Template: training\_template.docx

This is a placeholder template. Content will be replaced during report generation.

**PERSONALIZED TRAINING PLAN**

Generated on: August 03, 2025

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**PERSONAL INFORMATION**

**Name:** John Smith

**Age:** 35

**Gender:** Male

**Height:** 5'10"

**Weight:** 180 lbs

**FITNESS ASSESSMENT**

**Assessed Fitness Level:** Intermediate (Average Score: 6.0/10)

**YOUR 4-WEEK TRAINING PROGRAM**

PERSONALIZED TRAINING PLAN

GENERAL 4-WEEK TRAINING PROGRAM

WEEK 1-2: Foundation Building  
- 3-4 workouts per week  
- Focus on form and movement patterns  
- 2-3 sets of 8-12 repetitions  
- Rest 48-72 hours between sessions

WEEK 3-4: Progressive Overload  
- 4-5 workouts per week  
- Increase intensity and volume  
- 3-4 sets of 6-15 repetitions  
- Include variety in exercises

SAMPLE WORKOUT STRUCTURE:  
1. Warm-up (10 minutes)  
2. Strength training (30-45 minutes)  
3. Cardio (15-20 minutes)  
4. Cool-down and stretching (10 minutes)

BASIC EXERCISES:  
- Bodyweight squats  
- Push-ups (modified as needed)  
- Planks  
- Walking or light jogging  
- Basic stretching routine

Note: This is a general plan. For personalized recommendations, please ensure your LLM connection is working properly.

**EQUIPMENT & PREFERENCES**

**Available Equipment:** dumbbells, barbells, resistance bands, cardio machines, yoga mat, pull-up bar

**Preferred Workout Times:** morning, afternoon, evening, flexible

**PROGRESS TRACKING**

Track your progress weekly by recording:  
 • Workout completion and difficulty level  
 • Weight lifted and repetitions achieved  
 • Energy levels before and after workouts  
 • Any modifications needed  
 • Weekly body measurements (optional)  
   
 Adjust your plan if you consistently find workouts too easy or too difficult.

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*This personalized plan was generated based on your questionnaire responses. Please consult with healthcare professionals before starting any new fitness or nutrition program.*