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| **No** | **Gaols** | **Workouts** |
| 1 | muscle building | Dumbbell Bench Press, Barbell Row, Lat pull-down, Leg Press, Seated Calf Raise, Crunches, Incline Dumbbell Bench Press, Dumbbell Row, Dumbbell Lateral Raise, Barbell Squat, Barbell Deadlift, Hanging leg raise, Barbell back squat, Barbell Bench Press - Medium Grip, Barbell front squat, Seated barbell shoulder press, Barbell Curl, Seated triceps press, Pull-up, Weighted Pull-ups, Weighted Dips, Muscle-ups |
| 2 | Weight Loss | Dumbbell Goblet Squat, Barbell or Kettlebell Deadlift, Walking Lunge, Leg Curl and Extension, Low Intensity Cardio, Pullup or Lat Pulldown, Dumbbell Overhead Press, Dumbbell Row, Dumbbell Bench Press, Biceps Curl and Triceps Extension, Interval Conditioning, Interval Training/Conditioning |
| 3 | Gain Weight | Bench Press, Triceps Dip, Push-Up, Squat, Leg Press, Calf Raise, Plank, Military Press, Shrug, Lateral Raise, Pull-Up, Barbell Row, Bicep Curl, Hanging Leg Raise, Incline Bench Press, Skull Crusher, Chest Fly, Deadlift, Leg Curl, Seated Calf Raise, Ab Wheel Rollout, Arnold Press, Face Pull, Front Raise, Lat Pulldown, T-Bar Row, Hammer Curl, Cable Crunch |
| 4 | Improve Flexibility | Cat-Cow Stretch, Seated Forward Bend, Knee to Chest Stretch, Butterfly Stretch, Neck Side Stretch, Child’s Pose, Standing Quadriceps Stretch, Cobra Pose, Seated Twist, Dynamic Leg Swings, Sphinx Pose, Ankle Stretch, Pigeon Pose, Standing Forward Fold, Camel Pose, Lizard Pose, Extended Triangle Pose, Reverse Prayer Pose, Deep Squat, Bridge Pose, Half Lord of the Fishes Pose, Warrior III Pose, Bow Pose, Standing Hip Flexor Stretch, King Pigeon Pose, Full Wheel Pose, Standing Split, Monkey Pose, Advanced Camel Pose, Arm Balance Scorpion, Lotus Pose, Bound Lotus Pose, Gravity Pose, Advanced Prasarita Padottanasana, Yoga Nidrasana, Eight Angle Pose |
| 5 | Senior/Olders Fitness | Chair Yoga, Walking, Water Aerobics, Stretching, Balance Exercises, Light Dumbbell Work, Tai Chi, Meditation, Pilates, Brisk Walking, Resistance Band Exercises, Dynamic Stretching, Group Exercise Classes, Cycling on a Stationary Bike, Advanced Tai Chi, Relaxation Exercises, Strength Training, Power Walking, Yoga, Functional Training, Circuit Training, Agility Drills, Competitive Sports, Deep Meditation |
| 6 | Weight Maintenance | Moderate Cardio, Basic Strength Training, Cycling, Yoga, Swimming, Core Exercises, Dance Aerobics, Stretching, Interval Running, Circuit Training, Spin Class, Pilates, Hiking, Bodyweight Exercises, Kickboxing, Active Stretching, CrossFit, Heavy Strength Training, Long-Distance Running, Advanced Yoga, Competitive Sports, Functional Training, Triathlon Training, Recovery Techniques |
| 7 | Increase Endurance/Stamina | Brisk Walking, Light Jogging, Cycling, Dynamic Stretches, Swimming, Aqua Jogging, HIIT, Cool Down, Jogging, Hill Sprints, Core Workouts, Swimming Intervals, Pool Drills, Stretching, Long Distance Running, Speed Work, Strength Training, Competitive Swimming, Technique Drills, Advanced HIIT, Active Recovery |
| 8 | Gain Strength | Squat, Bench Press, Deadlift, Pull-ups, Leg Press, Military Press, Barbell Row, Dips, Front Squat, Incline Bench Press, Sumo Deadlift, Weighted Pull-ups, Romanian Deadlift, Push Press, Pendlay Row, Skull Crushers, Back Squat, Close-Grip Bench Press, Deficit Deadlift, Weighted Chin-ups, Hack Squat, Arnold Press, T-Bar Row, Dumbbell Flyes |
| 9 | Mental Wellness | Gentle Yoga, Guided Meditation, Basic Tai Chi, Progressive Muscle Relaxation, Breathing Exercises, Nature Walk, Restorative Yoga, Mindfulness Meditation, Hatha Yoga, Deep Breathing Techniques, Intermediate Tai Chi, Autogenic Training, Outdoor Meditation, Reflective Journaling, Power Yoga, Guided Visualization, Ashtanga Yoga, Zen Meditation, Advanced Tai Chi, Biofeedback, Dynamic Meditation, Yoga Nidra, Kundalini Yoga, Silent Retreat |
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**Description**

1. **Input User ID:** The user provides their unique user ID to identify themselves within the system.
2. **Input Difficulty Level:** The user specifies their current fitness level by choosing from options like beginner, intermediate, or advanced.
3. **Input Goal:** Next, the user selects their fitness goal from available options such as muscle building, weight loss, increase endurance/stamina, gain strength, mental wellness, or senior/older fitness.
4. **Generate Workout Plan:** The AI-enhanced module creates a personalized workout plan based on the user's fitness level and goal. This plan spans over a duration of one month.
5. Weekly Workout Structure:
   1. First Week: The initial week of the workout plan consists of fundamental exercises tailored to the user's goal and fitness level.
   2. Second Week: The second week introduces variations of the exercises from the first week, incorporating muscle confusion techniques to stimulate further progress.
   3. Third Week: New exercises are introduced in the third week to challenge the user's body with different movements and muscle groups.
   4. Fourth Week: The final week focuses on muscle confusion exercises based on the exercises introduced in the third week, promoting adaptation and continued progress.
6. **Give Feedback:** After Workout completed user can provide the feedback that workout is too easy or too hard.
7. **Repeat or Exit:** After completing the one-month workout plan, the user is prompted whether they would like to continue with more workouts. If they choose to continue, the process loops back to inputting the user ID, difficulty level, and goal, generating a new one-month workout plan.