```
Title:outsourcing training - workout
Sex: Female F Male T Trans T
Require:
Limits:
;New Task by X
show:I've been hired to train
button:Ok
show:train prompt 2
button:Ok
;call limits
;call
show:I've arranged a gym for you
button:Ok
show: Tell me, if you were to squat until you couldn't stand, how many could
you do?
choice:0-20, 21-50, 51+
if: (LASTASK==1)
  settemp1:1
  show:degrading message
fi
if: (LASTASK==2)
  settemp1:2
  show:not great message
fi
if: (LASTASK==3)
  settemp1:3
  show:great start message
fi
button:ok
show:now... I hate to be one to tell you but this is an all women gym
;call limits
settemp2:L_sissy
if: (temp2==5)
  settemp3:Math.floor((Math.random() * 6) + 1)
  ;random number == temp3
  if:(temp3==1)
    show: 80's
  fi
  if:(temp3==2)
    show: yoga pants
  fi
  if:(temp3==3)
    show: tennis dress
  fi
  if:(temp3==4)
    show: leotard
  fi
  if:(temp3==5)
    show: swimsuit
  fi
  if:(temp3==6)
```

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    show: whatever
  fi
fi
show:now go change, and get nice and cute for a picture
choice: ready (7 seconds), I don't have that
if: (LASTASK==1)
  wait:7
  cam:temp
fi:
if: (LASTASK==2)
  show: WHAT! You better adjust your limits. This is unacceptable. Go change
into what you have. You better look like you fit in, and next time I see
you, you better have what I ask.
  ;
else: Go change and let me know when your back and ready for a picture!
  button:ready(7 seconds)
  cam:temp
  show: You look great! Oh this is going to be fun! Off you go
  button:ok
fi:
show: Teacher introduction
button:hi
show:teacher comment
button:ok
show:teacher comment 2
;---------------------gym functions---------------
settemp3:Math.floor((Math.random() * 6) + 1)
;exercise 1 - bridges
if: (temp3==1)
  call:exer1
fi
if: (temp3==2)
  call:exer2
fi
if: (temp3==3)
  call:exer3
fi
if: (temp3==4)
  call:exer4
fi
if: (temp3==5)
  call:exer5
fi
if: (temp3==6)
  call:exer6
fi
;
function:exer1
  show:You are going to be doing _____
  button:I understand
```

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  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
workouts to fit you. I want you to start feeling a slight burn about halfway
through, and on the last rep I want you to barely be able to finish. If you
didn't feel any burn, up your reps. If you hit failure early, lower them.
  wait:60
  button:ready for set two
  wait:7
  cam:temp
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
function:exer2
  show:You are going to be doing _____
  button:I understand
  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
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```
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
workouts to fit you. I want you to start feeling a slight burn about halfway
through, and on the last rep I want you to barely be able to finish. If you
didn't feel any burn, up your reps. If you hit failure early, lower them.
  wait:60
  button:ready for set two
  wait:7
  cam:temp
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
function:exer3
  show:You are going to be doing _____
  button:I understand
  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
```

```
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
workouts to fit you. I want you to start feeling a slight burn about halfway
through, and on the last rep I want you to barely be able to finish. If you
didn't feel any burn, up your reps. If you hit failure early, lower them.
  wait:60
  button:ready for set two
  wait:7
  cam:temp
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
function:exer4
  show:You are going to be doing _____
  button:I understand
  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
```

```
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
workouts to fit you. I want you to start feeling a slight burn about halfway
through, and on the last rep I want you to barely be able to finish. If you
didn't feel any burn, up your reps. If you hit failure early, lower them.
  wait:60
  button:ready for set two
  wait:7
  cam:temp
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
function:exer5
  show:You are going to be doing _____
  button:I understand
  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
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workouts to fit you. I want you to start feeling a slight burn about halfway through, and on the last rep I want you to barely be able to finish. If you didn't feel any burn, up your reps. If you hit failure early, lower them.
```
  wait:60
  button:ready for set two
  wait:7
  cam:temp
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
function:exer6
  show:You are going to be doing _____
  button:I understand
  if: (temp1==1)
    show: Since you are so horribly out of shape, I'm going to make it easy
on you. Do as many reps as you can in 30 seconds, and then take a break. You
will be doing 3 sets of these, so pace yourself. Please don't have a heart
attack on me...
    button:ready to start
  fi
  if: (temp1==2)
    show: Since you are in questionable shape, we are going to make this
easy on you. Keep both feet down and do 15 reps per set. You have unlimited
time, but will be doing 3 total sets so don't wear yourself out. Let me know
when you are ready
    button:ready to start
  fi
  if: (temp1==3)
    show: Since you are in great shape, I want you give me 10 reps on each
leg. The leg you aren't using should be either pointing to the ceiling in
the air above the floor (not touching the floor!) Take all the time you
need, you are to do 3 sets total.
    button:ready to start
  fi:
  show:Great work! Now I'll give you a 60 second break, but if you need more
time, go ahead and take it. An adequate break is key to maximizing your
workout!
  button:ready for my break
  show: Exercise is extremely personal, so it's up to you to adjust these
workouts to fit you. I want you to start feeling a slight burn about halfway
through, and on the last rep I want you to barely be able to finish. If you
didn't feel any burn, up your reps. If you hit failure early, lower them.
  wait:60
  button:ready for set two
  wait:7
  cam:temp
```

```
  button:finished second set
  show:Keep up the good work! Look at that sexy bod! Another break and one
last set
  wait:60
  button:ready for set 3
  show:You got this!
  button:finished set 3
end:
;
;
;
;
;New Command
;
;temp1 = intensity
;
;
;
;
;
;
;
;
;
;
```

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