Optimizing Exercise Routines: An Analysis of Caloric Burn, Difficulty Level, and Exercise Clustering

Objectives

1. To evaluate the impact of sets, reps, and difficulty level on calories burned during different exercises.

2. To classify exercises by difficulty level based on equipment requirements and repetitions using predictive modeling.

3. To group exercises into clusters based on sets, reps, and target muscle groups for an optimized exercise plan.

Data source: https://www.kaggle.com/datasets/prajwaldongre/best-50-exercise-for-your-body