



Prompts testing

1. Redefinicion del prompt

I want a routine

A good routine for a beginner would be to start with a few days of low-intensity exercise such as walking or jogging. Then, gradually increase the intensity and duration of your workouts. Aim for at least 30 minutes of exercise per day, 3-4 days a week. Make sure to include a mix of aerobic and strength training exercises. Additionally, make sure to include rest days in your routine to allow your body to recover.

Enter a message...

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I want an exercise routine for begginers

This sample program is appropriate for someone just getting started with—or getting back to—exercise. Remember to start every workout with 5 to 10 minutes of light cardio and stretching, and to cool down with flexibility exercises. Aim to include multiple planes of motion in your workout. The program includes two to three days of cardio and two days of strength training. You can also combine these workouts if you do not have five days to devote to exercise. Learn how to monitor your intensity. Most beginners will start working out at a moderate intensity. That

Enter a message...

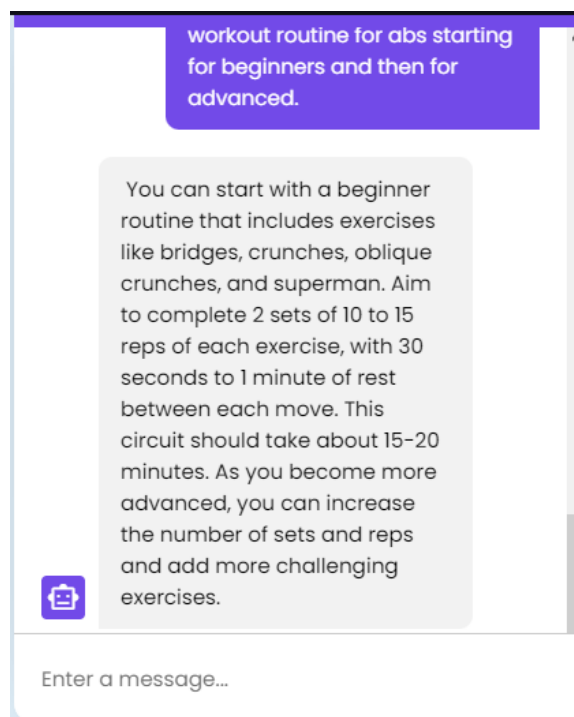
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training. You can also combine these workouts if you do not have five days to devote to exercise. Learn how to monitor your intensity. Most beginners will start working out at a moderate intensity. That means you're at about a Level 5 on the perceived exertion scale. Or you can use the talk test: If you can carry on a somewhat breathy conversation while you're working out, that's usually a moderate intensity.

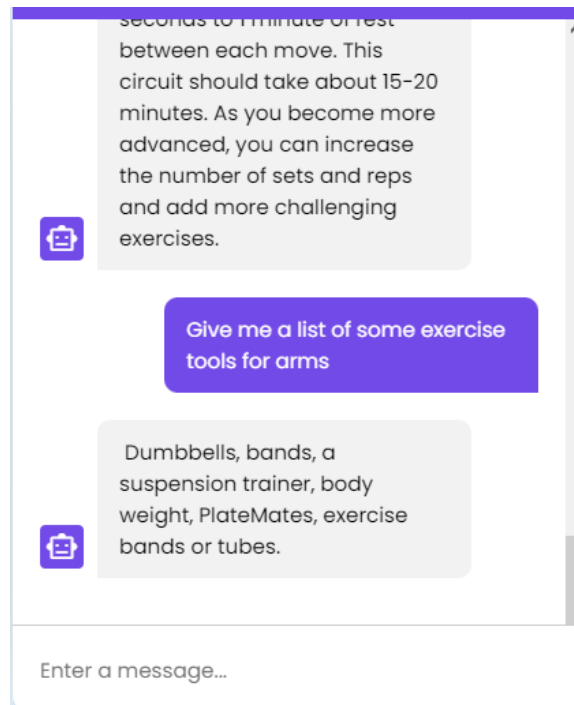
2. Especificidad:

I am 23 years old, 60kg weight and 158cm in height. I want a workout routine for abs starting for beginners and then for advanced.



