

Inputs: Gender, days per Week

Output: Workout planner for a Week

→ My program generates a training plan with matching exercises for each muscle group based on gender and training days

Classes

Exercise: name, muscle, MuscleGroup, intensity(1,2,3)

3 = additions

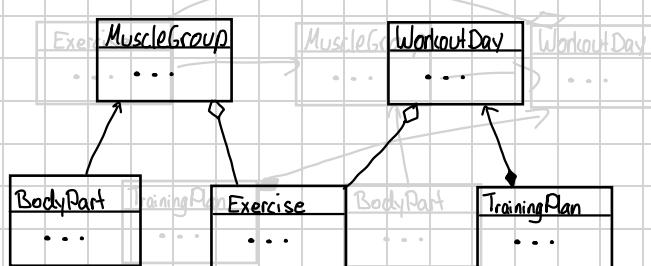
MuscleGroup: name, muscle enum

WorkoutDay: dayName, MuscleGroupName, Exercise

TrainingPlan: WorkoutDay

+ BodyPart enum

Relationships:



Logic

1. If daysPerWeek ≤ 3 : fullbodyTraining each day

If daysPerWeek ≥ 4 (max 5) : If GenderM: Exercises for LowerBody with intensity 1,2

Logic

1. If GenderM: Exercises for LowerBody with intensity 1,2
for UpperBody with intensity 2,3

= inputs

If GenderF: Exercises for LowerBody with intensity 2,3
for UpperBody with intensity 1,2

2. If daysPerWeek ≤ 3 : full body Training each day

If daysPerWeek ≥ 4 (max 5) : If daysPerWeek = 4 : 2 Days LowerBody
Upper-Body