**Workout**

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| **Name** | ***Workout*** |
| **Base Class(es**) | User\_Information |
| **Purpose** | *Helps to receive workout information* |
| **States** | *Empty or full.* |
| **Constructors** | *Default: empty workout*  *New: contains workout information* |
| **Operators Mutators**      **Accessors** | startDate()  numberofWeeks  activities()  getStartDate()  getNumberOfWeeks  getActivities() |
| **Fields** | *startDate()*  *numberofWeeks*  *activities()* |

**Workout\_Method Description**

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| **Start Date** | Workout::getStartDate() |
| **Purpose** | *Gets the Start date for the workout* |
| **Receives** | *Integer* |
| **Returns** | *True if the workout is right.* |
| **Remarks** | *Starts the workout week.* |

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| **Number of Weeks** | Workout::getNumberOfWeeks() |
| **Purpose** | *Gets the number of weeks for workout* |
| **Receives** | *Integer* |
| **Returns** | *none* |
| **Remarks** | *Gets the number of weeks the workout is going to be made.* |

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| **Activities** | Workout::getActivities() |
| **Purpose** | *Gets the type of Workout Activities* |
| **Receives** | *Integers* |
| **Returns** | *none* |
| **Remarks** | *Selects the type of Activities the user wants to follow.* |