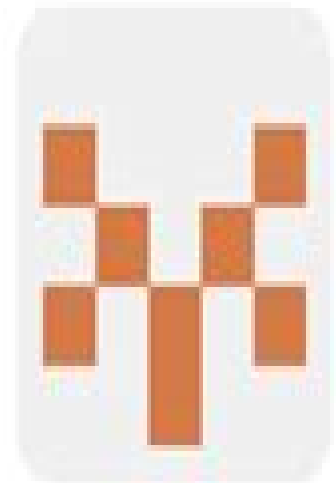


mejaz/ai-workout-wizard



AI weekly workout plan generator with OpenAI and Google PaLM API

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Openai Walking Workout Guide

**Sarah Lorge Butler, Leslie
Bonci, Michele Stanten**



Openai Walking Workout Guide:

Unleashing Your Potential: A Comprehensive Guide to Functional Fitness Cassandra Fenyk, 2023-05-23 Unleash your full potential with *Unleashing Your Potential: A Comprehensive Guide to Functional Fitness* This empowering book dives deep into the world of functional fitness equipping you with the knowledge and tools to transform your body enhance your performance and improve your overall well being Chapter by chapter you ll explore the foundations of functional fitness discovering the fundamental movements that unlock your body s true capabilities From squatting and lunging to pushing pulling and rotating you ll learn how to master these movements and develop strength endurance flexibility and balance But functional fitness is about more than just physical prowess it s about improving your daily life Discover how functional fitness translates to real world activities from lifting and carrying to bending and reaching Through inspiring testimonials and practical case studies you ll witness the transformative impact functional fitness can have on everyday tasks and routines As you journey through the book you ll uncover the science behind functional fitness delving into the physiological and biomechanical principles that drive its effectiveness Gain a deeper understanding of the neuromuscular adaptations that occur during functional fitness training and harness this knowledge to optimize your workouts and achieve remarkable results *Unleashing Your Potential* also explores the benefits of functional fitness for different demographics Whether you re a seasoned athlete looking to enhance sports performance or an older adult aiming to maintain independence and reduce the risk of falls this book provides tailored guidance and expert insights to meet your specific needs High Intensity Functional Training HIIT is a powerful component of functional fitness and this book covers it extensively Learn how to elevate your workouts with high intensity exercises that challenge your cardiovascular system and take your fitness to new heights In addition to comprehensive guidance *Unleashing Your Potential* offers practical advice on selecting the right equipment and tools for your functional fitness journey Discover how kettlebells resistance bands and suspension trainers can enhance your workouts and optimize your results Designed for both beginners and experienced fitness enthusiasts this book provides a step by step approach to designing your own personalized functional fitness program With sample workouts and exercise progressions you ll have the tools to create a program that aligns with your goals and fitness level Unlock your potential and embrace a lifestyle of strength vitality and fulfillment Get your copy of *Unleashing Your Potential: A Comprehensive Guide to Functional Fitness* and embark on a transformative journey towards optimal health and well being This book may contain affiliate links Using these links does not impact the amount that you are charged but it does allow me to continue to create and offer amazing content and programs Thank you for your support

