

# WODify Lite

Functional Fitness Workout Generator

# Wie kann ich abwechslungsreiche WODs für mein CrossFit Training erstellen?

## CrossFit

### WORKOUT OF THE DAY

2 rounds for time of:  
50 alternating dumbbell snatches  
40 dumbbell lunges  
30 lateral burpees over the dumbbell

♀ 35-lb dumbbell  
♂ 50-lb dumbbell



Workout Type

Rx'd

For time:

5 wall walks  
50-calorie row  
5 wall walks  
25 deadlifts  
5 wall walks  
25 cleans  
5 wall walks  
25 snatches  
5 wall walks  
50-calorie row

**Time cap: 20 minutes**

♀ 155-lb (70-kg) deadlift, 85-lb (38-kg) clean, 65-lb (29-kg) snatch  
♂ 225-lb (102-kg) deadlift, 135-lb (61-kg) clean, 95-lb (43-kg) snatch

# Goals

- Automatische Generierung von CrossFit-Workouts
- Workouts abwechslungsreich planen
- Kategorien & CrossFit-Formate berücksichtigen
- Levels berücksichtigen (Beginner, Intermediate, RX)
- Automatische 4-Wochen-Pläne erstellen
- Kleine Visualisierung der Trainingsverteilung entsprechend meiner Workout Kategorien

Umsetzung

DEMO

# Achievements

- Einzel-WODs oder 4-Wochen-Plan automatisch generierbar
- Pie Chart: Verteilung der Kategorien im Plan
- CSV-Struktur flexibel erweiterbar
- User-Interaktion (Yes/No → WOD/Plan)

```
Do you want to create a single WOD? (yes/no): yes
Which category? (classic, conditioning, gymnastics, oly): conditioning

Your WOD - Category: CONDITIONING
Format: EMOM
Duration: 36 minutes
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- Devil's Presses: 10 reps (weight: 22.5/15kg, scaling: scale according to your level)
- Thrusters: 30 reps (weight: n. a., scaling: scale according to your level)
- Air Squats: 25 reps (weight: n. a., scaling: scale according to your level)
- Kettlebell Swings: 30 reps (weight: 24/16kg, scaling: scale according to your level)
- Row: 200 meters (weight: n. a., scaling: scale according to your level)
```

# Benefits

- Spart Zeit bei Workout-Planung
- Vielfalt und Abwechslung beim Training
- Einfacher Einstieg (nur CSV + Python nötig)
- Basis für Erweiterungen (Levels, Benchmarks etc.)
  - auch CSV mit Excel als Basis ist erweiterbar
    - Übungen
    - Gewichte
    - Skalierungen

# Challenges

- Seltsame Kombinationen, z. B.
  - ungerade EMOMS - es gibt kein EMOM 17 Minuten
  - Front- & Back-Squats im selben WOD möglich, so würde man nicht trainieren
- Keine Level (Beginner/Intermediate/Advanced) umgesetzt
- Benchmark-Workouts zu komplex aktuell
- User-Eingabe muss korrekt erfolgen (keine Fehlerabfrage)

```
Do you want to create a single WOD? (yes/no): yes
Which category? (classic, conditioning, gymnastics, oly): gymnastics
```

```
Your WOD - Category: GYMNASTICS
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```
Format: EMOM
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```
Duration: 13 minutes
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- Wall Walks: 8 reps (weight: n. a., scaling: scale according to your level)
- Rope Climbs: 8 reps (weight: n. a., scaling: scale according to your level)
- T2B: 12 reps (weight: n. a., scaling: Knee Raises)
- Ring Dips: 8 reps (weight: n. a., scaling: scale according to your level)
```

```
Advice: Scale reps according to your level, rest 1-2 minutes between rounds
```

# Do Next's

- Visualisierung der Pläne (z. B. Pie Chart, Burpee-Analyse, Zeitdauer, Intensität...)
- Anpassung der Kategorien oder Wiederholungsbereiche
- Smartere Logik für Übungskombinationen
- Erweiterung mit Schwierigkeitsgraden (Levels)
- Integration von Benchmark-Workouts
- Integration in eine Web-App oder mobile App.



