

The effects of chat GPT generated exercise program in healthy overweight young adults: A pilot study

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ABSTRACT

Overweight is an increasing public health issue worldwide. Physical activity may reduce the risks of consequences from overweight. Chat GPT is a potential tool in healthcare projects. This study aimed to evaluate if the chat GPT generated exercise program group (ChatGPT) was effective in overweight persons. This was an intervention study with a randomized controlled fashion. The inclusion criteria were students aged of 18 years or more, male sex, healthy, and had body mass index of 23-24.99 kg/m². Eligible participants were randomly assigned into two groups by a simple random sampling: control group or ChatGPT group. The intervention was performed for eight weeks and three times/week. The outcomes included weight, cardiovascular endurance, percent fat, percent muscle, flexibility, and lung capacity. There were 9 participants in the study; ChatGPT for 6 persons and control group for 3 persons. At baseline, there was no significant difference of studied variables between both groups. At the end of study, there were three studied variables significantly different between the ChatGPT group and the control group including body mass index, heart rate after standing and knee lifting for three minutes and sit and stand in 30 seconds. The body mass index of the ChatGPT group was significantly lower than the control group (22.99 vs 24.46 kg/m²; $p = .020$). Chat GPT generated exercise program is feasible for overweight, young adults to lose weight and improve their cardiovascular fitness, muscle fitness, and fat loss. However, further studies are required to confirm the results of this study.

Keywords: Sport medicine, Health, Body mass index, Heart rate, Agility, Artificial intelligence.

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INTRODUCTION

Overweight, defined as a body mass index between 23 and 24.99 kg/m² in Asian populations (Tham et al., 2023), has an increasing trend. Data from a national survey in the US found that the prevalence of overweight in adults with an age of 20 years or older was 73.8% or adjusted odds ratio of 1.08 (95% confidence interval of 104, 1.13) (Li et al., 2022). While, a report from South Asia found that the prevalence of overweight was highest at 52.4% (Awasthi et al., 2023). Additionally, the survey in the US found that the percentage of inactive physical inactivity dramatically increased from 5.6% in 2003 to 21.2% in 2018. Physical inactivity may lead to obesity and several diseases such as obstructive sleep apnoea and cardiovascular diseases (Khamsai et al., 2021; Sanlung et al., 2020; Soontornrungsun et al., 2020).

Several studies have shown that physical activity is a crucial factor in overweight people (Huang et al., 2024; Zhang & Liu, 2024; Zhao et al., 2024). A national database study from China found that being insufficiently active had significantly higher risk for cardiovascular diseases and mortality at 1.24 and 1.32 times, respectively (Zhang & Liu, 2024). Physical activity in adults with type 2 diabetes and overweight or obesity lower risk of cardiovascular outcomes with hazard ratio of 0.39 with a *p*-value of .01 (Huang et al., 2024). A systematic also found that active video games was an intervention to increase physical activity in overweight and obese college students.

Chat GPT, a language model in natural language processing, is a potential tool in healthcare projects (Arslan, 2023; Ismail, 2023). Chat GPT may be useful in obesity treatment in regards of nutrition plan, exercise program, or psychological support (Arslan, 2023). However, there is limited study on using Chat GPT to create the exercise program. This study aimed to evaluate if the chat GPT generated exercise program group was effective in overweight persons.

METHODS

This was an intervention study with a randomized controlled fashion conducted at Nakhon Ratchasima Rajabhat University, Nakhon Ratchasima, Thailand. The inclusion criteria were students aged of 18 years or more, male sex, healthy, and had body mass index of 23-24.99 kg/m². The exclusion criteria were those who were unable to perform exercise, had comorbidities contraindicated for exercise such as osteoarthritis, severe hypertension, or chronic obstructive airway disease, or had an injury during the exercise program.

Eligible participants were randomly assigned into two groups by a simple random sampling: control group or chat GPT generated exercise program group (Appendix 1). The control group did not receive any intervention and continued their daily life, while the chat GPT generated exercise program group received the intervention. The chat GPT generated exercise program was generated by the chat GPT version 4.0 by including exercises which were effective in weight reduction. The program comprised of warm-up for 5-10 minutes, physical fitness exercise (aerobic exercise, resistance training, flexibility training) for 45-60 minutes, and cool-down for 5-10 minutes. Details of the chat GPT generated exercise program were summarized in appendix 2. Participants in this group practiced the exercise program for eight weeks and three times/week.

