Automated Fitness Trainer
FIT FOR LIFE OUTLINE'
Idea: robeddb.yKUxyeYEh9A2J4yatQWL

Input your weight and height to get BMI and BMR

Do you prefer a combination: cardio, weights, body weight, resist. Bands?

Trying to gain muscle, loose muscle, or maintain muscle? XOR

Are you trying to gain weight, loose weight, or maintain weight?

how many pounds are you looking to loose?

how many days free are you available and the how much time? eg. 3 days and 45min…
    choices: 2-5 days, 20-90min…

Through a formula you get a 30 day work out plan and meal plan with how much macros and micros you are suppose to eat.

All based on a home work out and no gym required!

Cardio - dynamic or stationary exercises

Weight- Only use dumbbell

Bodyweight - push up, dips, pull ups, variation of squats, handstand push up, single or double calf…

Weights and bands - curls, workout for shoulders, alternate squats with weights, single or double calf…

How will I come up with the formula?

Example… I want to do cardio, no weights, resist bands…
        gain muscle, gain weight

Trying to loose 5-10 pounds in thirty days

 Set BMI ideal weight and actual weight and return the recommended BMI

If Cardio: running, burpee, plank running variations, pushup burpee
Want to work out for 45min 3 days…
Gonna choose 3 levels of intensity, for 15min.

STEP 1
Get BMI

A list: what you should use   Intensity of the workout   How long or how many rnds

STEP 2
Get an idea of what the person's goals are?

FOR GAINING AND LOSING WEIGHT AND OR MUSCLE
Trying to 1-gain muscle, 2-loose muscle, or 3-maintain muscle? XOR

Are you trying to 1-gain body-fat, 2-maintain body-fat, or 3-loose body-fat?

Possibilities
1. 11-Gain muscle, gain body-fat
2. 12-Gain muscle, maintain body-fat
3. 21-Loose muscle, gain body-fat
4. 22-Loose muscle, maintain body-fat
5. 31-Maintain muscle, gain body-fat
6. 32-Maintain muscle, loose body-fat
7. 33-Maintain muscle, maintain body-fat

STEP 3

Cardio list
- Running: p.glutes, p.quads, s.core, s.abs, p.calves / light 20min per mile, mod. 16 - 20min per mile med. 12-15min per mile high. 8-12min per mile / 1 round
- Skater: p.glutes, p.quads, s.abs, s.obliques / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC
- Burpees p.quads, p.calfs, p.triceps, s.abs, s.obliques/ light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC
- Mountain climber p.abs, p.triceps, p.shoulder, s.obliques / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round AMYC

Weights list
- Curls p.biceps, s.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lateral raises s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lateral front raises s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase weight.
- Lunges s.glutes, p.quads, s.hamstrings / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase weight.
- One leg Toe raises s.glutes, p.calf, s.hamstrings/ light moderate medium heavy 30-50 reps / 3 rounds 10-15min if last round is easy need to increase weight.

Bands list
- Curls s.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lateral raises (but not recommended) s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lateral front raises (holding the bands) s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Lunges s.glutes, p.quads, s.hamstrings / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase resistance.
- Toe presses s.glutes, p.calf, s.hamstrings, s.glutes / light moderate medium heavy 30-50 reps / 3 rounds 10-15min if last round is easy need to increase weight.

A list: what you should use   Intensity of the workout   How long or how many rnds

- Reverse flies s.biceps, p.shoulders/light moderate medium heavy 8-15reps / 3 rounds 10-15min if last round is easy need to increase resistance.

Body Weights list
- Push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Wide push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Close push up s.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Burpees p.quads, p.calfs, s.core, t.triceps / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round 10-15min AMYC if last round is easy need to increase reps
- Wide, close grip pull up s.shoulders, s.biceps, p.lats, s.core, p.back / light moderate medium heavy 8-10 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Chin up s.shoulders, p.biceps, p.lats, s.core, p.back / light moderate medium heavy 8-10 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Hand stand push ups p.shoulders, p.triceps, s.lats, s.core / light moderate medium heavy 5-15 reps / 3 rounds 10-15min if last round is easy need to increase reps
- 2 pike presses p.shoulders, p.triceps, s.lats, s.cores s.chest / light moderate medium heavy 10-20 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Mountain climber p.abs, p.triceps, p.shoulder / light 30 sec, mod. 40 sec med. 50sec high 70sec / 3 round 10-15min if last round is easy need to increase reps
- Tricep dips p.triceps, p.shoulder, s.core / light moderate medium heavy 15-25 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Pistol squats p quads, p.glutes, s.calfs / light moderate medium heavy 8 - 20 reps / 3 rounds 10-15min if last round is easy need to increase reps
- Sit ups p.abs, s.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Russian twist p.abs, p.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Leg raises p.abs, s.obl / light moderate medium heavy 15-30 reps / 2 rounds 4-13min if last round is easy need to increase reps
- Bicycle crunches p.abs, p.obl / light moderate medium heavy 30-50 reps / 2 rounds 4-13min if last round is easy need to increase reps

PROCEDURE FOR USER INPUT FOR SHOW USERS CHOICES

      INPUT
      {
              1. Your weight and height to get BMI and BMR

              2. Do you prefer a combination: cardio, weights, body weight, resist. Bands?

              3. Trying to gain muscle, loose muscle, or maintain muscle? XOR

              4. Are you trying to gain weight, loose weight, or maintain weight?

              5. How many pounds are you looking to loose?

              6. How many days free are you available and the duration of those days? eg. 3
                      days and 45min… choices: 2-5 days, 20-90min… 2-3 days
      }

A list: what you should use   Intensity of the workout   How long or how many rnds

GET LIST from input
GET number for muscle and weight
GET days and duration

GIVE recommended BMI (weight, height)

Kilograms and meters (or centimeters)	Formula: weight (kg) / [height (m)]^2 The formula for BMI is weight in kilograms divided by height in meters squared. If height has been measured in centimeters, divide by 100 to convert this to meters.
Pounds and inches	Formula: 703 x weight (lbs) / [height (in)]^2 When using English measurements, pounds should be divided by inches squared. This should then be multiplied by 703 to convert from lbs/inches^2 to kg/m^2.

GIVE estimated duration for workout for the week (2, 6)
       based on user choice of combination
       dynamically tell user if duration reached max
GIVE List of work out to do for the week (2, 3, 4, 6)
       CALCULATE recommended schedule
GIVE a picture or the selected muscle group (2)
       After selecting from list, generates a picture of what muscle groups should be used
          Get value from database
GIVE recommended meal plan(3, 4)
       order by protein, vegetables, fruits, grains, dairy…
          if want to gain muscle, protein first
          if want to loose muscle, protein, possibly, 3rd
          if want to maintain muscle, protein, possibly 2nd

GRANT ALL ON workoutlist.* TO 'workitworkit'@'localhost' IDENTIFIED BY '123456789012345678912345678 9';
GRANT ALL ON workoutlist.* TO 'workitworkit'@'3.14.75.251' IDENTIFIED BY '123456789012345678912345678 9';

GRANT ALL ON FoodandNutrition.* TO 'FactsFacts'@'localhost' IDENTIFIED BY '123456789012345678912345678 9';
GRANT ALL ON FoodandNutrition.* TO 'FactsFacts'@'3.14.75.251' IDENTIFIED BY '123456789012345678912345678 9';