



# Prompts testing

## 1. Redefinicion del prompt

I want a routine

A chat interface with a purple header bar. A purple bubble on the right contains the text "I want a routine". A grey response bubble on the left contains the text: "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." A small purple icon of a person is at the bottom left of the response bubble. At the bottom is a white input field with the placeholder text "Enter a message..."

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.

I want an exercise routine for beginners

A chat interface with a purple header bar. A grey response bubble on the left contains the text: "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". At the bottom is a white input field with the placeholder text "Enter a message..."

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

**Fuente:** Esta pregunta es demasiado genérica como para encontrar una fuente exacta. Sin embargo hay gran similitud de consejo en

<https://www.verywellfit.com/sample-workout-schedule-1230758>

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Types of Exercise You Need

Whether your goal is to lose weight, improve your health, get in better shape, or all of the above, there are three main components to a good exercise program:

- **Cardio exercise:** Cardio can be any activity that gets your heart rate up, from **walking or jogging** to cycling or taking a **fitness class**. Regardless of the exercise, it is always smart to warm up with 5 to 10 minutes of light cardio.
- **Weight training:** You don't have to lift heavy weights or even spend a lot of time on weight training at first, but you do need to lift. Your muscles will get stronger, helping with daily functioning, and more muscle mass will boost your metabolism.<sup>(1)</sup>

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.

**Fuente:**  
<https://www.verywellfit.com/sample-workout-schedule-1230758>

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Sample Weekly Workout Plan

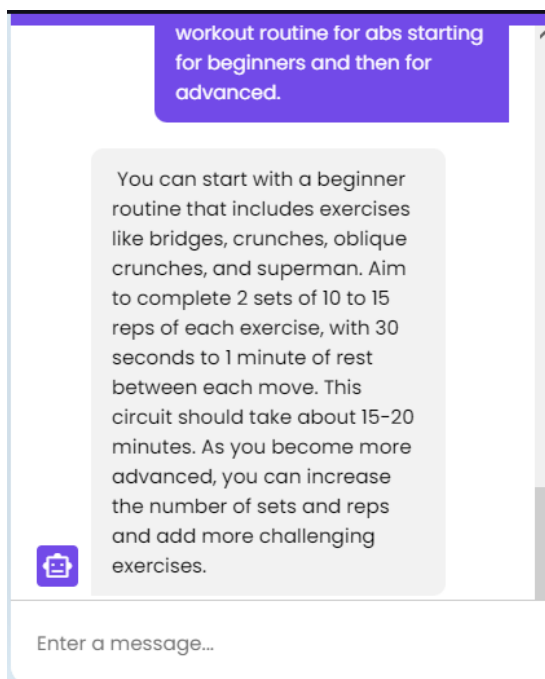
This sample program is appropriate for someone just getting started with—or getting back to—exercise. Remember that it is just a suggestion and you may find that different workouts work better for you (for example, swimming instead of cycling).

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. Add lateral moves by doing side lunges or shuffles in your warm-up, for example, and incorporate rotation by throwing cross-body punches while walking.

## 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.



Fuente: fitness-handbook.pdf

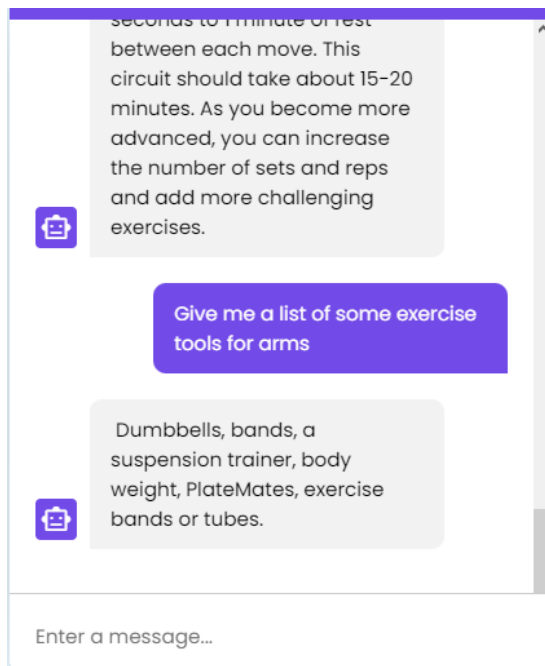
ABDOMINAL				
Crunch Circuit	25-30			
Oblique Crunches	30-40 each side			
Superman	20-25			

**Beginner Goals:** Perform equal volumes of work for all upper-body parts to strengthen stabilizer muscles. Start to see significant increases in muscle size and definition. Combine cardiovascular training with resistance training to maximize benefit.