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Generative AI for Cloud Solutions Paul Singh,Anurag Karuparti,2024-04-22 Explore Generative AI the engine behind ChatGPT and delve into topics like LLM infused frameworks autonomous agents and responsible innovation to gain valuable insights into the future of AI Key Features Gain foundational GenAI knowledge and understand how to scale GenAI ChatGPT in the cloud Understand advanced techniques for customizing LLMs for organizations via fine tuning prompt engineering and responsible AI Peek into the future to explore emerging trends like multimodal AI and autonomous agents Purchase of the print or Kindle book includes a free PDF eBook Book DescriptionGenerative artificial intelligence technologies and services including ChatGPT are transforming our work life and communication landscapes To thrive in this new era harnessing the full potential of these technologies is crucial Generative AI for Cloud Solutions is a comprehensive guide to understanding and using Generative AI within cloud platforms This book covers the basics of cloud computing and Generative AI ChatGPT addressing scaling strategies and security concerns With its help you ll be able to apply responsible AI practices and other methods such as fine tuning RAG autonomous agents LLMOps and Assistants APIs As you progress you ll learn how to design and implement secure and scalable ChatGPT solutions on the cloud while also gaining insights into the foundations of building conversational AI such as chatbots This process will help you customize your AI applications to suit your specific requirements By the end of this book you ll have gained a solid understanding of the capabilities of Generative AI and cloud computing empowering you to develop efficient and ethical AI solutions for a variety of applications and services What you will learn Get started with the essentials of generative AI LLMs and ChatGPT and understand how they function together Understand how we started applying NLP to concepts like transformers Grasp the process of fine tuning and developing apps based on RAG Explore effective prompt engineering strategies Acquire insights into the app development frameworks and lifecycles of LLMs including important aspects of LLMOps autonomous agents and Assistants APIs Discover how to scale and secure GenAI systems while understanding the principles of responsible AI Who this book is for This artificial intelligence book is for aspiring cloud architects data analysts cloud developers data scientists AI researchers technical business leaders and technology evangelists looking to understanding the interplay between GenAI and cloud computing Some chapters provide a broad overview of GenAI which are suitable for readers with basic to no prior AI experience aspiring to harness AI s potential Other chapters delve into technical concepts that require intermediate data and AI skills A basic understanding of

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Practical Generative AI with ChatGPT Valentina Alto, 2025-04-25 Transform your professional world with ChatGPT and OpenAI master prompt design to revolutionize development marketing research and enterprise implementation Key Features Turn ChatGPT into your companion for marketing research personal productivity art and coding Learn prompt engineering techniques that deliver consistent relevant and ethical AI powered results Build custom GPTs and assistants tailored to your specific business needs and workflows Purchase of the print or Kindle book includes a free PDF eBook Book Description Practical Generative AI with ChatGPT is your hands on guide to unlocking the full potential of ChatGPT From building AI assistants and mastering prompt engineering to analyzing documents and images and even generating code this book equips you with the skills to integrate generative AI into your workflow Written by a technical architect specializing in AI and intelligent applications this book provides the tools and knowledge you need to streamline tasks enhance productivity and create intelligent solutions You ll learn how to craft precise prompts leverage ChatGPT for daily efficiency and develop custom AI assistants tailored to your needs The chapters show you how to use ChatGPT s multimodal capabilities to generate images with DALL E and even transform images into code This ChatGPT book goes beyond basic interactions by showing you how to design custom GPTs and integrate OpenAI s APIs into your applications You ll explore how businesses use OpenAI models from building AI applications including semantic search to creating an AI roadmap Each chapter is packed with practical examples ensuring you can apply the techniques right away By the end of this book you ll be well equipped to leverage OpenAI s technology for competitive advantage What you will learn Explore the fundamentals of generative AI and GPT models Master prompt engineering to consistently get relevant and reliable outputs from ChatGPT Develop marketing strategies and conduct meaningful A B testing with AI assistance Boost your coding with code generation review and optimization Enhance research with real time knowledge mining Enhance your visual creativity with image generation image understanding and style transfer Design custom GPTs and assistants tailored to specific business functions Discover how enterprises are leveraging large language models for their AI apps Who this book is for This book is ideal for business professionals developers marketers researchers and decision makers who want to leverage AI to enhance productivity No advanced technical background is required for the foundational sections making the content accessible to beginners while later chapters provide depth for technical professionals implementing enterprise solutions If you re seeking practical applications of generative AI in business contexts you ll find immediate actionable value in this book

AI for Everyday IT Chrissy LeMaire, Brandon Abshire, 2025-06-24 Automate and accelerate your everyday IT tasks with instant solutions What if you never had to write another after incident report piece of boilerplate code or a performance review from scratch ever again Use AI tools like ChatGPT Claude Gemini and Copilot right and you ll take back hours of your time and more AI for Everyday IT reveals how you can automate dozens of your daily IT tasks with generative AI In AI for Everyday IT you ll learn how to Write effective

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The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking It s simple it works and you ve been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It s the shoes choosing the right pair and why it s so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and

racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you Walk It Off! Mark Fenton,2002 *Walking to Lose Weight* Susan J.

Campbell,Amazon.com (Firm),2013 Walking is the very foundation of life health and fitness It s natural and primal and it s the easiest thing on the planet to do It s also the most overlooked component of fitness and I feel that s a huge reason why so many people are so overweight these days Weight loss seems like a difficult process Perhaps even one that requires deprivation and discomfort Fortunately that s not the reality at all There s definitely a truth to losing weight it does require some action on your part But the things you do on your weight loss journey don t have to be painful The process of losing weight can actually be fun and enjoyable In the guide *Walking to Lose Weight A 12 Week Walking Workout Plan* you will learn an exact 12 week walking workout plan that you can use to lose weight starting today Each step you take on this plan above and beyond your current activity will move you that much closer to achieving your weight loss goals **Walking**

Casey Meyers,2007-02-27 A GIANT STEP FOR IMPROVING THE HEALTH OF MANKIND Kenneth H Cooper M D M P H It s true walking the primary gait we use every day is actually the safest least expensive and overall most beneficial way to lose weight and improve cardiovascular health Casey Meyers was diagnosed in 1995 at high risk for stroke or heart attack and he has been out daily walking for his life literally Meyers a fit and active 79 has conducted hundreds of walking clinics nationwide In this revised and updated classic he shows you how to achieve a healthier happier life through exercise walking He tells you exactly what you need to know including Benefits weight loss weight maintenance losing fat gaining muscle Walking guidelines how often how far how fast Pacing yourself the stroll brisk walking and aerobic walking Warm ups targeted stretches posture rhythm and stride length Gear shoes socks and athletic dress for all types of weather Safety best times and places for secure exercise walking Lifestyle eating smart yoga meditation Questions and answers the twelve biggest concerns of exercise walkers Walking is unrivaled in depth and breadth truly comprehensive and invaluable for exercise walkers at every level of fitness Easy to follow and practical for people from eight to eighty Publishers Weekly

Walk Away the Pounds Leslie Sansone,2025-05-01 Losing weight has never been easier or more fun than with Leslie Sansone s WALK AWAY THE POUNDS For over twenty five years Leslie has helped more women get off the couch and onto their feet than anyone else in the fitness industry Her secret If you can walk you can achieve the weight loss goals you dream about with none of the intimidation or negative messages that have stopped you from succeeding before Whether you are a beginner or have been walking with Leslie for years whether you are a teen or a senior or somewhere in between you will see results You will lose real weight and keep it off twenty pounds forty sixty or even more All you need is fifteen minutes a day for starters two feet and a willing attitude There is no fancy equipment to buy no fad diet to follow and no fitness club to join The revolutionary program in WALK AWAY THE POUNDS is designed to keep everybody on the path to success especially those who have never been able to complete a weight loss plan before It s a simpler approach to fitness one that can change

your life Leslie's step by step workbook format sets up the program day by day You just wake up flip open the book and follow the directions You'll get a combination of in home walking that's right you can do it right from the comfort of your own living room simple strength training motivational breakthroughs and commonsense advice to help you burn fat tone muscle reduce stress avoid illness shake off the blues and boost your energy level sky high It's never been easier Women all across America have dropped between 20 and 150 pounds with Leslie Sansone Now you can too **Walking and Running**, 1989 Discusses the benefits of running and walking conditioning and the right diet [Walking: Weight Loss with Walking](#) Vernon Macdonald, 2015-06-02 Walking Weight Loss With Walking The Workout Plan That Will Help You Burn Fat And Lose Weight Fast This book contains proven steps and strategies on how to lose weight and improve your health by walking This is an equal opportunity health and weight loss plan a plan for rich and poor alike It doesn't cost anything to change your life You only have to go outside and walk If you let this book inspire you to walk 15 minutes three times per week you'll want to do more The health benefits of walking reach into every part of your body improving your breathing COPD people this will help your heart function your blood pressure your mood and last but certainly not least walking helps you lose weight There is no miracle cure that can help you you must use your own willpower to help yourself Three 15 minute walks a week are all you need to start down the path to health and weight loss In Walking Weight Loss With Walking The Workout Plan That Will Help You Burn Fat And Lose Weight Fast you will learn Why the human body needs to walk Two important pointers for getting started How to step it up for a longer and more intense walking experience How to do sprintwalking a form of wind sprints that will even work for older adults How a program of walking can change your life for the better improving health and bringing weight loss How to develop your personal walking program ACT NOW Click the orange BUY button at the top of this page Then you can immediately begin reading Walking Weight Loss With Walking The Workout Plan That Will Help You Burn Fat And Lose Weight Fast on your Kindle device computer tablet or smartphone **Walk Your Butt Off! (Enhanced Edition)** Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone *Walk to Win* Fred A. Stutman, 2003-01-22 Dr Walk's new bestseller Learn how to walk for health and fitness with this new guide to shopping mall walking Walking is the key to feeling

better without strenuous exercise The Complete Idiot's Guide to Walking For Health Erika Peters,2000-03-01 You re no idiot of course You ve been meaning to get on track to a happier healthier life and you ve heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers The Complete Idiot s Guide to Walking for Health will help you develop a walking program and be with you every step of the way In this Complete Idiot s Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully

Shapewalking Marilyn L. Bach,Lorie Schleck,2003 ShapeWalking goes beyond most fitness walking programs by adding toning and stretching to an aerobic walking regimen Exercisers use their own body weight and portable exercise bands for strength training to help control weight develop muscle and prevent or reverse bone density loss Addressing people of all fitness levels the authors discuss getting started setting attainable goals achieving a target heart rate and toning the most common trouble spots Workouts include an antiosteoporosis workout that strengthens the bones most affected by the disease Completely updated this book also includes current resources photos demonstrating proper form charts for keeping track of progress and safety tips for preventing injuries Walk Your Way to Weight Loss Lindsey P,2014-08-11 Walk Your Way To Weight Loss 2nd edition The Ultimate Guide On How To Lose Weight Burn Fat Stay Thin With Walking Walking is amazingly one of the easiest cheapest and safest ways for you and everyone else to get up and start exercising Health experts all agree that a 30 minute moderate physical activity on most days in a week is a must and walking is one of the best examples around There have been so many reported health benefits of walking like reducing the risks for certain medical conditions heart disease and high blood pressure reducing depression making us much happier and livelier instead helping us all to sleep better at night which is simply what everyone wants these days and of course WEIGHT LOSS Better yet think of walking as an all in one package program with all the amazing health benefits Nothing could be better than this The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being and walking happens to be the easiest and cheapest way to become physically active Simply grab a good pair of shoes and you are all set to brisk walk by the way brisk walking is highly considered an ideal moderate level physical activity your way to weight loss and staying thin forever Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs Here Is A Preview Of What You ll Learn Understanding the Role of Walking in Losing Weight Six Scientific Facts About Walking Why Walk Your Way to Weight Loss Before Starting Your Walking Program Your Walking Form Walking Your Way Towards Weight Loss Walk This Way Walk That Way More Smart Walking Ideas Using Pedometer in Walking to Shape Up and Slim Down Walking to Lose Weight Success Stories Walking Workout Plans and How it Works Additional Facts About Walking Joining a Walking Club Much much more Download your copy today Walk Off

the Weight Lucy Wyndham-Read, 2016-04-25 Lose weight tone up and look younger in just three weeks Walk yourself to the fittest and healthiest version of yourself Walk Off the Weight is a full 21 day plan and has all the advice and guidance you need Simply follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever before Lucy Wyndham Read has used this plan with her clients for many years and she has seen amazing results The before and after photos of her clients will show you what you can achieve by following Lucy s walking workout routine Walking is an amazing exercise that anyone can do and the results are incredible weight loss increased fitness and toned legs arms bottom and thighs The book also contains Lucy s Healthy Anti Aging Plan full of delicious meals and snacks that are easy to prepare and help promote collagen in the skin you will look younger and more radiant Using Walk Off the Weight will be like having Lucy right by your side to help with your training every day And in just 21 days you ll be a new person Fitness Walking Therese Iknoian, 1995 Fitness Walking will show you how to walk your way to better health and fitness No matter what your age or fitness level this colorful easy to use guide will take the guesswork out of working out and show you how to create a walking program tailored to your needs and abilities **Walking** John Stanton, 2010

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