

What is your fitness level?

Beginner Intermediate Advanced

What is your fitness goal?

Lose 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:

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

Openai Walking Workout Compare

Jeff Salvage, Gary Westerfield

Openai Walking Workout Compare:

Mastering OpenAI for Enterprise Sriram Subramanian,2025-03-11 TAGLINE Master OpenAI and Unlock the Future of AI Powered Innovation KEY FEATURES In depth exploration of OpenAI tools models and enterprise use cases Hands on projects with extensive code samples for practical learning Real world case studies with ethical AI insights and best practices

DESCRIPTION OpenAI is transforming industries with cutting edge AI models redefining how businesses operate innovate and compete Mastering OpenAI for Enterprise is your definitive guide to harnessing the power of OpenAI's groundbreaking technologies including GPT models DALL E and more Designed for AI engineers developers and business leaders this book offers an in depth understanding of OpenAI's tools and their real world applications in enterprise settings This hands on guide provides a structured learning path featuring practical code samples step by step implementations and industry case studies that bridge theory with practice Whether you're building intelligent chatbots leveraging AI for automation or exploring generative AI for creative solutions this book equips you with the knowledge and skills to seamlessly integrate OpenAI into your workflows Ethical AI development and responsible implementation are also key themes ensuring that innovation is balanced with accountability As AI continues to evolve at an unprecedented pace mastering OpenAI is no longer optional it's essential The future belongs to those who can effectively leverage these technologies Don't get left behind equip yourself with the expertise needed to stay ahead in the AI revolution WHAT WILL YOU LEARN Gain expertise in OpenAI's models APIs and enterprise applications Build intelligent chatbots and virtual assistants using ChatGPT Implement ethical AI practices for responsible and fair deployment Optimize and deploy OpenAI models for scalable business solutions Analyze real world case studies to drive AI powered innovation Leverage generative AI to automate enhance and transform workflows

WHO IS THIS BOOK FOR This book is tailored for both beginners and experienced professionals looking to harness the power of OpenAI Ideal for application architects developers AI engineers CTOs and technology leaders it provides the essential knowledge and hands on skills needed to integrate OpenAI solutions into enterprise applications effectively

TABLE OF CONTENTS 1 OpenAI Primer 2 Deep Learning Transformers and OpenAI Tools 3 Natural Language Processing with GPTs 4 Computer Vision with DALL E and CLIP 5 Building Chatbots with ChatGPT 6 AI Ethics and Responsible AI 7 Deploying OpenAI Models 8 Case Studies and Best Practices Appendix Retrieval Augmented Generation RAG Index

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 For Fitness Nina Barough,2016-12-06 Discover the benefits of power walking and take simple steps to boost your energy levels with Walking for Fitness Whether you want to include walking in your workout regimen or simply want to be more active and reach the recommended 10 000 steps a day this collection of strategies can help you maximize the benefits of fitness walking Seven 12 week long walking programs target a

range of goals from weight loss to completing a marathon Step by step photographs demonstrate correct techniques and stretching and strengthening exercises are explained to complement your walking program and help you improve your overall well being Now revised and updated Walking for Fitness provides you with everything you need to achieve good health increased vitality and weight loss No matter your age or fitness level make every step count with Walking for Fitness

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

Comparison Between Standing and Walking Recovery from Treadmill Exercise William B. McCafferty,1970

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

Gary Yanker's Walking Workouts Gary Yander,1987-10-01

Walking: Weight Loss Motivation April Stride,2015-07-25 1 Best Seller Find the Motivation to Walk Your Way to Health No matter how much time you spend on your work and family there s no escaping the fact that you have to take care of yourself too Have you ever wished you could get up off the couch and get healthier Don t wait let Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight give you the courage and energy you need to succeed TODAY You ll discover the many benefits of walking both physical and mental Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight helps you understand when and where to walk what to wear and how to get others involved in your healthy habit It gives you the motivation you need to truly succeed

Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight also helps you understand how to get the right nutrition for weight loss If you watch what you eat choose clean foods and hydrate your body you ll see even greater results in your walking habit Learn what slimming foods you can try RIGHT NOW In this book you ll discover an Amazing Workout Plan for Losing Weight and Burning Fat These workouts will strengthen your abs arms and thighs You ll even find out about the After Shower Workout Purchase Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight NOW to find out how this simple and easy exercise can revitalize your life You ll be so glad you did *Walk Like an Athlete* Jeff

