

Project Problem

- Getting the formula of the bench, squat and clean to determine what the weight numbers of the rest of the workout will be like.

Requirements

- Get user information: name, age, height, weight.
- Get user squat, bench and clean.
- Put BSC numbers into formula and output the formula into the rest of the workout.
- Program will then output the workout plan into .txt file and then program will call the file.
back into the program to see what was outputted.

UML

Class: Athlete

Name: string
Age: int
Weight: double
Height: double
Bench: int
Squat: int
Clean: int

Name of the person
Age of the person
Weight of the person
Height of the person
How much person can bench
How much person can squat
How much person can clean

getName: string
getHeight: double
getWeight: double
getBench: int
getSquat: int
getClean: int

Returns persons name at top of program
Returns persons height at top of program
Returns persons weight at top of program
Returns persons bench number
Returns persons squat number
Returns persons clean number

Class: Workout

OneArmDBPress: void

RDL: void

DBHangClean: void

DBLyingTricepExtension: void

DBSplitSquat: void

Outputs number based on BSC