Potential Conversation

USER

Greet the chatbot

Request a workout
- ➢ "Give me a chest workout"

Request exercise demonstration
- ➢ "Can I see the exercise demo?"

Request exercise description
- ➢ "Give me a description"

Request to repeat the exercise
- ➢ "Can we do that again?"

Request to skip the exercise
- ➢ "Can we skip this one?"

Positive responses
- ➢ "Yes"

Negative responses
- ➢ "No"

End conversation

CHATBOT

Greet the user

Output possible workout types
- ➢ "Here's some workouts for you: Arms, Back…"

Request if the user wants to train specific areas
- ➢ "Do you want to train legs today?"

Request if the user wants a video demonstration
- ➢ "Would you like to see a demo for this exercise?"

Output a video demonstration
- ➢ Play Video

Request if the user wants an exercise description
- ➢ "Do you want to know how to do the exercise?"

Output an exercise description
- ➢ "Stand straight. Keep upper arms stationary. Exhale and curl the dumbbell while contracting your biceps. Squeeze biceps when fully contracted."

Output targeted areas
- ➢ Image with muscles highlighted / "Here are the muscles targeted…"

Request if the user has completed an exercise
- ➢ "Have you finished the exercise?"

Output motivation during exercise time
- ➢ "Come on you can do it!"

Output repeated exercise
- ➢ "Let's do the exercise again…"

Output exercise skipped
- ➢ "Let's move onto the next exercise then…"

Positive responses
- ➢ "Ok"

Negative responses
- ➢ "I'm sorry I don't understand what you're saying…"

End conversation