Salvage,Gary Westerfield,1996 *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 **The Complete Book of Walking**

Exercisewalking Gary Yanker,1983 *Run:Walk Pace Tables in Minutes/Mile* Kirk Mahoney,2012-07-01 I love the run walk method Hi I m Kirk Mahoney the author of Run Walk Pace Tables in Minutes Kilometer Why did I write this book I love the run walk method I trained for my first marathon with the run walk ratio of 5 1 I now train regularly with people who use ratios of 10 1 5 1 and 3 1 My best average pace in training has been with the 1 1 ratio And my marathon personal best PB came by racing with the 2 1 ratio But before I wrote this book I saw a HUGE gap in the run walk community This gap has been causing a lot of unnecessary confusion and unhappiness This book closes that gap Is the run walk method driving you crazy If you are like me here is why you love the run walk method You get a better workout because you use your muscles

differently You get more variety during a workout or race You get predictable milestones in a race or training session You get more stamina You get fewer injuries Last but not least you can get faster chip times All of this contributes to greater happiness as an endurance athlete and I m all about happier running and walking Unfortunately there has been a gap that has driven many of us run walk athletes crazy Let me talk more about that in a moment Do you prefer guessing folklore driving directions or a map Seriously how do you figure out just the right combination of running and walking on any given day and for any given race or training distance Let s compare it to driving from point A to point B You could guess Some of us have done this at least when we were younger Well let s see If I want to go to the convention center then I guess that I ll start by driving toward downtown and keep looking for the big building along the way You could rely on folklore Many of us have done this A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z and the convention center will be around there somewhere You could use driving directions A lot of us do this now We get driving directions from a GPS unit which can work well until the unit dies suddenly or there is an unexpected obstacle Or we go online enter our starting point and destination and print the directions Still printed directions cannot handle unexpected detours and they give you no sense of the greater territory around say the convention center destination You could use a map I know What s that Yes you have to learn how to read maps You have to locate on a map where you are now and where say the convention center is But a map eliminates guessing and folklore never dies suddenly and gives you options LOTS of options when one route or another is blocked Pace calculators are like driving directions websites Yes you could search the Web and find some run walk pace calculators that will let you enter some variables to get some other variables A pace calculator is like a driving directions website You enter some stuff and it tells you what to do That s fine as far as it goes But what if you were to run into an obstacle Would you know what to do The fact is you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run walk method In contrast pace tables are like maps Now think about a map It gives you the big picture and this gives you LOTS of options to achieve your goal Pace tables are like maps They give you the big picture and lots of options to achieve your goal This book fills the gap of pace tables for the run walk method *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 *Walking and Running*, 1989 Discusses the benefits of running and walking conditioning and the right diet *Walking for Health and Fitness* Frank S Ring, 2020-04-07 Imagine my surprise when walking solved my major health problem Watch my video below for the complete story Are you like me Or should I say like I was in the recent past Injured again from running not exercising due to the injury my body not recovering as quickly as it did when I was younger and feeling a little depressed I needed help to get in shape during the rehab from my back injury I found walking is the easiest way to get in shape and stay in shape Why should you be enthusiastic about Walking for Health and Fitness Walking is free Walking is easy to do Walking is easy on your muscles joints and bones Walking for Health and Fitness gives you specific steps to take to get moving today and keep you moving well into the future Its 170 pages were designed to be read quickly highlight the benefits of walking and most importantly get you out the door walking Each of its 22 chapters ends with Your Next Step a very simple plan of action to follow as you begin your walking exercise Discover the benefits of listening to audiobooks with the FREE DOWNLOAD of the Walking for Health and Fitness Audiobook An investment in yourself Doctor s visits lost time at work and the lessened quality of life due to preventable illness all add up to a significant sum of time and money This book is an investment in yourself What could be better than that Your health happiness and life depend on it There s no question walking is good for you Think about the tortoise and the hare When you take a long term view of the benefits of walking for health and fitness you ll see it makes sense to slow yourself down and to continue to walk for fitness to stay healthy well into old age Also let me show you how to get in shape after 50 The book is organized into 4 sections Getting Started Basic Training Beyond the Basics Mindset Don t become a statistic Health care costs steadily increase with body mass Obesity is one of the biggest drivers of preventable chronic diseases Heart disease and stroke cost America nearly 1 billion a day Low back pain has a major economic impact with total costs related to this condition exceeding 100 billion per year Your Next Step You must decide right now not to become a statistic You have it within yourself to take control of your health After a back injury forced me out of work for four months I began walking for exercise as a way to get in shape Being out in the fresh air feeling the rhythmic movement of the walking stride and using walking meditations to get deeper into my thoughts with a walking meditation As a walker I ve Slowed down and improved my mindset Done Walking meditation Listen and absorbed audiobooks Take pictures Recorded my thoughts into my iPhone

