

Creating a workout routine

Use the following prompts to create some example workout routines.

- Plan a couch to 5k routine for me.
- Make me a daily workout.
- I have a bad knee so make me a workout routine.
- Give me a workout.
- Exercise I can do at home.

The results might be what you need but they won't be personal to your needs, circumstances or environment.

You can add more detail to the prompt to improve the result. For example, your goals, fitness level, available equipment, time availability, physical limitations or age. The more specific you make the prompt, the more useful the workout routine will be.

Try using the following prompts and compare the results to the previous ones.

- I am a wheelchair user. Create a 10 minute a day, weekly routine for me to help me improve my upper body strength. I want to do this in my home.
- Create a beginner-friendly workout routine for someone who wants to build muscle and can exercise 3 times a week at home with minimal equipment.
- Create a low-impact workout routine. I am recovering from a knee injury. Focus on strengthening surrounding muscles without putting excessive stress on the joint. Include exercises that can be done while seated or lying down.
- Develop a workout plan for a 65 year old person looking to maintain mobility, balance, and muscle mass. The routine should be gentle and focus on functional movements.
- Design me a workout plan. I want to lose weight and improve overall fitness. I'd like a mix of cardio and strength training and can dedicate 4 days a week to exercise.

Try making changes to the prompts and see how they affect the suggested routines.