

GymAdvisorAI - User Profile & Workout Brief

User ID: u1

Created: 2026-01-23

Goal: Strength (build bench + pull-up strength)

Focus Muscles: Chest, Back

Days Per Week: 3

Minutes Per Session: 45

Experience Level: Intermediate

Constraints / Injuries:

- Shoulder (avoid heavy overhead pressing; prefer neutral-grip)

Available Equipment:

- Barbell, Bench, Dumbbells, Pull-up Bar, Cable Machine

Preferences:

- Split: Push / Pull / Legs
- Keep session warm-up short (~5 min)

Notes:

- If fatigue high, reduce volume by 20% (what-if scenario).