Looked forward to my walks Also I supercharge my walk with bodyweight exercises and I ve used walking to lose weight In contrast when I was a runner and worked out at the gym I d have to get myself psyched up just to get out the door and I usually used the little annoyances in life as an excuse to not work out Walking has worked wonders in my life so let me show you how to get in shape and use walking for exercise to improve your health and fitness Discover how to get in shape the easy way Watch my video below and read the Look inside preview Walk on Frank S Ring [Run:Walk Pace Tables in Minutes/Kilometer](#) Kirk Mahoney,2012-07-01 I love the run walk method Hi I m Kirk Mahoney the author of Run Walk Pace Tables in Minutes Kilometer Why did I write this book I love the run walk method I trained for my first marathon with the run walk ratio of 5 1 I now train regularly with people who use ratios of 10 1 5 1 and 3 1 My best average pace in training has been with the 1 1 ratio And my marathon personal best PB came by racing with the 2 1 ratio But before I wrote this book I saw a HUGE gap in the run walk community This gap has been causing a lot of unnecessary confusion and unhappiness This book closes that gap Is the run walk method driving you crazy If you are like me here is why you love the run walk method You get a better workout because you use your muscles differently You get more variety during a workout or race You get predictable milestones in a race or training session You get more stamina You get fewer injuries Last but not least you can get faster chip times All of this contributes to greater happiness as an endurance athlete and I m all about happier running and walking Unfortunately there has been a gap that has driven many of us run walk athletes crazy Let me talk more about that in a moment Do you prefer guessing folklore driving directions or a map Seriously how do you figure out just the right combination of running and walking on any given day and for any given race or training distance Let s compare it to driving from point A to point B You could guess Some of us have done this at least when we were younger Well let s see If I want to go to the convention center then I guess that I ll start by driving toward downtown and keep looking for the big building along the way You could rely on folklore Many of us have done this A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z and the convention center will be around there somewhere You could use driving directions A lot of us do this now We get driving directions from a GPS unit which can work well until the unit dies suddenly or there is an unexpected obstacle Or we go online enter our starting point and destination and print the directions Still printed directions cannot handle unexpected detours and they give you no sense of the greater territory around say the convention center destination You could use a map I know What s that Yes you have to learn how to read maps You have to locate on a map where you are now and where say the convention center is But a map eliminates guessing and folklore never dies suddenly and gives you options LOTS of options when one route or another is blocked Pace calculators are like driving directions websites Yes you could search the Web and find some run walk pace calculators that will let you enter some variables to get some other variables A pace calculator is like a driving directions website You enter some stuff and it tells you what to do That s fine as far as it goes But what if you were to run into an obstacle Would you

know what to do The fact is you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run walk method In contrast pace tables are like maps Now think about a map It gives you the big picture and this gives you LOTS of options to achieve your goal Pace tables are like maps They give you the big picture and lots of options to achieve your goal This book fills the gap of pace tables for the run walk method

ShapeWalking Marilyn L. Bach,1998-10 Turn any walking routine into a total body workout by adding simple stretches and strength training moves This medically proven easy to follow guide will inspire young and old alike to achieve any health and fitness goal Includes special routines for combating arthritis osteoporosis and heart conditions Over 190 photos progress charts and incentives **Fitness on Foot** Eldin Onsgard,Chris Wells,Eystein Enoksen,2015-05-25 *Fitness Walking For Dummies* ,2011 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it's a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you're already a walking fanatic you'll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program **Gary Yanker's Walking Workouts**
Gary Yanker,1985-11-01

The Enigmatic Realm of **Openai Walking Workout Compare**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Openai Walking Workout Compare** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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