**Interface Activity**

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| **Name** | ***Activity*** |
| **Base Class** | Workout |
| **Purpose** | *Helps to receive workout activities* |
| **States** | *Empty or full.* |
| **Constructors** | *Default: empty workout value.*  *New contains workout values.* |
| **Operators Mutators**      **Accessors** | getQuantity()  getName()  getDescription()  getNumberPerWeek() |
| **Fields** | *void* |

**User\_Session Method Description**

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| **Quantity** | Workout::getQuantity() |
| **Purpose** | *To get the User Workout quantities from the user* |
| **Receives** | *The User Session receives the workout quantities from the Workout base class.* |
| **Returns** | *String if there is a quantity*  *False if there is no quantity* |
| **Remarks** | *Gets the Workout quantity* |

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| **Workout Name** | Workout::getName() |
| **Purpose** | *To Get the Workout names from the Workout* |
| **Receives** | *The Workout name is received as a String from the workout base class* |
| **Returns** | *The Workout names as String* |
| **Remarks** | *Gets the workout Names* |

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| **Description** | Workout::getDescription() |
| **Purpose** | *Gets the Description of Workouts* |
| **Receives** | *String* |
| **Returns** | *String* |
| **Remarks** | *Gets the Workout Description.* |

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| **Number of Weeks** | Workout::getNumberPerWeek() |
| **Purpose** | *Gets the number of week* |
| **Receives** | *Integer* |
| **Returns** | *Integer* |
| **Remarks** | *Gets the number of Weeks for workouts.* |