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Flex Project Readme File

This Program allows you to create a custom workout routine, calculate bmi, and fitness level.

When running the program, a menu appears with the following commands along with their explanations:

a - add exercise
c - change routine
r - remove exercise
v - View Current Routine
x - Exit

Adding an exercise will allow the user to input a name, weight, sets, reps, and desired day for the exercise.

Changing the routine will bring the user to a prompt that will calculate Body Mass Index (BMI) after inputting their height and weight and estimated activity level (low or high). A fitness type will be determined(Normal, Athlete, Sedentary) which will adjust the entire routine as follows:

> If *normal*, adjust all routines to 4 sets and 8 reps for every exercise.
> If *athlete*, adjust all routines to 5 sets and 6 reps for every exercise.
> If *sedentary*, adjust all routines to 6 sets and 15 reps for every exercise.

Selecting remove exercise will allow the user to do just that by inputting the exercise name and day.

Selecting view current routine will display the entire routine formatted in as easy to read chart, labeled with day, name, weight, sets, reps as shown below.

|Monday|

|Exercise Name| |Weight(lbs)| |Sets| |Reps|

Benchpress   315   5   6

|Tuesday|

|Exercise Name| |Weight(lbs)| |Sets| |Reps|

Squats   405   5   6

Lunges   135   5   6

*continues through Sunday

Finally, selecting x will exit the program.