Script Alexa Personal Coach

BEST USE CASE:

User: Alexa start Personal Trainer!
> Alexa: Happy you started your Personal Coach.
> It will help you to be motivated to go through your training and to improve it.Would you like to start, now?

User: Yes!
> Alexa:
> 1. Start with **Jumping Jacks**, Ready? Go!
>
> 2. **Boxer Shuffle:** …. 3,2,1
>
> 3. **Squads**: Don't forget to breath. Exhale at the exertion …. 3,2,1
>
> 4. **Crunshes**: You can do it …. 3,2,1
>
> 5. **Plank**: …. 3,2,1
>
> 6. **Skiping Jumps**: keep the pace! …. 3,2,1
>
> 7. **Burpees**: Concentrate on the technique…. 3,2,1
>
> 8. **Side Plank Left**: keep your hips in the air during the next change…. 3,2,1
>
> 9. **Side Plank Right**: …. 3,2,1
>
> 10. **Wind Miles**: you almost made it …. 3,2,1
>
> 11. **Push Ups**: …. 3,2,1
>
> Congratulations, you finished your training.
> Do you want to evaluate yourself while doing the cool down.

User: Yes!
> Alexa: Great, just repeat what's true.
> The training was to exhausting.
> The training was exhausting.
> The training was moderate or the training was to easy.

User: It was moderate!
> Alexa: Good.
> Your technique was great.
> Your technique was ok.
> Your need to concentrate more on the technique.

User: My technique was ok!
> Alexa: Did you need any extra breaks?

User: No!
> Alexa: You finished your training successfully. Enjoy the rest of the day!

INSTRUCTION:

User: Alexa introduce the Personal Trainer to me!
> Alexa: Hi, these instructions are short but important for your training.
>
> If you don't know an exercise within the training. Say: Alexa how do Jumping Jacks work?
>
> The answer will be fast, while the time measurement is interrupted and simple like: Make a high jump, spread your legs while clapping your hands with extended arms above your head.
>
> If you don't feel well stop the training and look for a doctor.
>
> This is only a scientific try out not a professional personal trainer. I can't be blamed for any   accidents.