At baseline and at the end of study, participants were evaluated for the studied outcomes including age, height, body weight (kg), body mass index (kg/m²), percent of fat (%), level of visceral fat (%), body age (years), basal metabolic rate (kg/body weight), percent of skeletal muscle at trunk, arms, legs, and whole body (%), percent of subcutaneous fat at trunk, arms, legs, and whole body (%), heart rate after standing and knee lifting for 3 minutes (bpm), hand grip strength (kg), sit and stand in 30 seconds (times), flexibility (cm),

and lung capacity (ml). Hand grip strength was measured by the hand grip dynamometer, while lung capacity was measured by spirometry.

Statistical analyses

Descriptive statistics were used to calculate median (range) of the studied variables both at baseline and at the end of study. The Wilcoxon rank sum test was used to compare differences of medians between both study groups at baseline and at the end of study, while Wilcoxon signed rank test was used to compare differences of median between at baseline and at the end of study. All statistical analyses were performed by STATA software, version 18.0 (College Station, Texas, USA).

RESULTS

There were 9 participants in the study; chat GPT generated exercise program for 6 persons and control group for 3 persons. At baseline, all participants had an age of 19 years and the median height between both groups were comparable ($p = .667$). The chat GPT generated exercise program had median height of 171 cm (range 166-180 cm), while the control group had median height of 172 cm (range 166-173).

Table 1. Studied variables between the control and chat GPT generated exercise program in young obese adolescents at the baseline.

Factors	Control group n = 3	Intervention group n = 6	p-value
Body weight, kg	71.2 (65.0-72.5)	70.1 (66.3-75.3)	.517
Body mass index, kg/m ²	24.07 (23.59-24.22)	23.76 (23.04-24.40)	.517
Fat, %	20.4 (12.1-22.6)	20.1 (19.0-21.6)	.796
Level of visceral fat, %	7.5 (7.0-9.0)	7.5 (6.5-8.5)	.892
Body age, years	32 (24-33)	33 (29-38)	.435
Basal metabolic rate, kg/bw	1774 (1657-1795)	1748 (1675-1868)	.517
Skeletal muscle			
Trunk, %	27.3 (26.2-32.6)	27.4 (24.5-28.7)	.897
Arms, %	39.3 (39.2-41.7)	36.6 (32.3-29.8)	.197
Legs, %	51.0 (50.2-54.5)	50.9 (48.0-52.3)	.606
Whole body, %	33.8 (33.2-37.4)	33.4 (32.2-34.7)	.437
Subcutaneous fat			
Trunk, %	13.4 (7.8-14.3)	12.4 (11.5-13.5)	.697
Arms, %	20.9 (12.5-23.5)	20.1 (18.6-21.5)	.795
Legs, %	20.4 (11.2-23.1)	20.6 (19.3-22.5)	.897
Whole body, %	14.8 (12.0-15.9)	14.4 (13.4-16.0)	.999
Heart rate after standing and knee lifting for 3 minutes, beats/min.	144 (140-148)	142 (125-152)	.791
Hand grip strength, kg.	42 (39-43)	40 (35-41)	.362
Sit and stand in 30 sec, times.	30 (29-34)	34 (28-35)	.452
Flexibility, cm.	13 (2-15)	11 (-9, 18)	.999
Lung capacity, ml.	3100 (2900-3200)	2850 (2600-3350)	.362

At baseline (Table 1), there was no significant difference of studied variables between both groups. At the end of study (Table 2), there were three studied variables significantly different between the chat GPT generated exercise program group and the control group including body mass index, heart rate after standing and knee lifting for three minutes and sit and stand in 30 seconds. The body mass index of the chat GPT generated exercise program group was significantly lower than the control group (22.99 vs 24.46 kg/m²; $p =$

.020) as well as heart rate after standing and knee lifting for three minutes (128 vs 152 bpm; $p = .019$) and sit and stand in 30 seconds (37 vs 32; $p = .019$).

Table 2. Outcomes of the study between the control and between the control and ChatGPT generated exercise program in young obese adolescents at the end of study.