**Advanced Goals:** Bolster upper-body muscle and strength with multiple upper-body workouts in the same week. Increase your body's ability to tolerate max cardiovascular effort in order to improve endurance and increase metabolism.

### 3. Solicitud de estructura

Give me a list of some exercise tools for arms



Fuente: Fitness-for-Dummies-ISBN-0764578510.pdf (págs. 204-207)

#### Arms

Take a survey of today's TV stars, fashion models, and music artists, and you can see that firm arm muscles are in style. Even department-store mannequins now have toned arms. Be sure to give your front and rear arm muscles equal time; if one of these muscle groups is disproportionately stronger than the other, you're at greater risk for elbow injuries.

Chapter 12: Your Muscles: Love 'Em or Lose 'Em 181

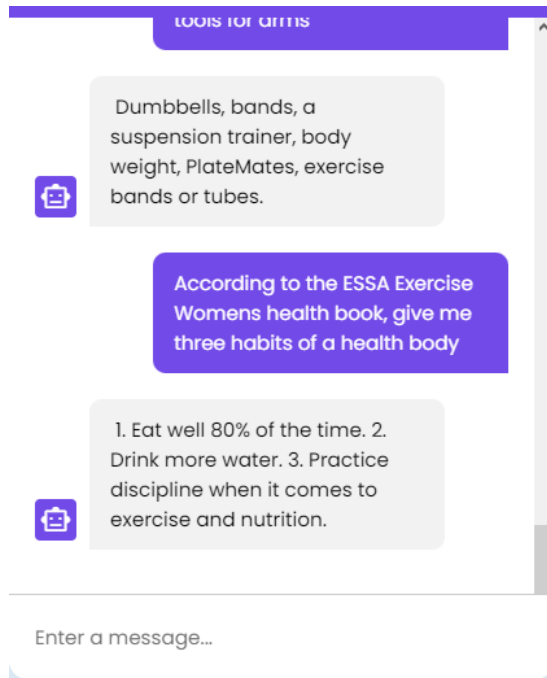
#### Biceps

Given name: Biceps

Street name: Bi(s) or guns

#### 4. Solicitud de verificación

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



**Fuente:** ESSA-Exercise-Womens-Health-eBook.pdf

## WHAT DO OUR PROFESSIONALS HAVE TO SAY?

THE EXPERTS OF THE WOMEN'S HEALTH SPECIAL INTEREST GROUP SHARE THEIR REASONS FOR EXERCISING

I partake in recreational Olympic weightlifting. It's one way to break the stigma of women and lifting weights, and it's also my 'me' time to block out work and life and 'play' for an hour.

**Kitty Chao, AEP**

I exercise because I know how good it is for my growing baby! As well as making me feel better too. It immediately reduces my overall fatigue, soreness and discomfort I am feeling as my body changes. Living in the NT there is no swimming as the water is full of crocs, so my go to exercise is using my exercise bike in front of the aircon and fan, and daily Pilates and an hour walk when it finally cools down!

**Alexandra Bruggisser, AEP**

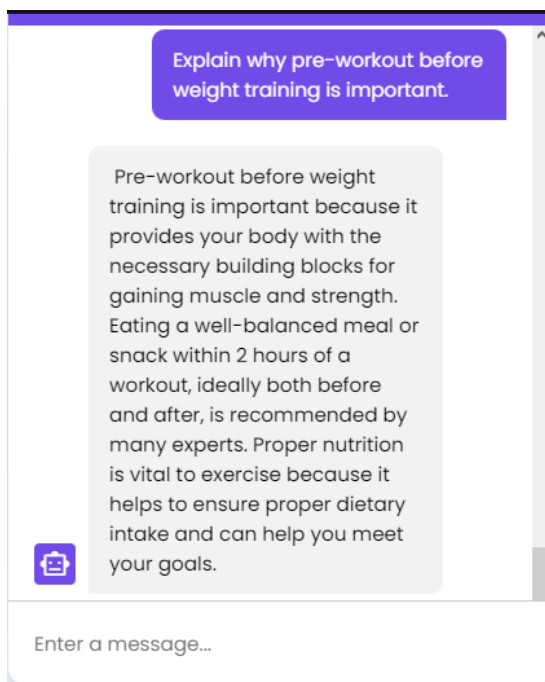
I exercise to help manage fatigue and to give me energy. I'm now conscious of maintaining bone health in preparation for getting older, whilst also maintaining the strength, endurance and enthusiasm for combining the day-to-day running of my business with a balanced home life. In summer I love to swim - it's like meditation; my thinking time to be present with myself. The same with walking around the river. I am also working on strength at the gym and challenging myself to be stronger. I want to be a role model for my niece, my nephew, and hopefully one day, my own kids.

