#!/bin/bash

cardio=("Jumping jacks" "High knees" "Burpees" "Mountain climbers" "Running in place")

strength=("Push-ups" "Squats" "Lunges" "Plank" "Deadlifts")

flexibility=("Toe touches" "Cat-cow stretch" "Child's pose" "Seated twist" "Shoulder rolls")

choose\_workout\_type() {

echo "Choose a workout type:"

echo "1. Cardio"

echo "2. Strength"

echo "3. Flexibility"

read -p "Enter your choice [1-3]: " choice

case $choice in

1) workout\_type="cardio"; exercises=("${cardio[@]}");;

2) workout\_type="strength"; exercises=("${strength[@]}");;

3) workout\_type="flexibility"; exercises=("${flexibility[@]}");;

\*) echo "Invalid choice. Exiting."; exit 1;;

esac

}

generate\_workout() {

echo

echo "Your $workout\_type workout:"

selected=($(shuf -e "${exercises[@]}" -n 5))

for i in "${!selected[@]}"; do

echo "$((i+1)). ${selected[i]} - 30 seconds"

done

}

start\_workout() {

echo

echo "Starting in..."

for i in 3 2 1; do

echo "$i"

sleep 1

done

for ex in "${selected[@]}"; do

echo

echo "▶️ $ex - GO!"

sleep 30

echo "⏸️ Rest 10 seconds..."

sleep 10

done

echo

echo "✅ Workout Complete! Nice job!"

}

# Run the app

choose\_workout\_type

generate\_workout

start\_workout