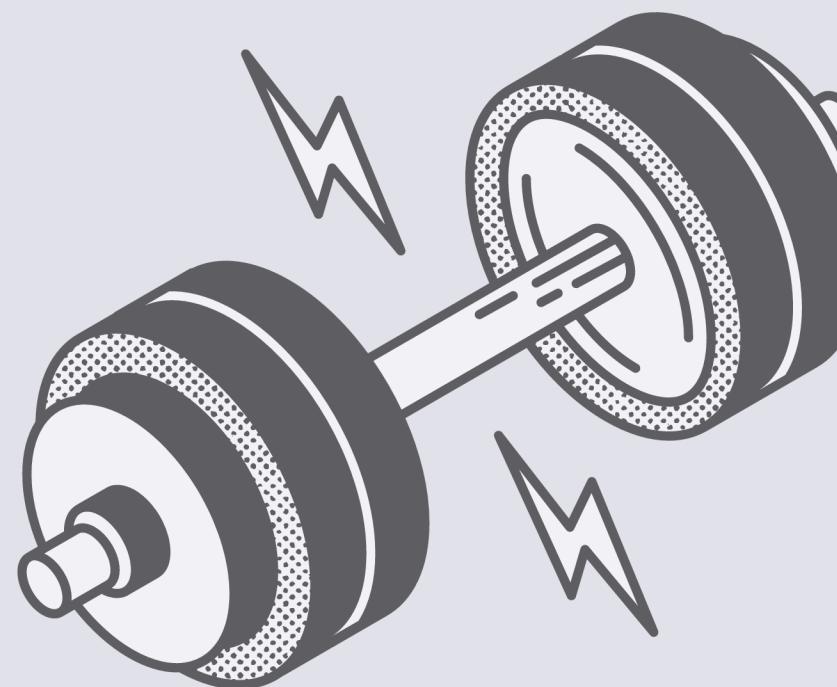
To tailor plans for different stages of life.

### Calorie Goals

Maintaining, gaining, or losing weight.

- Personalized fitness solutions are growing in popularity.
- Algorithms help create tailored workout plans for individuals.
- Key challenges: variety, safety, and scalability of workouts.

# METHODOLOGY: BUILDING CUSTOM WORKOUT AND MEAL PLANS



Analyzing user data  
and fitness goals



Applying advanced  
algorithms for plan  
generation



Developing  
personalized meal  
plans



Creating tailored  
workout routines

# IMPLEMENTATION: SEAMLESS USER EXPERIENCE AND PLAN GENERATION

- 1 User interface design
- 2 Data input and goal setting
- 3 Plan generation and delivery
- 4 Progress tracking and adjustments