**Rebecca Hallam, AEP**

As the mum of a toddler, I have recently developed a strong passion for women's health, particularly in regards

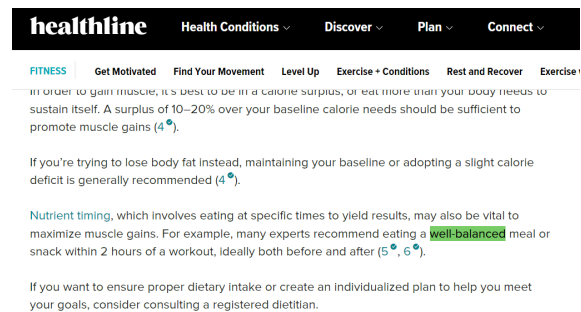
#### 5. Fomentar la explicacion

Explain why pre-workout before weight training is important.



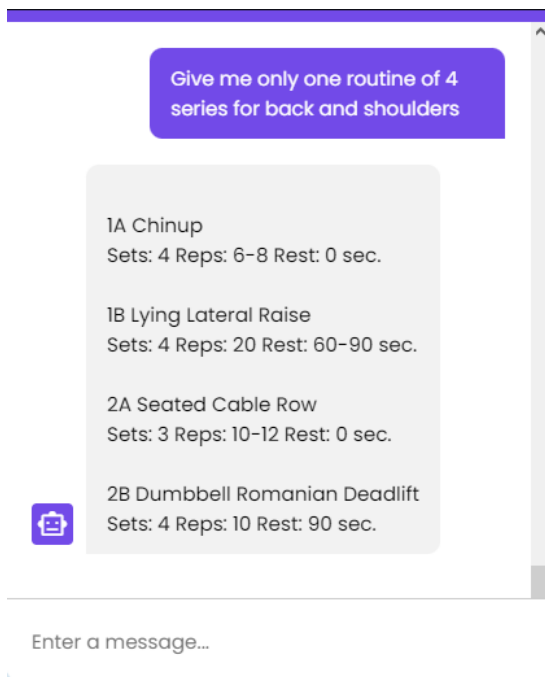
**Fuente:**

<https://www.healthline.com/nutrition/workout-routine-for-men>



## 6. Limitar la longitud de la respuesta

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



**Fuente:** The Men's Fitness Exercise Bible [101 Best Workouts To Build Muscle, Burn Fat And Sculpt Your Best Body Ever].pdf

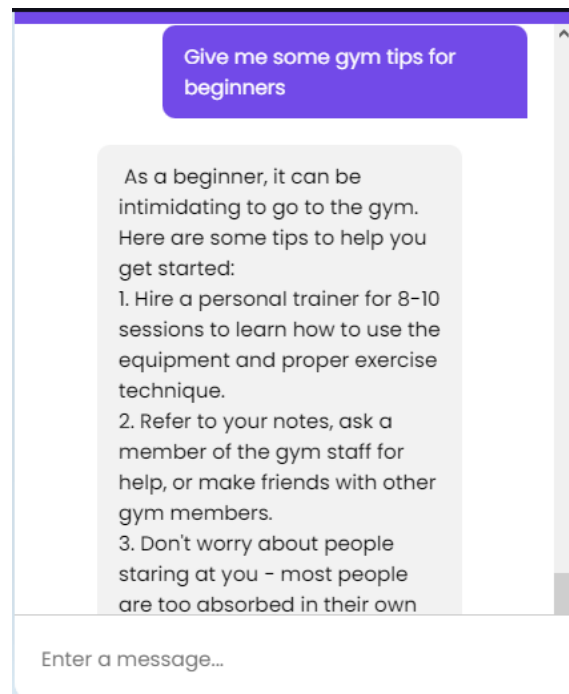
### 2B LYING LATERAL RAISE

**SETS: 4 REPS: 20 REST: 60–90 SEC.**

Set an adjustable bench to a 30-degree incline and lie on it chest-down with a dumbbell in each hand. Squeeze your shoulder blades together and raise your arms out 90 degrees to your sides so your palms face down in the top position.

