

-Disclaimer- Use at your own risk, this app is not intended to be professional, or give professional advice. It is a basic app, to help in planning, consult a fitness professional for training advice.

This is the first app I ever attempted coding, which will probably explain a lot of the structure and coding choices (it definitely could use vast improvements!). Back several years ago I was engaged in personal training with a dilemma: Fitness apps were too expensive for me starting out. I knew what I needed, a basic app with some functions I could use to help me plan out client workouts and compute basic parameters. Being a non-native coder, I decided that I would try early AI and see what we could make together. I signed up for a ChatGPT account and got to it. Total, googling, stack exchange-ing, editing code, learning about prompts, querying GPT, etc... it took about 30 hours total to code. I used VS code as the IDE. The basic idea was to have lists of modalities (Strength training, Endurance, Cardio, etc...) and exercises categorized by several parameters (what equipment does it use? What area of the body? What exercise can be done with an injury? Etc...). These I kept in .csv files which are then used in the "Main.py" file. Once Main.py is run, the GUI opens a workout plan can be constructed. The final workout plan can be viewed and printed as an HTML page. The .csv lists need to be manually populated, although inputting the format as a few examples into modern GPT, Claude, Grok, or other LLM might be able to give you good start on this. For extra versatility, I also made a small GUI tool to quickly add an entry to the .csv lists manually.

I had no issues after initial deployment, of course I was very familiar with using it at that point. It was tremendously helpful in planning workouts for clients at the time. There is a link to the github repository on the previous page.