\* First the program will prompt the user for

- age (a)

- sex (b)

- weight (c)

\* Next the fitness program will prompt the user for type of training:

- athletic (d)

- bodybuilding (e)

- athletic and bodybuilding (f)

\* And the third question will prompt the user for frequency of training

- 3 days per week (g1 and g2) – These are intensity level 1 and 2

- 4 days per week (h1 and h2)

- 5 days per week (i1 and i2)

- 6 days per week (j1 and j2)

\* Next is the calorie of food intake:

- 1600kj (l)

- 1800kj (m)

- 2000kj (n)

- 2200kj (o)

- 2400kj (p)

- 2600kj (q)

- 2800kj (r)

- 3000kj (r)

\* The next workout level is the rep:

rep 1 – 3-6 (s) – done 3 times

rep 2 – 6-10 (t) – done 3 times

rep 2 – 10-15 (u) – done 2 times

aerobic (v) – includes rowing, treadmill and static bicycle

**Core** – Core exercise includes abs, obliques, lower back and glutes

**Upper body** – Includes the main muscle group of bicep, tricep, pecs, trapezius, rhomboids, forearm and rotator cuff

**Lower body** – quads, hamstring, glutes and calves

\* If user selects age between 18-35, then use g1

If user age is over 35+ then select g2

\* If Sex is male then 100% regiment specified

If sex is female then 80% regiment specified based on weights versus the male counterpart

\* For weight, if BMI (Body Mass Index) is under, then select above 3 days or any days

If weight is over BMI, then the user cannot go above 4 days

(you may have to create a BMI table for this)

**For athletic exercise regimen: Weekly exercise**

The user can select any day of the week they choose to exercise:

- 3 days (d, g1) – intensity level 1

Day 1 aerobic (v) (endurance) x1

core x1 (t)

Day 2 core x1

upper body x1 (t)

Day 3 aerobic x1 (v)

lower body (u)

- 3 days (d, g2) – intensity level 2

Day 1 aerobic x2 (v)

core x2 (s, t)

upper body x2 (t, u)

Day 2 Lower body x2 (t, u)

core x2 (t, u)

Day 3 aerobic x1 (v)

core x1 (u)

upper body x2 (t, u)

lower body x1 (u, u)

- 4 days (d, h1)

Day 1 aerobic x1 (v)

Upper body x1 (t)

Day 2 Lower body x1 (t)

Core x1 (t)

Day 3 aerobic x1 (v)

Upper body (u)

Day 4 Core x1 (t)

Lower Body (u)

4 days (d, h2)

Day 1 aerobic x1 (v)

Core x2 (t, u)

Upper body (t,u)

Day 2 aerobic x1 (v)

Lower Body x2 (t,u)

Day 3 Upper body x2 (t,u)

Core x1 (u)

Day 4 aerobic x1 (v)

Core x1 (t)

Lower Body (s,u)

Upper body (s,u)

5 days (d, i1)

Day 1 aerobic x1 (v)

upper body x1 (u)

Day 2 core x1 (u)

lower body (u)

Day 3 aerobic x1 (v)

upper body x1 (t)

Day 4 core x1 (t)

lower body (t)

Day 5 aerobic x1 (v)

upper body x1 (s)

5 days (d, i2)

Day 1 aerobic x1 (v)

Core x1 (t)

Upper body x2 (t, u)

Day 2 aerobic x1 (v)

lower body x2 (t, u)

Core x1 (u)

Day 3 Core x1 (u)

Upper body x2 (t, u)

lower body x1 (u)

Day 4 aerobic x2 (v)

lower body x1 (t)

Day 5 aerobix x1 (v)

core x1 (t)

lower body x1 (u)

upper body x1 (u)

6 days (e, j1)

Day 1 aerobic x2 (v)

Day 2 aerobic x1 (v)

upper body x1 (u)

Day 3 core x1 (u)

lower body x1 (u)

Day 4 aerobic x1 (v)

upper body x1 (t)

Day 5 core x1 (t)

lower body x1 (t)

Day 6 aerobic x1 (v)

core x1 (u)

upper body x1 (u)

6 days (e, j2)

Day 1 aerobic x1 (v)

core x2 (t, u)

upper body x2 (t, u)

Day 2 aerobic x1 (v)

lower body x2 (t, u)

upper body x1 (u)

Day 3 Core x2 (t, u)

upper body x1 (t)

lower body (t)

Day 4 aerobic x1 (v)

core x1 (u)

upper body x1 (u)

Day 5 aerobic x2 (v)

lower body x1 (u)

Day 6 aerobic x1 (v)

core x2 (t, u)

upper body x1 (s)

lower body x1 (t)