

# **TrainingsSchedule**

A summary of your personal TrainingsSchedule

*by DW-j*

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# 1. Description

This PDF file is a complete summary of your personal TrainingsSchedule by DW-j. This includes an overview of the plan template of your schedule, a summary of the plan, the single days as well as the exercises. Furthermore you will see a graphic overview about all the mentioned elements.

## 2. Plan template

### 2.1 Day 1

ID	Name	Sets	Variations	Goaltype/s
1	Rope	2	-	2
2	Benchpress	4	-	1
3	Pull-Ups	3	Close, weighted; Close, not weighted; Wide, not weighted	1; 2; 2
4	Dips	3	Weighted; Not weighted	1; 2
5	Push-Ups	3	Stepping; Normal, not weighted; Normal, weighted	2; 2; 1
6	Curls, triceps pushdown	3	SZ-Curl; Triceps pushdown; DB-Curl, standing; DB-Curl, incline	1; 1; 1; 1
7	Planks & Sit-Ups	5	-	2

### 2.2 Day 2

ID	Name	Sets	Variations	Goaltype/s
1	Rope	2	-	2
2	Squad	4	-	1
3	Deadlift	4	-	1
4	Latpull	3	Wide; Close	1; 1
5	T-Bar-Row	3	Wide; Close	1; 1
6	Shoulderpress	3	-	1
7	Calfraise	3	-	1

## 3. Plan

### 3.1 Statistics

First workout	02-12-2019
Total days trained	38
Total time trained	48:10 h
Average time trained	76.05 min
Peek training time	95 min
Least training time	60 min
Average body weight	77.53 kg
Peek body weight	80.3 kg
Least body weight	75.1 kg
Sets made	856
Time sets made	87
Reps made	17379

### 3.2 Body weight



## 3.3 Training time



## 4. Days

### 4.1 Day 1

#### 4.1.1 Template

ID	Name	Sets	Variations	Goaltype/s
1	Rope	2	-	2
2	Benchpress	4	-	1
3	Pull-Ups	3	Close, weighted; Close, not weighted; Wide, not weighted	1; 2; 2
4	Dips	3	Weighted; Not weighted	1; 2
5	Push-Ups	3	Stepping; Normal, not weighted; Normal, weighted	2; 2; 1
6	Curls, triceps pushdown	3	SZ-Curl; Triceps pushdown; DB-Curl, standing; DB-Curl, incline	1; 1; 1; 1
7	Planks & Sit-Ups	5	-	2

#### 4.1.2 Statistics

Total days trained	20
Total time trained	24:45 h
Average time trained	74.25 min

## 4.1.3 Days

Day 1, 02-12-2019, body weight: 76.8kg, time: 60min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 150
2	Benchpress	-	70.0kg	8; 8; 5; 4
3	Pull-Ups	Close, not weighted	0.0kg	6; 6; 6
4	Dips	Not weighted	0.0kg	12; 12; 12
5	Push-Ups	Normal, not weighted	0.0kg	25; 20; 20
6	Curls, triceps pushdown	DB-Curl, standing	10.0kg	12; 12; 9
7	Planks & Sit-Ups	-	0.0kg	25; 1:0 m; 25; 1:0 m; 25

Day 1, 07-12-2019, body weight: 78.1kg, time: 60min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 188
2	Benchpress	-	70.0kg	8; 8; 7; 5
3	Pull-Ups	Close, not weighted	0.0kg	7; 7; 6
4	Dips	Not weighted	0.0kg	12; 12; 12
5	Push-Ups	Normal, not weighted	0.0kg	25; 20; 18
6	Curls, triceps pushdown	DB-Curl, incline	12.0kg	10; 8; 8
7	Planks & Sit-Ups	-	0.0kg	1:0 m; 35; 1:0 m; 35; 1:0 m

