





```
Enum goal {  
  weight-loss  
  strength-training  
  general-fitness  
  conditioning  
  muscle-tone  
}
```

```
Enum group {  
  arms  
  chest  
  legs  
  back  
  cardio  
  core  
}
```

```
Enum type {  
  power-lift  
  machine  
  cardio  
}
```