Appendix Overview

Appendix A - Source Code

Full source code (Python modules, JSON fixtures, tests) is copied verbatim inside Product/. Line references wit

Appendix B - Data Dictionaries

Table describing exercise fields: name (string), movement (enum: squat/hinge/push/pull/core/carry), compound

Appendix C - Client Communication

Excerpts from interviews and handover call (5, 8, 12 Feb) are stored in 'Documentation/notes_client.txt' for the

Appendix D - Test Artefacts

'tests/test_generator.py' scaffold plus manual test notes kept in 'Documentation/test_log.txt' show how each su

Word Count Tracking

Criteria A, C, and E combined word count: approximately 1,680, under the 2,000-word ceiling. Bullet lists and ta