## 7. Feedback iterativo

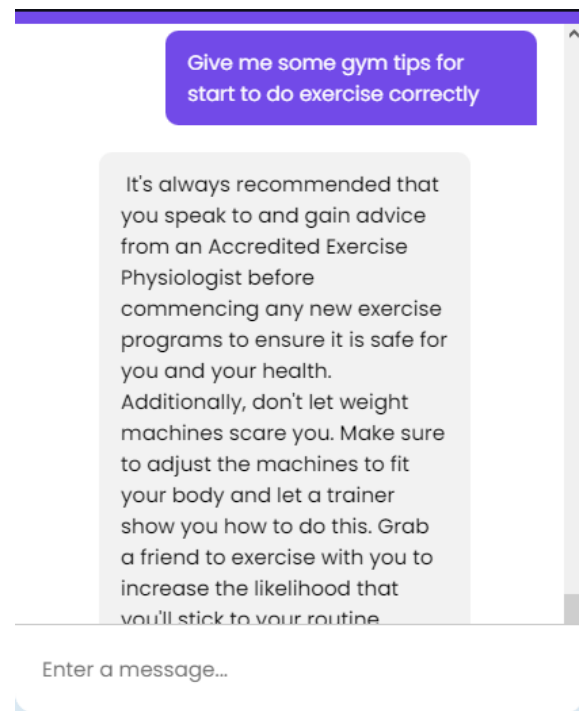
v1: Give me some gym tips for beginners



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.

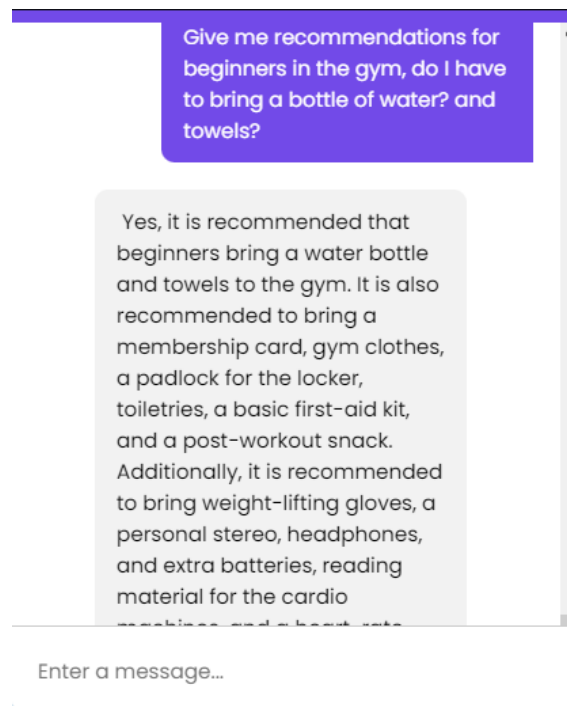
v2: Give me some gym tips for start to do exercise correctly



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.

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?

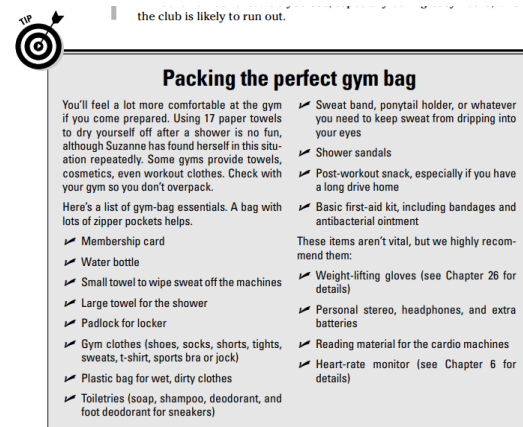


Yes, it is recommended that beginners bring a water bottle and towels to the gym. It is also recommended to bring a membership card, gym clothes, a padlock for the locker, toiletries, a basic first-aid kit, and a post-workout snack. Additionally, it is recommended to bring weight-lifting gloves, a personal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