Factors	Control group n = 3	Intervention group n = 6	p-value
Body weight, kg	73.0 (66.0-73.2)	68.1 (64.5-74.0)	.300
Body mass index, kg/m ²	24.46 (23.95-24.68)	22.99 (22.41-23.72)	.020
Fat, %	21.6 (12.8-23.0)	19.4 (17.4-20.3)	.437
Level of visceral fat, %	8.0 (7.5-9.5)	6.5 (5.5-8.0)	.067
Body age, years	36 (24-39)	30 (25-34)	.439
Basal metabolic rate	1797 (1671-1805)	1724 (1652-1851)	.606
Skeletal muscle			
Trunk, %	26.0 (25.2-31.5)	28.1 (25.1-29.4)	.796
Arms, %	38.4 (28.5-40.2)	37.6 (33.2-40.6)	.796
Legs, %	49.5 (49.4-53.0)	51.7 (49.2-53.0)	.897
Whole body, %	32.2 (31.0-36.2)	34.3 (33.3-35.4)	.439
Subcutaneous fat			
Trunk, %	14.5 (9.0-15.5)	11.9 (10.5-12.9)	.439
Arms, %	22.0 (13.7-24.6)	19.1 (17.3-20.7)	.439
Legs, %	21.4 (13.1-25.0)	19.2 (17.9-20.9)	.439
Whole body, %	15.8 (13.5-16.4)	13.7 (12.2-14.9)	.154
Heart rate after standing and knee lifting for 3 minutes, beats/min.	152 (148-152)	128 (105-132)	.019
Hand grip strength, kg.	41.0 (36.5-41.5)	42.3 (40-48)	.153
Sit and stand in 30 sec, times.	32 (30-32)	37 (35-40)	.019
Flexibility, cm.	10 (-3, 13)	9 (-2, 20)	.606
Lung capacity, ml.	2950 (2850-3000)	3200 (2800-3500)	.154

Table 3. Outcomes of the control group in young obese adolescents at baseline compared with at the end of the study (n = 3).

Factors	Baseline	End of study	p value
Body weight, kg	71.2 (65.0-72.5)	73.0 (66.0-73.2)	.109
Body mass index, kg/m ²	24.07 (23.59-24.22)	24.46 (23.95-24.68)	.109
Fat, %	20.4 (12.1-22.6)	21.6 (12.8-23.0)	.109
Level of visceral fat, %	7.5 (7.0-9.0)	8.0 (7.5-9.5)	.083
Body age, years	32 (24-33)	36 (24-39)	.166
Basal metabolic rate	1774 (1657-1795)	1797 (1671-1805)	.109
Skeletal muscle			
Trunk, %	27.3 (26.2-32.6)	26.0 (25.2-31.5)	.109
Arms, %	39.3 (39.2-41.7)	38.4 (28.5-40.2)	.109
Legs, %	51.0 (50.2-54.5)	49.5 (49.4-53.0)	.103
Whole body, %	33.8 (33.2-37.4)	32.2 (31.0-36.2)	.109
Subcutaneous fat			
Trunk, %	13.4 (7.8-14.3)	14.5 (9.0-15.5)	.103
Arms, %	20.9 (12.5-23.5)	22.0 (13.7-24.6)	.103
Legs, %	20.4 (11.2-23.1)	21.4 (13.1-25.0)	.109
Whole body, %	14.8 (12.0-15.9)	15.8 (13.5-16.4)	.109
Heart rate after standing and knee lifting for 3 minutes, beats/min.	144 (140-148)	152 (148-152)	.103

Hand grip strength, kg.	42 (39-43)	41.0 (36.5-41.5)	.109
Sit and stand in 30 sec, times.	30 (29-34)	32 (30-32)	.786
Flexibility, cm.	13 (2-15)	10 (-3, 13)	.109
Lung capacity, ml.	3100 (2900-3200)	2950 (2850-3000)	.109

For a pre-post intervention comparison, the control group had non-significant studied outcomes for all variables such as increasing of body mass index from 24.07 to 24.47 kg/m² ($p = .109$), or percent of fat (20.4 to 21.6%, $p = .109$) as shown in Table 3. In contrast, the chat GPT generated exercise program group had significantly improved of the studied outcomes except the flexibility such as body weight (70.1 to 68.1 kg; $p = .028$), body mass index (23.76 to 22.99 kg/m²; $p = .028$), body age (33 to 30 years; $p = .024$). However, percent skeletal muscle at trunk, arms, legs, and whole body were significantly increased at the end of study than at baseline as shown in Table 4.

Table 4. Outcomes of the ChatGPT generated exercise program in young obese adolescents at baseline compared with at the end of the study (n = 6).

