def lambda\_handler(event, context):

if event['request']['type'] == "LaunchRequest" :

return onLaunch(event['request'], event['session'])

elif event['request']['type'] == "IntentRequest" :

return onIntent(event['request'], event['session'])

elif event['request']['type'] == "SessionEndedRequest" :

return onSessionEnd(event['request'], event['session'])

def onLaunch(launchRequest, session):

return welcomeuser()

def onIntent(intentRequest, session):

intent = intentRequest['intent']

intentName = intentRequest['intent']['name']

if intentName == "bodypart":

return bodyfunction(intent, session)

elif intentName == "repeatworkout":

return repeat(intent, session)

elif intentName == "AMAZON.HelpIntent":

return welcomeuser()

elif intentName == "AMAZON.CancelIntent" or intentName == "AMAZON.StopIntent":

return handleSessionEndRequest()

else:

raise ValueError("Invalid intent")

def onSessionEnd(sessionEndedRequest, session):

print("on\_session\_ended requestId=" + sessionEndedRequest['requestId'] + ", sessionId=" + session['sessionId'])

def welcomeuser():

sessionAttributes = {}

cardTitle = " Hello"

speechOutput = "Hello , Welcome to Alexa Workout! " \

"You can know your workout routine for different body parts you want just by saying Tell me a workout routine for bodypart"

repromptText = "You can know your workout routine for different body parts you want just by saying Tell me a workout routine for bodypart"

shouldEndSession = False

return buildResponse(sessionAttributes, buildSpeechletResponse(cardTitle, speechOutput, repromptText, shouldEndSession))

index=-1

def bodyfunction(intent, session):

global index

x=" "

cardTitle = intent['name']

sessionAttributes = {}

if 'part' in intent['slots']:

c=intent['slots']['part']['value']

for i in range(len(arr)):

if c==arr[i][0]:

index=i

for j in range(len(arr[index][1])):

x+=arr[index][1][j]+ " "

speechOutput="4 sets with 10-12 reps each, YOUR ROUTINE FOR THE DAY IS- " +x

repromptText = "You can know your workout routine for different body parts you want just by saying Tell me a workout routine for bodypart"

else:

speechOutput = "tell me another body part"

repromptText = "tell me another body part"

shouldEndSession = False

return buildResponse(sessionAttributes, buildSpeechletResponse(cardTitle, speechOutput, repromptText, shouldEndSession))

def repeat(intent, session):

global index

cardTitle = intent['name']

sessionAttributes = {}

speechOutput = "YOUR ROUTINE FOR THE DAY IS - " + arr[index][1]

repromptText = "You can know interesting workout routine for different body parts by saying tell me a workout routine for bodypart"

shouldEndSession = False

return buildResponse(sessionAttributes, buildSpeechletResponse(cardTitle, speechOutput, repromptText, shouldEndSession))

def handleSessionEndRequest():

cardTitle = "Session Ended"

speechOutput = "Thank you for using Alexa workout. " \

"Have a great time! "

shouldEndSession = True

return buildResponse({}, buildSpeechletResponse(cardTitle, speechOutput, None, shouldEndSession))

def buildSpeechletResponse(title, output, repromptTxt, endSession):

return {

'outputSpeech': {

'type': 'PlainText',

'text': output

},

'card': {

'type': 'Simple',

'title': title,

'content': output

},

'reprompt': {

'outputSpeech': {

'type': 'PlainText',

'text': repromptTxt

}

},

'shouldEndSession': endSession

}

def buildResponse(sessionAttr , speechlet):

return {

'version': '1.0',

'sessionAttributes': sessionAttr,

'response': speechlet

}

arr= [["biceps",["Incline Dumbbell Hammer Curl","Incline Inner-Biceps Curl","EZ-Bar Curl","Dumbbell Biceps Curl","and Hammer Curl"]],

["chest",["Incline Dumbbell Press","Incline Dumbbell Flyes","Barbell Incline Bench Press Medium-Grip","Decline Barbell Bench Press","and pushups"]],

["triceps",["Triangle Pushups","Overhead Triceps Extension","Bar Pushdown","Close Grip Bench Press","and kickback"]],

["back",["Barbell Deadlift","Wide-Grip Pull-Up","Single-Arm Dumbbell Row","Standing T-Bar Row","and Single-Arm Smith Machine Row"]],

["legs",["Barbell Squat","Dumbbell Lunges","Lying Leg Curls","Leg Extensions","and Standing Calf Raises"]]

]