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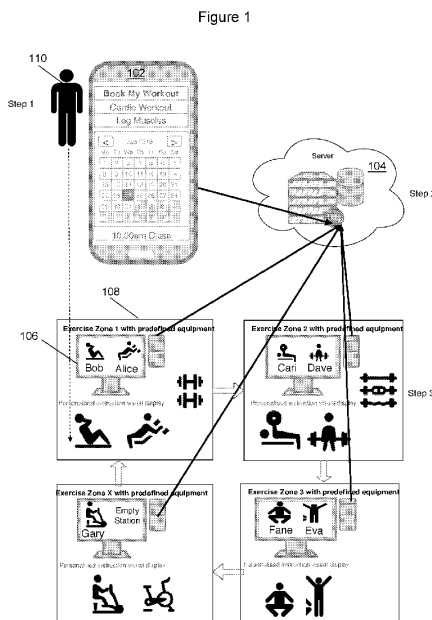
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(54) **Title:** SYSTEMS AND METHODS FOR DELIVERING A PERSONALISED DOSE OF EXERCISE



(57) **Abstract:** Embodiments of the present disclosure provides a system for delivery of a personalised dose of exercise to subjects, comprising a computing device configured to obtain information pertaining to the subjects. The system further includes a fitness program determining device configured to: store information about the subjects; determine a personalised dose of exercise for a subject based on the information of the subject; and schedule the personalised dose of exercise to one or more exercise zones and points in time in a physical gym. The system furthermore includes an instruction device for providing personalised instructions to the subject based on the personalised dose of exercise at the points in time. The personalised instructions includes instructions for performing activities in the exercise zones, an order in which the activities to be performed in the exercise zones, and a workout sequence and a timing in which the exercise zones are to be completed.

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