Factors	Baseline	End of study	p-value
Body weight, kg	70.1 (66.3-75.3)	68.1 (64.5-74.0)	.028
Body mass index, kg/m ²	23.76 (23.04-24.40)	22.99 (22.41-23.72)	.028
Fat, %	20.1 (19.0-21.6)	19.4 (17.4-20.3)	.028
Level of visceral fat, %	7.5 (6.5-8.5)	6.5 (5.5-8.0)	.024
Body age, years	33 (29-38)	30 (25-34)	.024
Basal metabolic rate	1748 (1675-1868)	1724 (1652-1851)	.028
Skeletal muscle			
Trunk, %	27.4 (24.5-28.7)	28.1 (25.1-29.4)	.028
Arms, %	36.6 (32.3-29.8)	37.6 (33.2-40.6)	.028
Legs, %	50.9 (48.0-52.3)	51.7 (49.2-53.0)	.027
Whole body, %	33.4 (32.2-34.7)	34.3 (33.3-35.4)	.028
Subcutaneous fat			
Trunk, %	12.4 (11.5-13.5)	11.9 (10.5-12.9)	.027
Arms, %	20.1 (18.6-21.5)	19.1 (17.3-20.7)	.028
Legs, %	20.6 (19.3-22.5)	19.2 (17.9-20.9)	.027
Whole body, %	14.4 (13.4-16.0)	13.7 (12.2-14.9)	.027
Heart rate after standing and knee lifting for 3 minutes, beats/min.	142 (125-152)	128 (105-132)	.026
Hand grip strength, kg.	40 (35-41)	42.3 (40-48)	.027
Sit and stand in 30 sec, times.	34 (28-35)	37 (35-40)	.027
Flexibility, cm.	11 (-9, 18)	9 (-2, 20)	.344
Lung capacity, ml.	2850 (2600-3350)	3200 (2800-3500)	.027

DISCUSSION

This may be the first study using chat GPT generated exercise program. Here, the eight-week chat GPT generated exercise program was effective compared with the control group in terms of body mass index, heart rate after exercise, and agility.

The chat GPT generated exercise program in this study comprised of aerobic exercise, resistance training, and flexibility training for 45-60 minutes per session. As recommended by the American College of Sports Medicine, moderate aerobic exercise for 150 minutes per week can reduce body weight (Donnelly et al., 2009). Weight loss of 4.9 kg and 5.2 kg was found in the 400 and 600 kcal/session aerobic exercise in

overweight or obese individuals (Donnelly et al., 2013). These may be due to several factors including body fat loss, improvement of insulin resistance, or improvement of oxygen consumption (Chiu et al., 2017; Oda et al., 2014; O'Hagan et al., 2013). This study found that body weight was decreasing by 0.77 kg in the chat GPT generated exercise group (Table 4). Weight loss in this program may be also an additional effect of the resistance exercise which may increase muscle mass and fat oxidation (Donnelly et al., 2009).

Several studies found that aerobic exercise can reduce resting heart rate (Kang et al., 2016; Oh et al., 2016; Riebe et al., 2015). Marathon runners had significant lower resting heart rate than control group (58.80 vs 74.47; $p < .001$) (Oh et al., 2016). Similarly, heart rate of the intervention group after the standing and knee lifting for 3 minutes was significantly lower than the control group (128 vs 152 bpm; $p = .019$) as shown in table 2. These findings may be due to the lower resting heart rate in the chat GPT generated exercise program group. Finally, the improvement of the number of sit and stand in 30 seconds may indicate better agility and leg strength. The leg strength was improved by the program as the parameters of skeletal muscle in the whole body were significantly improved as shown in Table 4.

Even though the intervention program comprised of flexibility training, flexibility outcome was not different between both groups. These findings may be explained by several factors were associated with flexibility including joint, muscle, or spine (Almansoof et al., 2023). Additionally, flexibility exercises were initiated in week 5 and 6 (Appendix 2). These may imply that flexibility may need more than two weeks to be improved. Taken together, significant changes in body weight, muscle fitness, cardiovascular fitness, fat reduction but not flexibility were found in the chat GPT generated exercise program group (Table 4).

CONCLUSION

Chat GPT generated exercise program is feasible for overweight, young adults to lose weight and improve their cardiovascular fitness, muscle fitness, and fat loss. However, further studies are required to confirm the results of this study.

AUTHOR CONTRIBUTIONS

Pakpoom Philuek and Austtasit Chainarong: preparation and research design, data collection, statistical analysis, result interpretation, manuscript writing, supervision of the study, and review of the final version. Sarawut Kusump, Thanakan Sathianpoonsook, and Charee Jansupom: data collection, result interpreter, and reviewed the manuscript. Pongtawat Sawanyawisuth, and Kittisak Sawanyawisuth: statistical analysis, and review of the final version.

