

User Profile: User 1 (u1)

Goal: Endurance. Experience: Advanced. Preferred training frequency: 2 days/week, 30 minutes/session.

Focus areas: Rehab & mobility. Constraints/limitations: No deep knee flexion. Available equipment:

Dumbbells, Kettlebell. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 2 (u2)

Goal: Rehab & mobility. Experience: Beginner. Preferred training frequency: 2 days/week, 60 minutes/session. Focus areas: Strength. Constraints/limitations: None reported. Available equipment: Barbell, Bodyweight. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 3 (u3)

Goal: Endurance. Experience: Intermediate. Preferred training frequency: 5 days/week, 40 minutes/session. Focus areas: General fitness. Constraints/limitations: No high-impact cardio. Available equipment: Kettlebell, Machine. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 4 (u4)

Goal: Hypertrophy. Experience: Intermediate. Preferred training frequency: 4 days/week, 40 minutes/session. Focus areas: Hypertrophy. Constraints/limitations: Short sessions only. Available equipment: Barbell, Resistance Band. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 5 (u5)

Goal: Hypertrophy. Experience: Advanced. Preferred training frequency: 4 days/week, 30 minutes/session. Focus areas: Rehab & mobility. Constraints/limitations: Limit spinal loading. Available equipment: Bodyweight, Dumbbells, Kettlebell, Machine, Resistance Band. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 6 (u6)

Goal: Strength. Experience: Intermediate. Preferred training frequency: 2 days/week, 30 minutes/session. Focus areas: Rehab & mobility. Constraints/limitations: Avoid overhead pressing. Available equipment: Barbell, Cable, Resistance Band, Trap Bar. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 7 (u7)

Goal: General fitness. Experience: Beginner. Preferred training frequency: 4 days/week, 40 minutes/session. Focus areas: Fat loss. Constraints/limitations: No deep knee flexion. Available equipment: Bodyweight, Dumbbells, Kettlebell. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 8 (u8)

Goal: Rehab & mobility. Experience: Beginner. Preferred training frequency: 3 days/week, 40 minutes/session. Focus areas: General fitness. Constraints/limitations: Limit spinal loading. Available equipment: Barbell, Cable, Kettlebell, Machine. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 9 (u9)

Goal: Fat loss. Experience: Intermediate. Preferred training frequency: 4 days/week, 60 minutes/session.

Focus areas: Fat loss. Constraints/limitations: None reported. Available equipment: Cable, Dumbbells,

Kettlebell, Trap Bar. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.

User Profile: User 10 (u10)

Goal: Endurance. Experience: Advanced. Preferred training frequency: 5 days/week, 40 minutes/session. Focus areas: Fat loss. Constraints/limitations: Avoid overhead pressing. Available equipment: Bodyweight, Cable, Kettlebell, Trap Bar. Notes: This profile is generated for testing a GraphRAG matching system. The system should match this user to training plans while respecting constraints and equipment availability.
