**Personalized Workout Dataset Column Description**

* **ID**: Unique identifier for each user entry.
* **Sex**: User’s gender (Male/Female).
* **Age**: User’s age in years.
* **Height**: Height in meters.
* **Weight**: Weight in kilograms.
* **Hypertension**: Indicates if the user has high blood pressure (Yes/No).
* **Diabetes**: Indicates if the user has diabetes (Yes/No).
* **BMI**: Body Mass Index, calculated from height and weight.
* **Level**: User’s weight category (e.g., Underweight, Normal).
* **Fitness Goal**: Desired outcome such as Weight Gain, Weight Loss.
* **Fitness Type**: Recommended training focus (e.g., Muscular Fitness, Cardio Fitness).
* **Exercises**: Workouts tailored to the user's profile.
* **Equipment**: Workout equipment used or required.
* **Diet**: User’s dietary intake including vegetables, fruits, grains, etc.
* **Recommendation**: Personalized fitness and lifestyle advice based on all features.