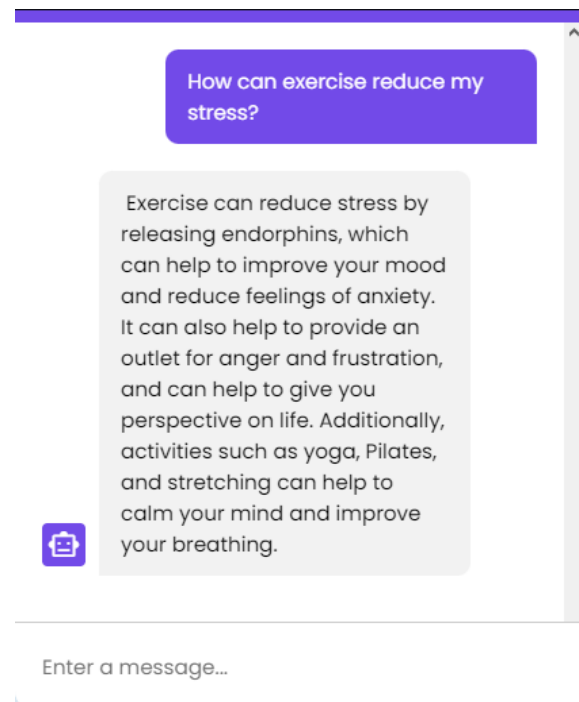
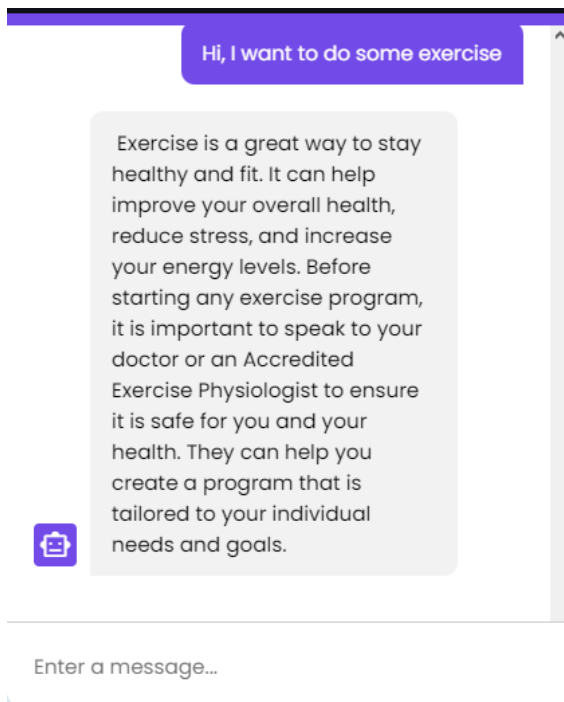
8. Prompts en cadena

1: Hi, I want to do some exercise

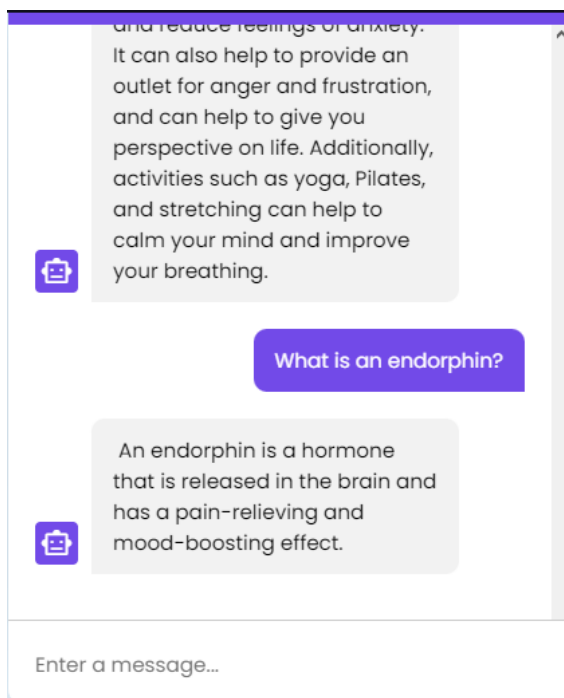
Fuente: Fitness-for-Dummies-ISBN-0764578510.pdf



2: How can exercise reduce my stress?



