

👉 What is your fitness level?

Beginner

Intermediate

Advanced

👉 What is your fitness goal?

Loss weight

👉 What type of workout do you prefer?



Cardio



Strength training



Yoga



Stretching



Other

📅 How often do you want to work out?

1-2 times per week

How many days should the workout plan cover?



Submit

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Submit

This may take a few seconds to generate your workout plan. Please don't close the app.

Workout Plan

Personalized Yoga Workout Plan for Endurance Improvement

User Information:

- Fitness Goal: Improve endurance
- Fitness Level: Beginner
- Preferred workout: Yoga
- Workout frequency: 1-2 times per week

Day 1: Strength Yoga

Warm up: 5-10 minutes of gentle yoga stretches

Exercises:

1. Chair pose - hold for 10 breaths, repeat 3 times (1 set)
2. Warrior I - hold for 5 breaths, repeat 3 times each side (1 set)
3. Half moon pose - hold for 3-5 breaths, repeat 3 times each side (1 set)
4. Downward dog - hold for 10 breaths, repeat 3 times (1 set)
5. Plank - hold for 30 seconds, repeat 3 times (1 set)
6. Bridge pose - hold for 10 breaths, repeat 3 times (1 set)

Day 2: Cardio Yoga

Warm up: 5-10 minutes of gentle yoga stretches

Exercises:

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