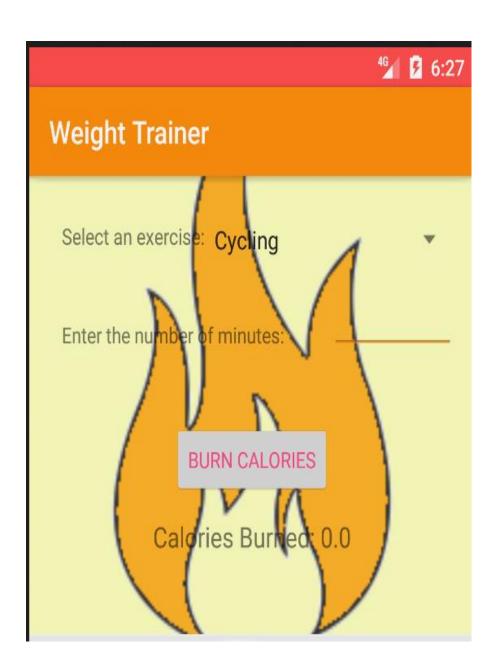
## **Weight Trainer**

PROGO1: Crunch Time By: Kennedy Mesfun

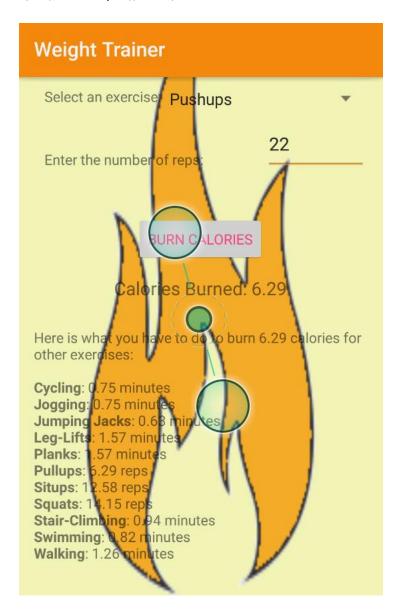


The user can input how many minutes/reps of an activity they did and get results of how many Calories they burned and the equivalent minutes/reps of other workouts instantly.

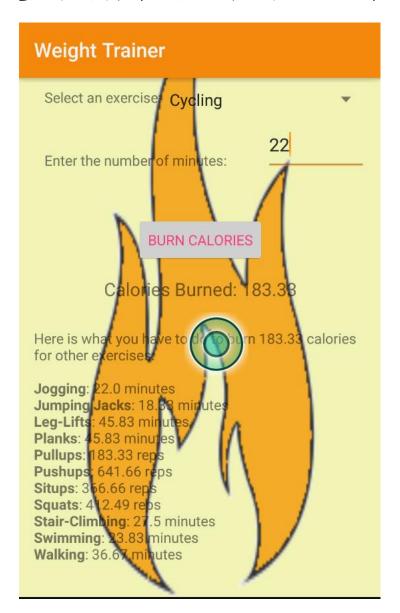
Decide what workout you want to do or how many calories you want to burn:



Input the amount of a Certain workout to get the equivalence in other workouts and the amount of Calories burnt.



Enter how many reps or minutes you want to workout for and.....



... the results of the workout will appear after pressing Burn Calories.