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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	1
Cardio	Bird dog	Lateral Raises	Legs	Full Body	Parallel Bars or Chair	5	25	Wrist Flexors	Improves balance and leg strength	1152.0	1

2

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Dumbbell rows	Lateral Raises	Shoulders	Upper Chest, Triceps	Resistance Band	5	25	Wrist Extensors	Strengthens core and improves mobility	1306.61	2

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Cardio	Barbell hip thrusts	Lateral Raises	Abs	Upper Back, Rear Deltoids	Step or Box	5	25	Quads	Improves core stability and upper body strength	1726.4	3

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Leg curls	Lateral Raises	Arms	Triceps	Wall	5	24	Grip Strength	Targets obliques and improves core rotation	862.56	4
Yoga	Bird dog	Lateral Raises	Back	Core, Obliques	Parallel Bars or Chair	5	25	Lateral	Strengthens lower abs	844.03	4

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	5
Cardio	Bird dog	Lateral Raises	Legs	Full Body	Parallel Bars or Chair	5	25	Wrist Flexors	Improves balance and leg strength	1152.0	5

6

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Dumbbell rows	Lateral Raises	Shoulders	Upper Chest, Triceps	Resistance Band	5	25	Wrist Extensors	Strengthens core and improves mobility	1306.61	6

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Cardio	Barbell hip thrusts	Lateral Raises	Abs	Upper Back, Rear Deltoids	Step or Box	5	25	Quads	Improves core stability and upper body strength	1726.4	7

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Leg curls	Lateral Raises	Arms	Triceps	Wall	5	24	Grip Strength	Targets obliques and improves core rotation	862.56	8
Yoga	Bird dog	Lateral Raises	Back	Core, Obliques	Parallel Bars or Chair	5	25	Lateral	Strengthens lower abs	844.03	8

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	9
Cardio	Bird dog	Lateral Raises	Legs	Full Body	Parallel Bars or Chair	5	25	Wrist Flexors	Improves balance and leg strength	1152.0	9

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Dumbbell rows	Lateral Raises	Shoulders	Upper Chest, Triceps	Resistance Band	5	25	Wrist Extensors	Strengthens core and improves mobility	1306.61	10

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Cardio	Barbell hip thrusts	Lateral Raises	Abs	Upper Back, Rear Deltoids	Step or Box	5	25	Quads	Improves core stability and upper body strength	1726.4	11

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Leg curls	Lateral Raises	Arms	Triceps	Wall	5	24	Grip Strength	Targets obliques and improves core rotation	862.56	12
Yoga	Bird dog	Lateral Raises	Back	Core, Obliques	Parallel Bars or Chair	5	25	Lateral	Strengthens lower abs	844.03	12

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	13
Cardio	Bird dog	Lateral Raises	Legs	Full Body	Parallel Bars or Chair	5	25	Wrist Flexors	Improves balance and leg strength	1152.0	13