**Workout Generator panel**

* **Features**
  + **User Options**
    - **Area** - Gym, Home, Other
    - **Focus** - Upper Body, Lower Body, Full Body
    - **Type** - Free weights, Machine weights
    - **Duration**- In minutes
    - **Intensity –** Low, Medium, High
  + **Work out Generator**
    - Once the user has selected all their personal preferences for the workout, the generator will dynamically generate a workout for them
    - \*\*When generating a workout reference each recommended exercise to see what their previous workout/max reps etc.
    - Estimated caloric
  + **Save the Workout**
    - Once the Workout has been generated the user will be able to save their workout for reference
  + **Look up all workouts**
    - Can see all previously saved workouts
  + **Program needs**
    - Need user information
    - Ability to save and retrieve the user and workout information
  + **Future Additions**
* **Description** 
  + **The workout generator app will accept some user input and then it will it will dynamically create a user specific workout that assists the user in their personal physical development.**

**The user will can easily modify each new workout. The user will also can also easily review the previous workouts that they completed.**