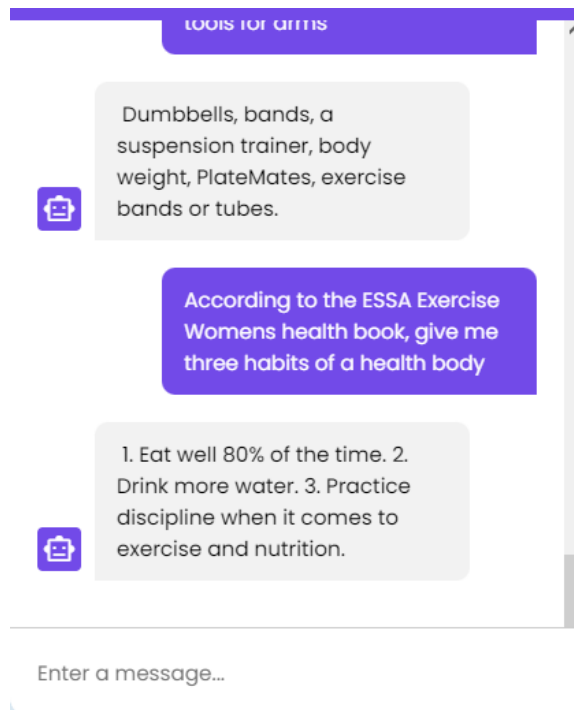
3. Solicitud de estructura

Give me a list of some exercise tools for arms



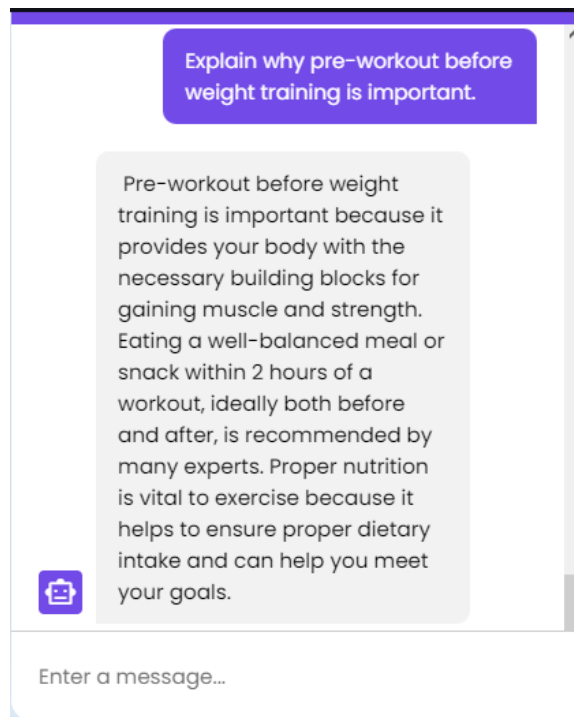
4. Solicitud de verificación

According to the ESSA Exercise Womens health book, give me three habits of a health body



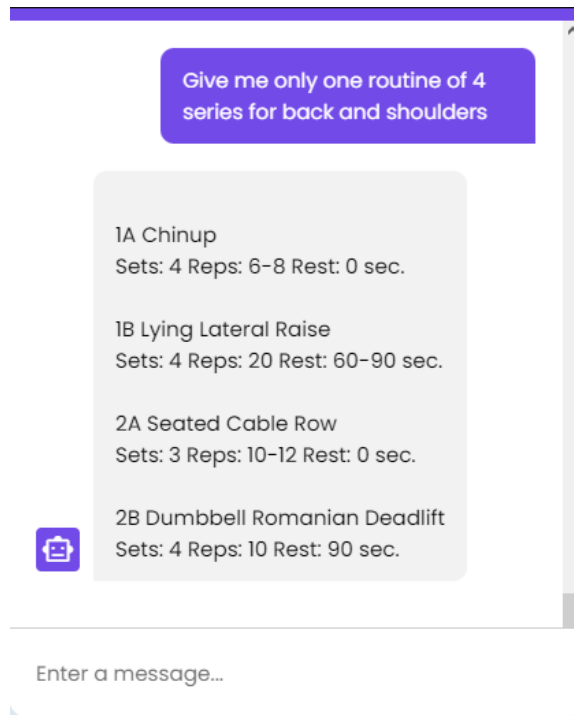
5. Fomentar la explicacion

Explain why pre-workout before weight training is important.



