

Final Project Proposal: Quarantine Workout Maker

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Paragraph describing of what group intends to build through assembler

A Quarantine Workout Maker would create a workout for someone that would be personalized to them. Based on a preset goal and maybe some facts about yourself, the program would create a workout that follows those specifications. If you only wanted to do abs for example, the program would only give you exercises that work abs. The program will have several different options for workouts and different ones will be made based on different preferences. It could even have a calendar that lays out what stuff you should do on what days.

List of features in order of increasing complexity

- Prompt that takes in information from user
- User info will need to be stored somewhere
- Exercises stored somewhere, certain ones added to a Workout that fit needs of user
- Possibly an exercise calendar/schedule?
- Multiple workout options (arms, legs, back, abs, etc)
- Randomized option could be interesting
- Body weight or weight options