### 3: What is an endorphin?



### Fuentes:

ESSA-Exercise-Womens-Health-eBook.pdf (pág. 9)

NWWF-6-Week-Results-Manual-2014.pdf

**The Importance of Sleep:** More and more literature is touting the importance of sleep in terms of health and fat loss. We now understand that when the body doesn't get the 7-8 hours of sleep every night that it needs to rejuvenate/repair/heal, it finds ways to compensate for the lower levels of serotonin or dopamine caused by lack of sleep. It does this by increasing appetite and craving foods with sugar and fats that instantly give you the immediate release of serotonin and dopamine. It also causes you to store more fat as a defense mechanism to provide the energy to help manage the longer days. So get to bed early! Plus if you're in bed at a decent hour, you'll be less likely to be munching!

**Manage your Stress:** There has been quite a bit of research recently measuring stress hormones and how they affect our fat cells and fat metabolism. Dr. Pamela Peeke has been the leading researcher in this area and she has found that our body interprets any kind of stress in our lives as physical stress and immediately responds using the "Fight or Flight" response. Unfortunately, most of the stress in our lives is not physical stress but rather, work, kids, financial etc - more of the emotional or mental type of stress. But nonetheless, as our stress increases, the stress hormone, cortisol, is released into the blood stream.

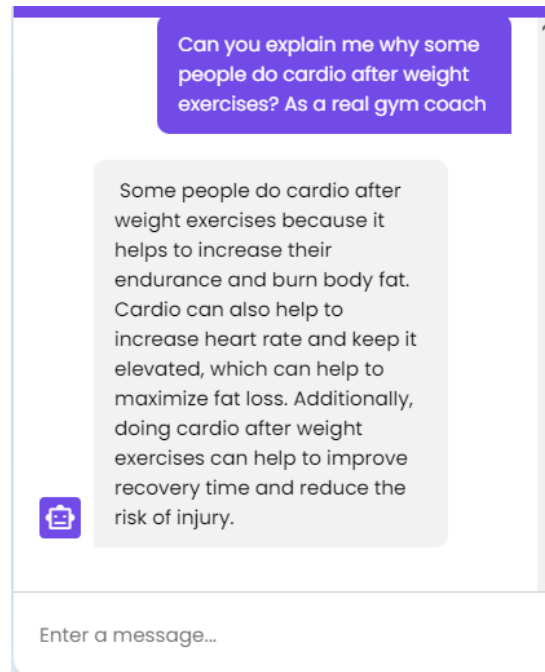
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Cortisol has two negative effects in terms of fat loss. One, it causes the body to crave more fat and sugar. And secondly, it causes the body to uptake more fat into the fat cells in order to store energy. Both act a defense mechanism to provide the body with energy to fight off the stress - unfortunately, since we're not really undergoing physical stress instead, we just get fatter. Plus high levels of stress have been associated with increased risk for cardiovascular disease. The message is clear. If you want to obtain optimal health, you need to manage your stress. Take baths, get massages, write in a journal, read, pray, practice deep breathing, participate in Tai Chi, Yoga or meditation classes. Do whatever it takes to either interpret your stress differently or take care of yourself so that stress doesn't tear you down.



9. Uso de de contexto conocido

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



**Fuente:** Fitness-for-Dummies-ISBN-0764578510.pdf

### *Following a Cardio Plan for Weight Loss*

If your goal is permanent fat loss, the "cardio plan for good health" isn't going to cut it. You simply won't burn enough calories to make a significant impact. Here's why: In order to lose a pound in one week, you need to create a 3,500-calorie deficit; in other words, you need to burn off 3,500 more calories than you eat. A 30-minute power walk on flat ground burns about 120 calories. (See the "Which activities burn the most calories" section later in this chapter.) So, to burn off 1 pound of fat by walking, you'd have to hoof it for more than 2 hours a day.

## **118** Part III: Getting to the Heart of the Matter

Don't worry — we're not suggesting that you exercise two hours every day! In