Enter your age: 34

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

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

Enter your gender (male, female): MALE

Enter your chest measurement (cm): 23

Enter your biceps measurement (cm): 15

Enter your legs measurement (cm): 56

Enter your thighs measurement (cm): 72

Enter your shoulders measurement (cm): 88

Based on your input:

- Age: 34

- Fitness Level: beginner

- Goal: Muscle Gain

- Gender: Male

- Current Measurements (cm):

- Chest: 23.0

- Biceps: 15.0

- Legs: 56.0

- Thighs: 72.0

- Shoulders: 88.0

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: 2.07 cm

- Suggested Target Chest Measurement: 93.56 cm

- Suggested Target Biceps Measurement: 32.71 cm

- Suggested Target Legs Measurement: 57.49 cm

- Suggested Target Thighs Measurement: 52.79 cm

- Suggested Target Shoulders Measurement: 105.44 cm