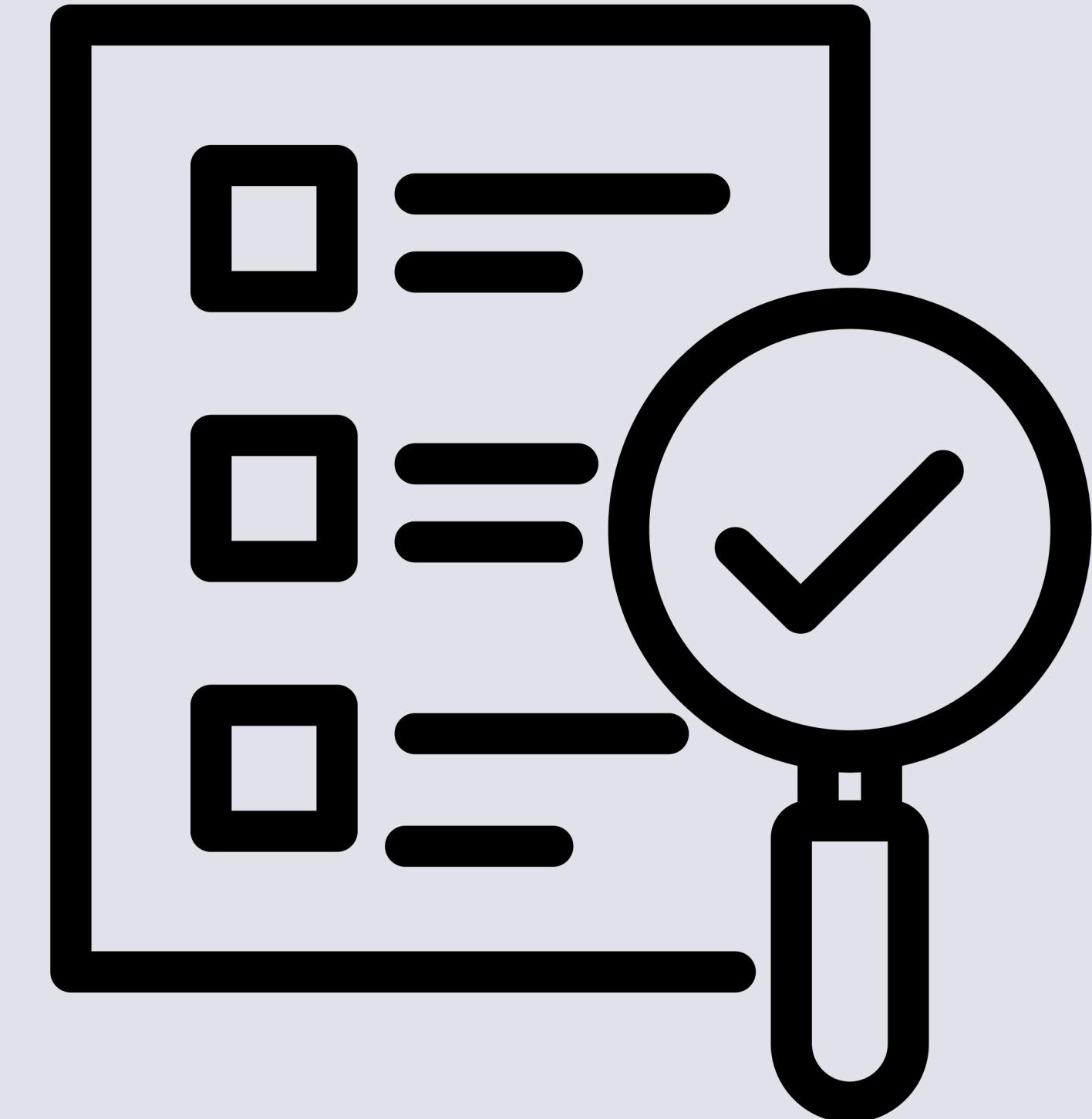
# **RESULTS: ACHIEVING DESIRED OUTCOMES THROUGH OUR PERSONALIZED APPROACH**

**Increased strength**

**Improved muscle mass**

**Reduced body fat**

**Enhanced overall fitness**



# CONCLUSION

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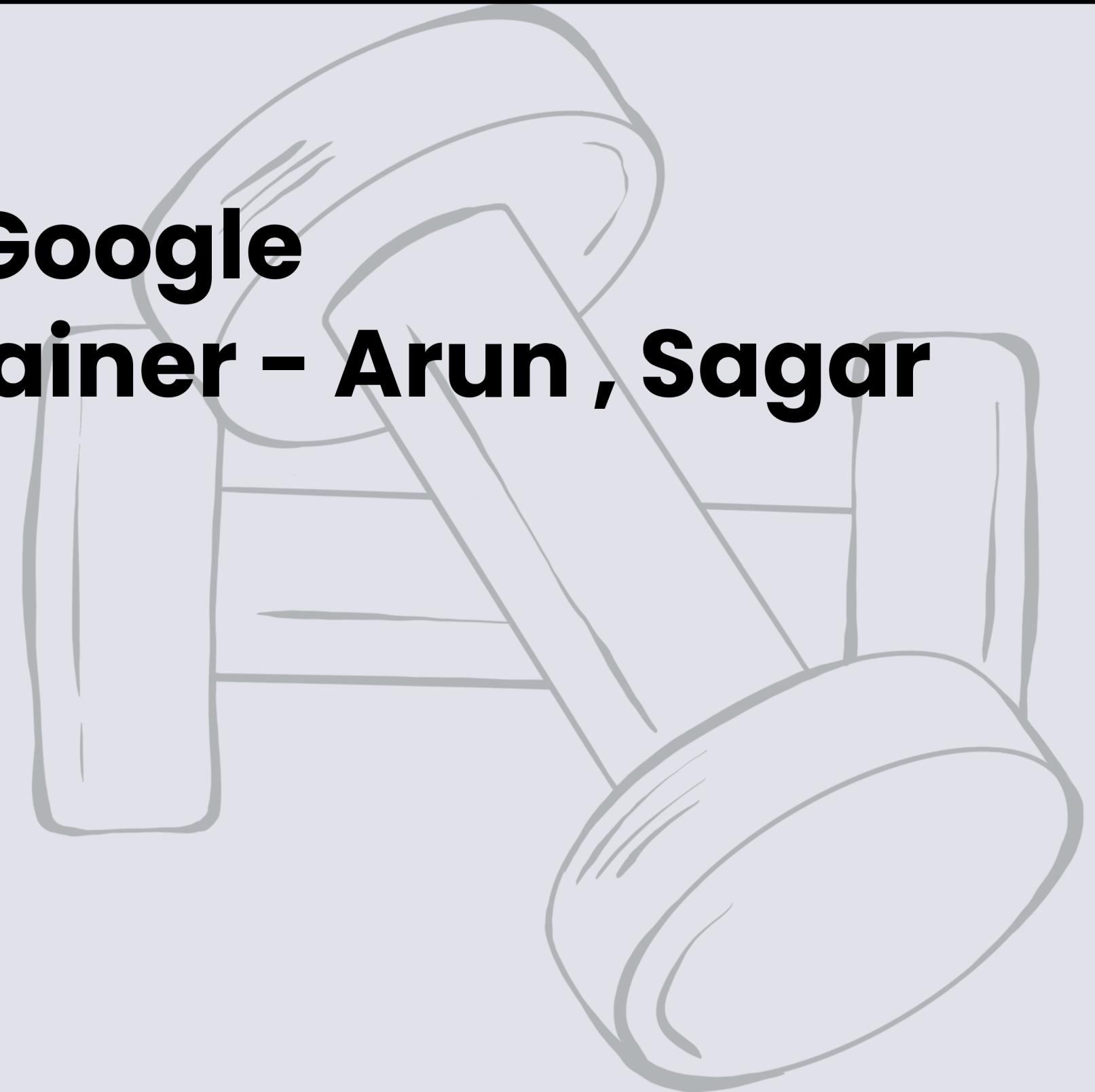
**Our workout generator is designed to empower individuals to take control of their fitness journeys, achieve their goals, and live healthier lives.**



# **REFERENCE**

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- From Google
- Our Trainer - Arun , Sagar



**THANK YOU**