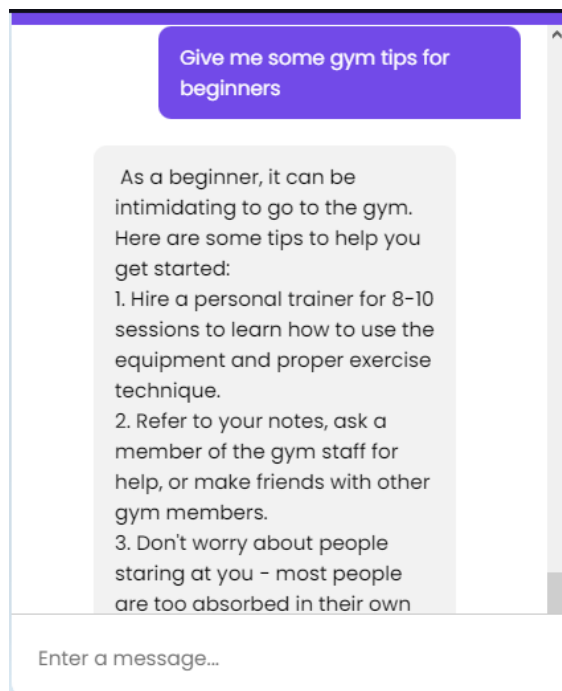
6. Limitar la longitud de la respuesta

Give me only one routine of 4 series for back and shoulders

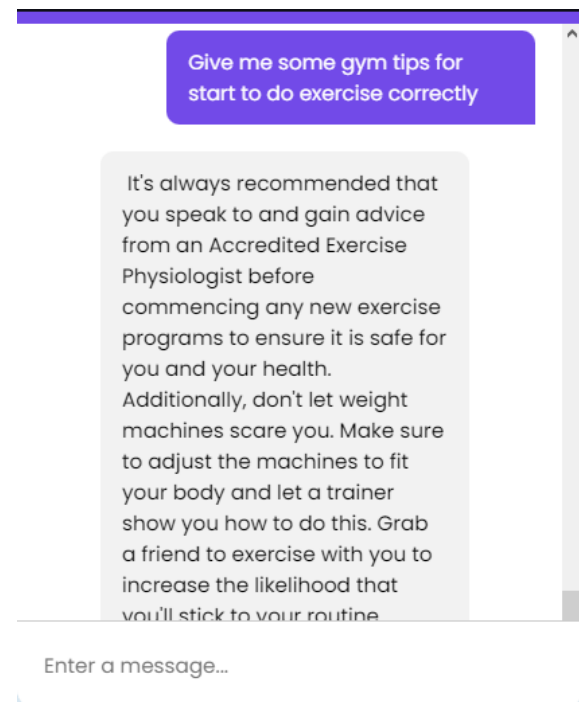


7. Feedback iterativo

v1: Give me some gym tips for beginners



v2: Give me some gym tips for start to do exercise correctly

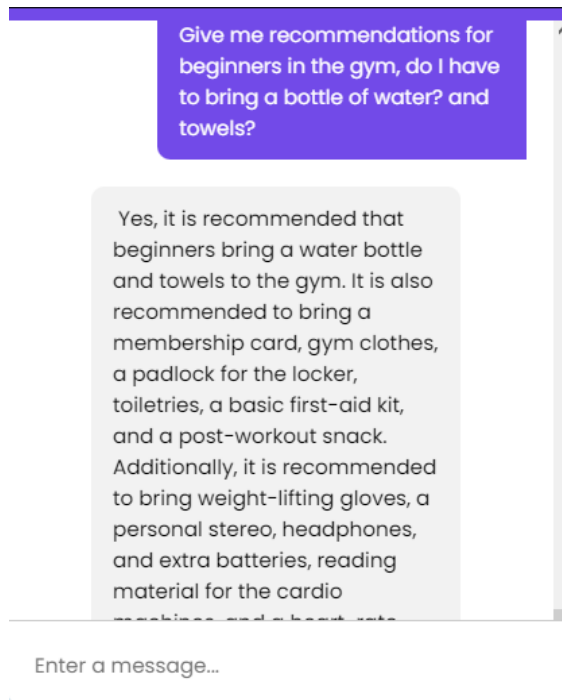


As a beginner, it can be intimidating to go to the gym. Here are some tips to help you get started:

1. Hire a personal trainer for 8-10 sessions to learn how to use the equipment and proper exercise technique.
2. Refer to your notes, ask a member of the gym staff for help, or make friends with other gym members.
3. Don't worry about people staring at you - most people are too absorbed in their own workout to pay attention to anyone else.
4. Wear headphones to block out your fellow gym members.

v3. Give me recommendations for beginners in the gym, do I have to bring a bottle of water? and towels?

It's always recommended that you speak to and gain advice from an Accredited Exercise Physiologist before commencing any new exercise programs to ensure it is safe for you and your health. Additionally, don't let weight machines scare you. Make sure to adjust the machines to fit your body and let a trainer show you how to do this. Grab a friend to exercise with you to increase the likelihood that you'll stick to your routine. Finally, make time for exercise, even if it's just a 10-20 minute walk in your lunch break each day.