Day 1, 14-12-2019, body weight: 77.8kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 235
2	Benchpress	-	70.0kg	8; 8; 8; 7
3	Pull-Ups	Close, not weighted	0.0kg	7; 7; 7
4	Dips	Not weighted	0.0kg	14; 14; 12
5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
6	Curls, triceps pushdown	SZ-Curl	33.5kg	12; 8; 7
7	Planks & Sit-Ups	-	0.0kg	30; 1:10 m; 30; 1:10 m; 30

Day 1, 18-12-2019, body weight: 78.2kg, time: 65min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 195
2	Benchpress	-	70.0kg	8; 8; 8; 8
3	Pull-Ups	Close, not weighted	0.0kg	8; 7; 6
4	Dips	Not weighted	0.0kg	14; 14; 12
5	Push-Ups	Normal, weighted	15.0kg	8; 8; 8
6	Curls, triceps pushdown	DB-Curl, standing	10.0kg	12; 12; 12
7	Planks & Sit-Ups	-	0.0kg	1:10 m; 40; 1:10 m; 40; 1:10 m



Day 1, 22-12-2019, body weight: 78.6kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 217
2	Benchpress	-	75.0kg	8; 5; 5; 4
3	Pull-Ups	Wide, not weighted	0.0kg	6; 5; 5
4	Dips	Not weighted	0.0kg	14; 14; 14
5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 19
6	Curls, triceps pushdown	DB-Curl, standing	12.0kg	12; 12; 12
7	Planks & Sit-Ups	-	0.0kg	40; 1:15 m; 40; 1:15 m; 40

Day 1, 28-12-2019, body weight: 79.3kg, time: 65min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 194
2	Benchpress	-	75.0kg	6; 6; 6; 4
3	Pull-Ups	Close, not weighted	0.0kg	8; 8; 7
4	Dips	Not weighted	0.0kg	15; 14; 14
5	Push-Ups	Normal, weighted	15.0kg	10; 10; 10
6	Curls, triceps pushdown	DB-Curl, incline	14.0kg	8; 5; 5
7	Planks & Sit-Ups	-	0.0kg	40; 1:20 m; 40; 1:20 m; 40

Day 1, 03-01-2020, body weight: 79.3kg, time: 65min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 180
2	Benchpress	-	75.0kg	6; 6; 5; 4
3	Pull-Ups	Wide, not weighted	0.0kg	6; 6; 6
4	Dips	Not weighted	0.0kg	15; 15; 15
5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
6	Curls, triceps pushdown	DB-Curl, standing	14.0kg	10; 10; 10
7	Planks & Sit-Ups	-	0.0kg	1:20 m; 45; 1:20 m; 45; 1:20 m

Day 1, 07-01-2020, body weight: 80.3kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 239
2	Benchpress	-	75.0kg	6; 6; 6; 4
3	Pull-Ups	Close, weighted	10.0kg	4; 3; 4
4	Dips	Not weighted	0.0kg	16; 16; 16
5	Push-Ups	Stepping	0.0kg	7; 7; 5
6	Curls, triceps pushdown	SZ-Curl	36.0kg	8; 8; 6
7	Planks & Sit-Ups	-	0.0kg	45; 1:30 m; 45; 1:30 m; 45

Day 1, 18-01-2020, body weight: 78.6kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 240
2	Benchpress	-	80.0kg	6; 6; 4; 3
3	Pull-Ups	Close, not weighted	0.0kg	8; 8; 8
4	Dips	Not weighted	0.0kg	16; 16; 16
5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 20
6	Curls, triceps pushdown	DB-Curl, standing	12.5kg	12; 12; 12
7	Planks & Sit-Ups	-	0.0kg	1:30 m; 50; 1:30 m; 50; 1:30 m

Day 1, 22-01-2020, body weight: 77.4kg, time: 95min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 228
2	Benchpress	-	75.0kg	6; 6; 5; 4
3	Pull-Ups	Wide, not weighted	0.0kg	7; 7; 7
4	Dips	Weighted	10.0kg	7; 7; 6
5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
6	Curls, triceps pushdown	Triceps pushdown	40.0kg	16; 16; 16
7	Planks & Sit-Ups	-	0.0kg	50; 1:35 m; 50; 1:35 m; 50

