Class StrengthExercises

java.lang.Object
    StrengthExercises

All Implemented Interfaces:

Cloneable

Direct Known Subclasses:

StoreExercises

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public class **StrengthExercises**
extends Object
implements Cloneable

This class is meant to help the user build a workout routine. This will be done by asking the user various questions about the type of workout, how long the workout will be, and how many exercises the user wants within their workout. This class can also prompt the user to save these workouts into a file, and they can access one of their past workouts with this class as well.

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Constructor Summary

Constructors

Constructor	Description
StrengthExercises()	This constructor is the default constructor for the class.
StrengthExercises (**StrengthExercises** str)	This constructor sets a new StrengthExercises object's variables to an existing object's variables through deep copies.

Method Summary

All Methods   Instance Methods   Concrete Methods

Modifier and Type	Method	Description
StrengthExercises	**clone**()	
int	**makeMenu**()	This method will create a menu with the options of creating a workout or seeing the last saved workout.

boolean	save()	This method will ask the user of they want to save the workout that they just created.
String	toString()	
void	workoutQuestions()	This method will ask the user about what kind of workout that they want to do.

Methods inherited from class java.lang.Object

equals , getClass , hashCode , notify , notifyAll , wait , wait , wait

Constructor Details

StrengthExercises

```
public StrengthExercises()
```

This constructor is the default constructor for the class. This will declare the variables to empty values. The user can change these values when using answering the prompts.

StrengthExercises

```
public StrengthExercises(StrengthExercises str)
```

This constructor sets a new StrengthExercises object's variables to an existing object's variables through deep copies.

Parameters:

str - A StrengthExercises object whose values will be copied and pasted to the new StrengthExercises object.

Method Details

makeMenu

```
public int makeMenu()
```

This method will create a menu with the options of creating a workout or seeing the last saved workout. Users will have the option to pick a number between 1 and 3 when this menu displays.

Returns:

An integer value that represents the user's selection.

workoutQuestions

`public void workoutQuestions()`

This method will ask the user about what kind of workout that they want to do. The user's selections are saved to approptiate variables.

toString

`public String toString()`

Overrides:

`toString` in class `Object`

save

`public boolean save()`

This method will ask the user of they want to save the workout that they just created.

Returns:

A boolean value that represents the user's decision to save the workout. If yes, true is returned. If no, false is returned.

clone

`public StrengthExercises clone()`