

1) A wellness center wants to automate workout session management by allowing administrators to add workout session details (session name and duration) and enabling users to filter sessions based on a specific duration range.

Functional Requirement:

| Req. | Type (Class) | Requirement Description | Method name | Parameter | Responsibilities |
|------|----------------|---|--------------------------------|--|--|
| 1. | WorkoutManager | Add workout session details to the session list | addSessionDetails | String session Details | This method should add session details to the session list, which is implemented as an ArrayList<String> |
| 2. | WorkoutManager | Retrieve session that fall within a specific duration range | getSessionsWithinDurationRange | double minDuration, double maxDuration, | This method should filter the sessions within the specified inclusive duration range, add them to a List<String>, and return the same. |

Constraints

- sessionDetails contains sessionName and duration (in minutes), separated by a colon ":"
- minDuration and maxDuration are inclusive
- getSessionsWithinDurationRange should return a List<String>

You are provided with the main method in the UserInterface class as code template, and it is excluded from evaluation.

- Note:
- Implement only the WorkoutManager class to meet business requirements.
 - The methods should be public, and the attributes of the class should be private.
 - In the Sample Input/Output provided, the highlighted text in bold corresponds to the input given by the user and the rest of the text represents the output.
 - Ensure that the names for classes, attributes, and methods are provided as specified in the question description.
 - Do not use `System.exit(0)` to terminate the program.

Sample I/O

① Enter the number of workout sessions to be added
4

Enter session details (sessionName : duration)

Morning Yoga : 60

Strength Training : 45

Zumba : 30

Pilates : 50

Enter the minimum duration

40

Enter the maximum duration

60

Workout sessions within the duration range of 40 to 60 minutes

Morning Yoga

Strength Training

Pilates

②

Enter the number of workout sessions to be added
3

Enter session details (SessionName: duration)

HIIT: 25

Boxing: 35

Cardio Blast: 20

Enter the minimum duration

40

Enter the maximum duration

60

No workout sessions found within the specified duration range: