Enter your age: 34

Enter your fitness level (beginner, intermediate, advanced): INTERMEDIATE

Enter your goal (weight loss, muscle gain, general fitness): MUSCLE GAIN

Enter your gender (male, female): FEMALE

Enter your chest measurement (cm): 23

Enter your biceps measurement (cm): 14

Enter your legs measurement (cm): 45

Enter your thighs measurement (cm): 33

Enter your shoulders measurement (cm): 45

Based on your input:

- Age: 34

- Fitness Level: intermediate

- Goal: Muscle Gain

- Gender: Female

- Current Measurements (cm):

- Chest: 23.0

- Biceps: 14.0

- Legs: 45.0

- Thighs: 33.0

- Shoulders: 45.0

Recommendations:

- To achieve your muscle gain goal, focus on strength training exercises such as bench press, squats, deadlifts, and shoulder press.

- Ensure you progressively increase the weights you lift to continuously challenge your muscles and promote growth.

- Maintain a balanced diet with a caloric surplus, ensuring you consume enough protein to support muscle repair and growth.

- Suggested Target Biceps Growth: 3.82 cm

- Suggested Target Chest Measurement: 100.09 cm

- Suggested Target Biceps Measurement: 37.31 cm

- Suggested Target Legs Measurement: 63.38 cm

- Suggested Target Thighs Measurement: 57.10 cm

- Suggested Target Shoulders Measurement: 109.96 cm