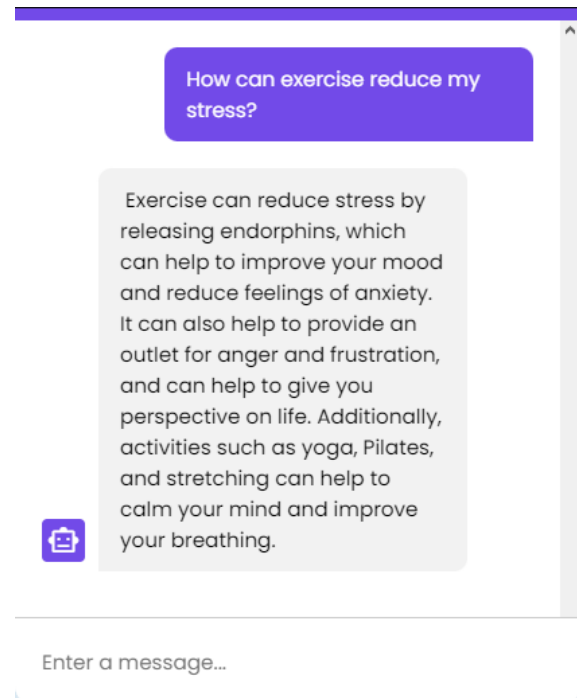
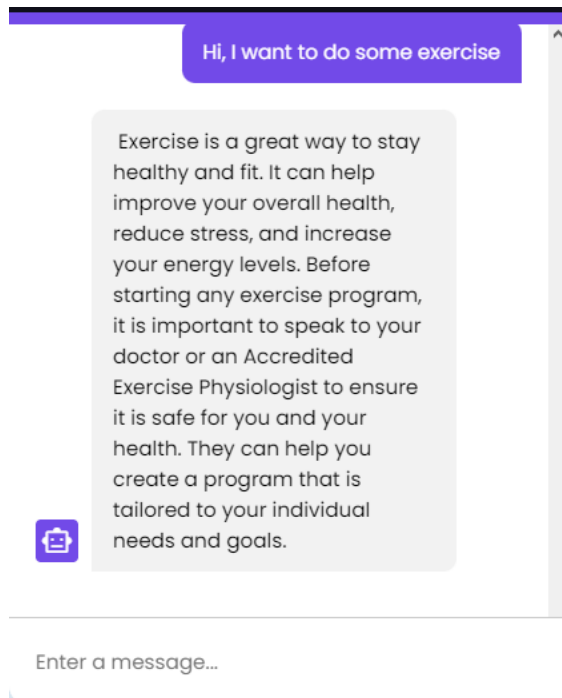


Yes, it is recommended that beginners bring a water bottle and towels to the gym. It is also recommended to bring a membership card, gym clothes, a padlock for the locker, toiletries, a basic first-aid kit, and a post-workout snack. Additionally, it is recommended to bring weight-lifting gloves, a personal stereo, headphones, and extra batteries, reading material for the cardio machines, and a heart-rate monitor.

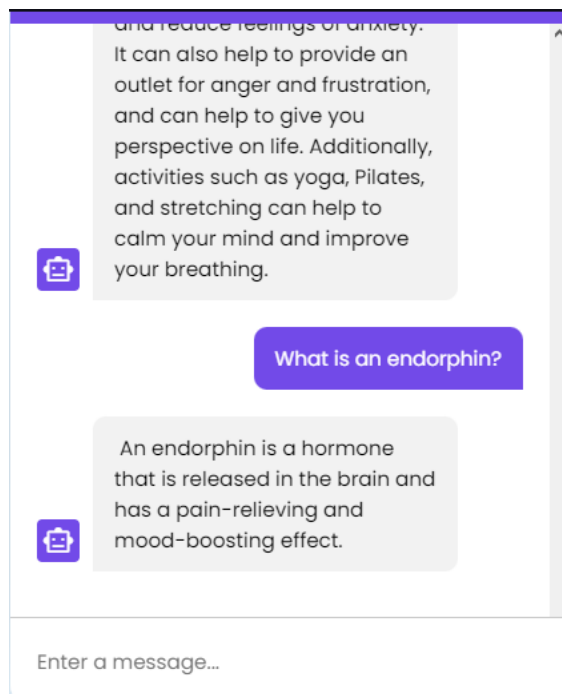
8. Prompts en cadena

1: Hi, I want to do some exercise

2: How can exercise reduce my stress?



3: What is an endorphin?



9. Uso de de contexto conocido

Can you explain me why some people do cardio after weight exercises? As a real

gym coach