Day 1, 25-01-2020, body weight: 77.3kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 224
2	Benchpress	-	75.0kg	6; 6; 6; 6
3	Pull-Ups	Close, not weighted	0.0kg	9; 9; 9
4	Dips	Not weighted	0.0kg	17; 16; 16
5	Push-Ups	Normal, weighted	15.0kg	12; 12; 10
6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 9; 8
7	Planks & Sit-Ups	-	0.0kg	1:35 m; 50; 1:35 m; 50; 1:35 m

Day 1, 29-01-2020, body weight: 77.2kg, time: 90min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 226
2	Benchpress	-	77.5kg	6; 6; 6; 5
3	Pull-Ups	Close, weighted	10.0kg	5; 4; 4
4	Dips	Not weighted	0.0kg	17; 17; 17
5	Push-Ups	Normal, not weighted	0.0kg	30; 28; 28
6	Curls, triceps pushdown	SZ-Curl	36.0kg	8; 8; 6
7	Planks & Sit-Ups	-	0.0kg	50; 1:40 m; 50; 1:40 m; 50

Day 1, 01-02-2020, body weight: 76.8kg, time: 95min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 219
2	Benchpress	-	77.5kg	6; 6; 6; 6
3	Pull-Ups	Close, not weighted	0.0kg	10; 8; 9
4	Dips	Not weighted	0.0kg	17; 17; 16
5	Push-Ups	Normal, not weighted	0.0kg	30; 24; 30
6	Curls, triceps pushdown	Triceps pushdown	50.0kg	12; 12; 12
7	Planks & Sit-Ups	-	0.0kg	1:40 m; 55; 1:40 m; 55; 1:40 m

Day 1, 05-02-2020, body weight: 77.0kg, time: 85min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 249
2	Benchpress	-	80.0kg	6; 4; 4; 3
3	Pull-Ups	Close, not weighted	0.0kg	10; 10; 9
4	Dips	Not weighted	0.0kg	18; 17; 17
5	Push-Ups	Normal, not weighted	0.0kg	30; 30; 30
6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 10; 8
7	Planks & Sit-Ups	-	0.0kg	55; 1:45 m; 55; 1:45 m; 55

Day 1, 08-02-2020, body weight: 77.2kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 245
2	Benchpress	-	80.0kg	6; 6; 5; 4
3	Pull-Ups	Wide, not weighted	0.0kg	8; 8; 7
4	Dips	Weighted	10.0kg	10; 9; 8
5	Push-Ups	Normal, weighted	15.0kg	15; 15; 15
6	Curls, triceps pushdown	SZ-Curl	36.5kg	8; 8; 8
7	Planks & Sit-Ups	-	0.0kg	1:45 m; 60; 1:45 m; 60; 1:45 m

Day 1, 11-02-2020, body weight: 77.9kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 221
2	Benchpress	-	80.0kg	6; 6; 6; 5
3	Pull-Ups	Close, not weighted	0.0kg	10; 9; 9
4	Dips	Not weighted	0.0kg	18; 16; 18
5	Push-Ups	Normal, weighted	20.0kg	12; 10; 10
6	Curls, triceps pushdown	Triceps pushdown	50.0kg	16; 16; 13
7	Planks & Sit-Ups	-	0.0kg	60; 1:50 m; 60; 1:50 m; 60

Day 1, 15-02-2020, body weight: 75.8kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 233
2	Benchpress	-	80.0kg	6; 6; 5; 4
3	Pull-Ups	Close, weighted	10.0kg	6; 5; 5
4	Dips	Not weighted	0.0kg	19; 18; 18
5	Push-Ups	Normal, not weighted	0.0kg	35; 32; 28
6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 8; 8
7	Planks & Sit-Ups	-	0.0kg	1:50 m; 60; 1:50 m; 60; 1:50 m