# Screenshots

Do you want to create a single WOD? (yes/no): yes

Which category? (classic, conditioning, gymnastics, oly): classic

Your WOD - Category: CLASSIC

Format: AMRAP

Duration: 24 minutes

- 
- Kettlebell Swings: 21 reps (weight: 24/16kg, scaling: scale according to your level)
  - V-ups: 21 reps (weight: n. a., scaling: scale according to your level)
  - Goblet Squats: 12 reps (weight: 24/16kg, scaling: scale according to your level)
  - Rope Climbs: 10 reps (weight: n. a., scaling: scale according to your level)
  - Bike Erg: 9 reps (weight: n. a., scaling: scale according to your level)

Do you want to create a single WOD? (yes/no): yes

Which category? (classic, conditioning, gymnastics, oly): oly

Your WOD - Category: OLY

Format: Find 1RM

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- Benchpress: 1 reps (weight: percentages of 1RM, scaling: scale according to your level)

Advice: Rest 1-2 minutes between sets

Do you want to create a single WOD? (yes/no): no  
4 week plan saved as: 4\_week\_workout\_plan.csv  
4-week plan created and saved!

wod\_generator.py

4\_week\_workout\_plan.csv X

Projektdokumentation.md

pie\_chart.py

4\_week\_workout\_plan.csv

```
1 week,day,category,format,duration,exercise,amount,unit,weight
2 1,1,classic,Rounds For Time,11,Barbell Snatches,9, reps,50/35kg
3 1,1,classic,Rounds For Time,11, Ring Rows,12, reps,n. a.
4 1,1,classic,Rounds For Time,11,Burpee Box Jump Overs,12, reps,n. a.
5 1,1,classic,Rounds For Time,11,Lunges,15, reps,n. a.
6 1,1,classic,Rounds For Time,11,Kettlebell Swings,21, reps,24/16kg
7 1,2,gymnastics,For Quality,15,T2B,8, reps,n. a.
8 1,2,gymnastics,For Quality,15,Pullups,5, reps,n. a.
9 1,2,gymnastics,For Quality,15,Wall Walks,5, reps,n. a.
10 1,2,gymnastics,For Quality,15,Muscle Ups,5, reps,n. a.
11 1,3,oly,5x5,,Power Cleans,5, reps,percentages of 1RM
12 2,1,conditioning,EMOM,35,Lunges,25, reps,n. a.
13 2,1,conditioning,EMOM,35,Farmers Carry,15, reps,24/16kg
14 2,1,conditioning,EMOM,35,Ski Erg,500, meters,n. a.
15 2,1,conditioning,EMOM,35,Situps,10, reps,n. a.
16 2,2,classic,AMRAP,16,Air Squats,21, reps,n. a.
17 2,2,classic,AMRAP,16,Push Jerks,18, reps,50/35kg
18 2,2,classic,AMRAP,16,Box Jumps,10, reps,n. a.
19 2,2,classic,AMRAP,16,Strict Pullups,18, reps,n. a.
20 2,2,classic,AMRAP,16,Devil's Presses,7, reps,22.5/15kg
21 2,3,classic,AMRAP,11,Pushups,9, reps,n. a.
22 2,3,classic,AMRAP,11,Devil's Presses,21, reps,22.5/15kg
23 2,3,classic,AMRAP,11,Barbell Snatches,7, reps,50/35kg
24 2,3,classic,AMRAP,11,Clean & Jerk,15, reps,50/35kg
25 2,3,classic,AMRAP,11,Squat Cleans,10, reps,50/35kg
26 3,1,oly,5x5,,Benchpress,2, reps,percentages of 1RM
27 3,2,gymnastics,EMOM,16,Muscle Ups,3, reps,n. a.
28 3,2,gymnastics,EMOM,16,V-ups,3, reps,n. a.
29 3,2,gymnastics,EMOM,16, Ring Rows,5, reps,n. a.
30 3,2,gymnastics,EMOM,16,Handstand Pushups,8, reps,n. a.
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### Distribution of workout categories

