

①

Tags

male / female

M

F

③

fitness level



②

Goal

Lose weight

overall fitness

Bulk up

④

Equipment

- dumbbells, bench, pull-up bar, squat racks, barbell, treadmill, pull-down, low row, bicycle
- select all tricep / lat

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⑤ Frequency

1-day

2-day

3-day

5-day

List of exercises w/ tags

e.g. pull-up

tags: male, female, pull-up bar, fitness,
level 2-5

muscle: back

Alg.

1) use tags¹⁻⁴ to curate list
of exercises for each muscle
group

2) use tag 5

1-day: all muscle group

2-day: lower/upper or push/pull

3-day:
Chest, shoulder, tricep
← rest 2 days
back, biceps
← rest
hamstring, quad, calves, Abs
← rest

5-day
1 Legs/Abs
2 Chest

3 Back
Rest

4 Shoulder/Abs

Arms

5 Rest

3) Use tag 2 to

- adjust sets/rep

- add cardio to plan