

Building a personalized workout website based on physical condition and integrating an intelligent virtual assistant.

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Abstract: This topic aims to meet the need for improving the quality of experience in using personalized training services via the internet. Our goal is to develop a web system to provide exercise routines tailored to each individual's body characteristics, thereby helping to improve health and athletic performance. To achieve this goal, we apply a research method combining theory and experimentation, including analyzing physique data to design personalized training programs, while integrating features of an intelligent virtual assistant to provide direct support to users. The expected results from this topic will contribute to the field of personal health and physical care, bringing practical benefits to the community.

Keywords: Training website, fitness, smart virtual assistant