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No potential conflict of interest was reported by the authors.

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APPENDIX 1. Details of exercise generated by chat GPT.

You
Design training schedule for weight loss males aged 18-24 years
Please write in English language.

ChatGPT
Designing a training schedule for weight loss, specifically for males aged 18-24 years, involves considering both exercise and dietary strategies to create an effective program. The goal should be to create a sustainable and balanced approach that combines cardiovascular exercise, strength training, and flexibility exercises, while also paying attention to nutrition and recovery. Here's a comprehensive weekly training schedule, considering the target demographic's potential physical capabilities and recovery needs:

You
Monday, Wednesday, Friday
Please write in English language.

ChatGPT
To adapt the training schedule for weight loss in males aged 18-24 years to focus on Monday, Wednesday, and Friday workouts, we'll create a condensed version that still covers all essential aspects: cardiovascular exercise, resistance training, and flexibility exercises. This approach ensures adequate recovery time while promoting weight loss and muscle tone.

Week 1-2: Foundation and Endurance Building

- Monday (Full Body Strength Training)**
 - Warm-up: 10 minutes of light cardio (jogging or cycling)
 - Circuit (3 sets, 10-12 reps): Squats, bench presses, deadlifts, overhead presses, and planks.
 - Cool Down: 10 minutes of stretching focusing on major muscle groups.
- Wednesday (Cardiovascular Exercise)**
 - Warm-up: 5 minutes of dynamic stretching
 - Cardio: 45 minutes of moderate-intensity cardiovascular exercise (running, cycling, or swimming).
 - Cool Down: 5-10 minutes of stretching.
- Friday (Strength Training & Core Focus)**
 - Warm-up: 10 minutes of light cardio
 - Circuit 1 (Upper Body, 3 sets, 8-12 reps): Bench press, bent-over rows, shoulder press, bicep curls, tricep dips.
 - Circuit 2 (Core, 3 sets): Planks (1 min), side planks (30 sec per side), Russian twists (20 reps), leg raises (12 reps).
 - Cool Down: 10 minutes of full-body stretching.

Week 7-8: Peak Performance and Tapering

- Monday (Peak Strength Training)**
 - Focus on lifting the heaviest weights of the program with good form. Concentrate on compound movements like squats, deadlifts, and bench press.
- Wednesday (Peak Intensity Cardio)**
 - A challenging cardio session, such as a longer-duration HIIT or a tempo run, to push cardiovascular limits.
- Friday (Full Body Circuit & Core)**
 - A high-intensity circuit that combines strength, cardio, and core exercises. Aim for minimal rest between sets to keep the heart rate up.

Notes:

- Nutrition:** A balanced diet is crucial for weight loss. Consider consulting a dietitian for personalized advice.
- Hydration:** Stay well-hydrated, especially on workout days.
- Recovery:** Prioritize sleep and consider active recovery or yoga on rest days to improve flexibility and reduce muscle soreness.
- Adjustments:** Listen to your body and adjust the intensity or volume as needed to avoid overtraining and injuries.

Notes:

- Nutrition:** A balanced diet is crucial for weight loss. Consider consulting a dietitian for personalized advice.
- Hydration:** Stay well-hydrated, especially on workout days.
- Recovery:** Prioritize sleep and consider active recovery or yoga on rest days to improve flexibility and reduce muscle soreness.
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This condensed schedule aims to balance workout intensity with recovery, ensuring progressive overload for muscle growth and fat loss while avoiding overtraining.

Week 3-4: Intensity and Volume Increase

- Monday (Upper Body Strength)**
 - Increase the weight or resistance from weeks 1-2.
 - Exercises: Include variations like incline bench press, pull-ups, and dumbbell flies for upper body. Add more sets or reduce rest time to increase intensity.
- Wednesday (HIIT Cardio)**
 - Warm-up: 5 minutes of dynamic stretching.
 - HIIT Session: 20-30 minutes, alternating between high-intensity exercises (e.g., sprints, burpees) and low-intensity recovery periods.
 - Cool Down: 5-10 minutes of stretching.
- Friday (Lower Body Strength & Core)**
 - Focus on lower body strength with exercises like squats, lunges, and deadlifts. Increase the intensity by adding weights or changing to more challenging variations.
 - Core: Incorporate exercises like planks, bicycle crunches, and mountain climbers for a comprehensive core workout.

