# Project Name

Workout Assistant with Generative AI Features

## Name of Students:

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# Project description

Our Workout Assistant App is a privacy-centered fitness platform that utilized generative AI to deliver personalized workout experiences. In response to growing concerns about privacy and data security, we have integrated an Anonymous mode, allowing users to access a diverse collection of pre-defined workouts without the need for logging in or sharing personal data. On the other side, for those seeking tailored fitness regimens more than privacy, our AI Workout Generation feature (accessible through the standard mode, not the anonymous mode) provides customized routines based on individual goals, fitness levels, and available equipment. In our standard mode, we collect minimal user data, which users can easily delete with just a few clicks. With a user-friendly interface, visuals of each exercise in the routine, privacy in mind, and personalized fitness solutions, our app caters to the diverse needs of the modern fitness community.

# Results

150 words