

# GymAdvisorAI - Matching Overview (TalentMatchAI analogy)

## Analogy

TalentMatchAI matches candidates to projects/RFPs under constraints. GymAdvisorAI matches users to training plans under constraints (injury risk, equipment, focus, availability).

## Graph entities

User -> WorkoutBrief (goals, constraints, equipment, days/week). TrainingPlan -> focus, required equipment, exercises. Exercises link to RiskTags and MuscleGroups.

## Transparent matching score

$\text{score} = 5 * \text{focus\_overlap} - 10 * \text{missing\_equipment} - 8 * \text{risk\_conflicts} - 1 * \text{days\_diff}$

## How to demo

Ask: 'Match the best training plan for user u2.' and show the ranked output with explanations of penalties (risk/equipment/days).