Bigchhet Strength Academy

- Bigchhet Strength Academy welcomes its users to a free 6 week strength training program that is designed to help users burn the fat off their COVID-15 bodies.
- The program provides workout routines for the next 6 weeks for users to follow.
- The program allows for user input such as name, weight, height, age and gender
  - I left this data public since this info should not be something our users should be scared of and is something they should be proud of. Their hard work will pay at the end of 6 weeks and will have nothing to be ashamed of.
- In the main menu, you can:
  - Check your bmi
  - Check the workout
  - Input max lift for a specific week
    - Users can see the total of their three combined compound lifts:
      - Bench
      - Squat
      - Deadlift
  - See what you inputted in user info
- I also included a feature where the user is unable to actually exit the program until they provide a valid phone number
  - I did this so in the future, I can promote paid products for users to purchase if they enjoyed this free program.
  - This cell number is classified as private since only I, the creator, should be the only individual to see this private information.
- Potential future versions of the project may include:a working GUI, a method of saving user information to a database such as TSQL, week to week strength gain/loss reports based on maxilift input and providing nutrition advice through text messages.