

PACKAGE **CLASS** USE TREE DEPRECATED INDEX HELP

ALL CLASSES

SEARCH:

SUMMARY: NESTED | FIELD | CONSTR | METHOD DETAIL: FIELD | CONSTR | METHOD

Class Workout

java.lang.Object
 Gym
 Workout

Direct Known Subclasses:

Environment

```
public class Workout
extends Gym
```

Author:

jacobigel

Field Summary

Fields inherited from class Gym

hoursOfOpChestnut, hoursOfOpNorth, hoursOfOpRec

Constructor Summary

Constructors

Constructor	Description
Workout (int s, int r, int w)	A constructor to establish the amount of sets, reps, and weights

Method Summary

All Methods Instance Methods Concrete Methods

Modifier and Type	Method	Description
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java.util.ArrayList<java.lang.String>	addExercisePull (java.lang.String exercise)	A method to add an exercise to a list.
java.util.ArrayList<java.lang.String>	addExercisePush (java.lang.String exercise)	A method to add an exercise to a list.
int	getReps()	Getting the number of reps.
int	getSets()	Get the amount of sets
int	getWeight()	Getting the amount of weight.
void	legList()	A list of all leg exercises.
double	maxRep (int w, int r)	Returns the one-rep max you can lift.
double	proteinIn (double bodyWeight)	Method to give the the preferred protein in-take
void	pullList()	A list of all pull exercises.
void	pushList()	A list of all push exercises.
int	setReps (int r)	Setting the amount of reps

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amount of
weight used.

`java.lang.String`

`toString()`

returning the
sets, reps, and
weight to
string format

Methods inherited from class **Gym**

`daySince`, `getGym`, `gymHours`, `gymTime`, `isLocker`, `isPool`, `setGym`

Methods inherited from class **java.lang.Object**

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

Constructor Detail

Workout

```
public Workout(int s,
               int r,
               int w)
```

A constructor to establish the amount of sets, reps, and weights

Parameters:

`s` -- sets

`r` -- reps

`w` -- weight to use

Method Detail

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`(java.lang.String exercise)`

A method to add an exercise to a list.

Parameters:

`exercise` - - add to pull exercise list

Returns:

- pull exercises

addExercisePush

```
public java.util.ArrayList<java.lang.String> addExercisePush  
(java.lang.String exercise)
```

A method to add an exercise to a list.

Parameters:

`exercise` - - add to push exercise list

Returns:

- push exercises

addExerciseLeg

```
public java.util.ArrayList<java.lang.String> addExerciseLeg  
(java.lang.String exercise)
```

A method to add an exercise to a list.

Parameters:

`exercise` - - add to leg exercise list

Returns:

- leg exercises

pullList

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pushList

```
public void pushList()
```

A list of all push exercises.

legList

```
public void legList()
```

A list of all leg exercises.

maxRep

```
public double maxRep(int w, int r)
```

Returns the one-rep max you can lift.

Parameters:

w - - weight

r - - reps

Returns:

a double value one-rep max

proteinIn

```
public double proteinIn(double bodyWeight)
```

Method to give the the preferred protein in-take

Parameters:

bodyWeight - - body weight you have

Returns:

- returns the preferred body weight in-take

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returning the sets, reps, and weight to string format

Overrides:

`toString` in class `Gym`

getSets

```
public int getSets()
```

Get the amount of sets

Returns:

- int of sets

setSets

```
public int setSets(int s)
```

Setting the number of sets.

Parameters:

`s` - - sets

Returns:

- setting the number of sets

getReps

```
public int getReps()
```

Getting the number of reps.

Returns:

- int of reps

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Setting the amount of reps

Parameters:

r - - reps

Returns:

int of reps

getWeight

```
public int getWeight()
```

Getting the amount of weight.

Returns:

- int of weight used

setWeight

```
public int setWeight(int w)
```

Sets the amount of weight used.

Parameters:

w - - weight

Returns:

- amount of set weight

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