

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)

≡ = additions

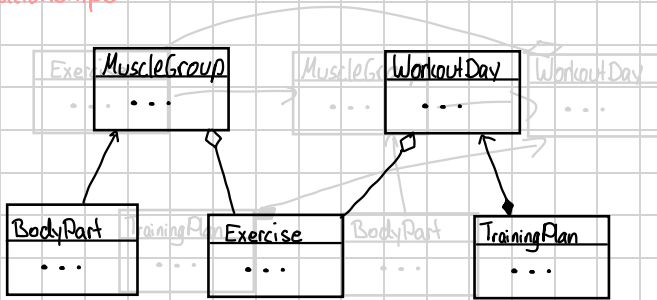
MuscleGroup: name, muscle **enum**

WorkoutDay: dayName, MuscleGroupName, Exercise

TrainingPlan: WorkoutDay

+ BodyPart **enum**

Relationships:



Logic

- ~~1. If daysPerWeek ≤ 3 : fullbodyTraining each day~~
~~If daysPerWeek ≥ 4 (max 5) : If Gender M: Exercises for LowerBody with intensity 1,2~~

Logic

1. If Gender M: Exercises for LowerBody with intensity 1,2
for UpperBody with intensity 2,3
If Gender F: 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
UpperBody

● = inputs