**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*