

Development of a support system for consultation in bodybuilding training.

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Abstract: This topic aims to determine the necessity of a consultation support system in the field of bodybuilding to improve user efficiency and safety. The objective is to build and deploy a system capable of providing personalized advice based on health data, current activity levels, and specific goals of each user. The research methodology includes collecting information from academic documents, surveying user needs, and experimenting with the built system. The expected result is a practical application solution that optimizes the training process and improves the quality of life for the bodybuilding community.

Keywords: personalized, safe fitness training and consultation support system