Week 5-6: Skill Development and Functional Training

- Monday (Functional Strength Training)**
 - Incorporate exercises that improve daily movement patterns, such as kettlebell swings, box jumps, and medicine ball throws.
- Wednesday (Mixed Cardio)**
 - Combine steady-state cardio with intervals for a 45-minute session. For example, alternate 5 minutes of jogging with 2 minutes of sprinting.
- Friday (Full Body Strength with Plyometrics)**
 - Integrate plyometric exercises (e.g., jump squats, burpees) with traditional strength training to enhance power and burn more calories.



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APPENDIX 2. Details of exercise generated by chat GPT.

The chat GPT generated exercise for overweight individuals (Foundation and Endurance Building), week 1st and 2nd.

Day	Warm-up	exercise	Cool Down
Monday (Full Body Strength Training)	10 minutes of light cardio (jogging or cycling)	Circuit (3 sets, 10-12 reps): Squats, bench presses, deadlifts, overhead presses, and planks.	Cool Down: 10 minutes of stretching focusing on major muscle groups.
Wednesday (Cardiovascular Exercise)	5 minutes of dynamic stretching	Cardio: 45 minutes of moderate-intensity cardiovascular exercise (running, cycling, or swimming).	Cool Down: 5-10 minutes of stretching.
Friday (Strength Training & Core Focus)	10 minutes of light cardio	1.Circuit 1 (Upper Body, 3 sets, 8-12 reps): Bench press, bent-over rows, shoulder press, bicep curls, triceps dips. 2.Circuit 2 (Core, 3 sets): Planks (1 min), side planks (30 sec per side), Russian twists (20 reps), leg raises (12 reps).	10 minutes of full-body stretching.

The chat GPT generated exercise for overweight individuals (Intensity and Volume Increase), week 3rd and 4th.

Day	Warm-up	exercise	Cool Down
Monday (Upper Body Strength)	10 minutes of light cardio (jogging or cycling)	- Increase the weight or resistance from weeks 1-2. - Exercises: Include variations like incline bench press, pull-ups, and dumbbell flyers for upper body. Add more sets or reduce rest time to increase intensity.	Cool Down: 10 minutes of stretching focusing on major muscle groups.
Wednesday (HIIT Cardio)	5 minutes of dynamic stretching.	HIIT Session: 20-30 minutes, alternating between high-intensity exercises (e.g., sprints, burpees) and low-intensity recovery periods.	Cool Down: 5-10 minutes of stretching.
Friday (Lower Body Strength & Core)	10 minutes of light cardio	- Focus on lower body strength with exercises like squats, lunges, and deadlifts. Increase the intensity by adding weights or changing to more challenging variations. - Core: Incorporate exercises like planks, bicycle crunches, and mountain climbers for a comprehensive core workout.	10 minutes of full-body stretching.

The chat GPT generated exercise for overweight individuals (Skill Development and Functional Training), week 5th and 6th.

Day	Warm-up	exercise	Cool Down
Monday (Functional Strength Training)	10 minutes of light cardio (jogging or cycling)	Incorporate exercises that improve daily movement patterns, such as kettlebell swings, box jumps, and medicine ball throws.	Cool Down: 10 minutes of stretching focusing on major muscle groups.
Wednesday (Mixed Cardio)	5 minutes of dynamic stretching	Combine steady-state cardio with intervals for a 45-minute session. For example, alternate 5 minutes of jogging with 2 minutes of sprinting.	Cool Down: 5-10 minutes of stretching.
Friday (Full Body Strength with Plyometrics)	10 minutes of light cardio	Integrate plyometric exercises (e.g., jump squats, burpees) with traditional strength training to enhance power and burn more calories.	10 minutes of full-body stretching.

The chat GPT generated exercise for overweight individuals (Peak Performance and Tapering) week 7th and 8th.

Day	Warm-up	exercise	Cool Down
Monday (Peak Strength Training)	10 minutes of light cardio (jogging or cycling)	Focus on lifting the heaviest weights of the program with good form. Concentrate on compound movements like squats, deadlifts, and bench press.	Cool Down: 10 minutes of stretching focusing on major muscle groups.
Wednesday (Peak Intensity Cardio)	5 minutes of dynamic stretching	A challenging cardio session, such as a longer-duration HIIT or a tempo run, to push cardiovascular limits.	Cool Down: 5-10 minutes of stretching.

Friday (Full Body Circuit & Core)	10 minutes of light cardio	A high-intensity circuit that combines strength, cardio, and core exercises. Aim for minimal rest between sets to keep the heart rate up.	10 minutes of full-body stretching.
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Notes:

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