Day 1, 20-02-2020, body weight: 76.2kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 218
2	Benchpress	-	80.0kg	6; 6; 6; 5
3	Pull-Ups	Close, weighted	10.0kg	6; 5; 4
4	Dips	Weighted	10.0kg	10; 10; 8
5	Push-Ups	Normal, not weighted	0.0kg	35; 35; 31
6	Curls, triceps pushdown	SZ-Curl	38.5kg	8; 5; 5
7	Planks & Sit-Ups	-	0.0kg	60; 1:55 m; 60; 1:55 m; 60

Day 1, 25-02-2020, body weight: 75.1kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 240
2	Benchpress	-	80.0kg	6; 6; 6; 4
3	Pull-Ups	Close, not weighted	0.0kg	10; 10; 9
4	Dips	Not weighted	0.0kg	19; 18; 19
5	Push-Ups	Normal, weighted	20.0kg	14; 11; 11
6	Curls, triceps pushdown	Triceps pushdown	50.0kg	16; 16; 16
7	Planks & Sit-Ups	-	0.0kg	60; 2:0 m; 60; 2:0 m; 60

Day 1, 28-02-2020, body weight: 75.4kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 218
2	Benchpress	-	80.0kg	6; 6; 6; 6
3	Pull-Ups	Wide, not weighted	0.0kg	8; 8; 8
4	Dips	Weighted	10.0kg	10; 10; 8
5	Push-Ups	Normal, not weighted	0.0kg	35; 27; 25
6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 10; 8
7	Planks & Sit-Ups	-	0.0kg	2:0 m; 60; 2:0 m; 60; 2:0 m

## 4.2 Day 2

### 4.2.1 Template

ID	Name	Sets	Variations	Goalttype/s
1	Rope	2	-	2
2	Squad	4	-	1
3	Deadlift	4	-	1
4	Latpull	3	Wide; Close	1; 1
5	T-Bar-Row	3	Wide; Close	1; 1
6	Shoulderpress	3	-	1
7	Calfraise	3	-	1

### 4.2.2 Statistics

Total days trained	18
Total time trained	23:25 h
Average time trained	78.06 min

## 4.2.3 Days

Day 2, 03-12-2019, body weight: 77.2kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 150
2	Squad	-	70.0kg	8; 8; 6; 5
3	Deadlift	-	70.0kg	6; 6; 6; 5
4	Latpull	Wide	100.0kg	10; 10; 10
5	T-Bar-Row	Wide	30.0kg	12; 12; 12
6	Shoulderpress	-	30.0kg	12; 12; 12
7	Calfraise	-	60.0kg	15; 15; 15

Day 2, 08-12-2019, body weight: 77.9kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 199
2	Squad	-	70.0kg	8; 8; 8; 8
3	Deadlift	-	70.0kg	6; 6; 6; 6
4	Latpull	Close	110.0kg	12; 12; 12
5	T-Bar-Row	Wide	35.0kg	12; 12; 12
6	Shoulderpress	-	35.0kg	12; 12; 10
7	Calfraise	-	70.0kg	15; 13; 15

Day 2, 15-12-2019, body weight: 77.8kg, time: 85min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 187
2	Squad	-	70.0kg	8; 8; 8; 8
3	Deadlift	-	80.0kg	6; 6; 6; 6
4	Latpull	Close	120.0kg	12; 12; 10
5	T-Bar-Row	Wide	40.0kg	12; 12; 12
6	Shoulderpress	-	35.0kg	12; 12; 12
7	Calfraise	-	80.0kg	12; 12; 12

Day 2, 20-12-2019, body weight: 78.6kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 218
2	Squad	-	75.0kg	8; 8; 8; 8
3	Deadlift	-	85.0kg	5; 5; 5; 5
4	Latpull	Close	120.0kg	12; 12; 10
5	T-Bar-Row	Close	40.0kg	12; 12; 12
6	Shoulderpress	-	40.0kg	12; 7; 6
7	Calfraise	-	70.0kg	8; 8; 10

Day 2, 23-12-2019, body weight: 78.5kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 180
2	Squad	-	80.0kg	6; 6; 6; 6
3	Deadlift	-	90.0kg	5; 5; 5; 3
4	Latpull	Close	120.0kg	12; 12; 12
5	T-Bar-Row	Wide	45.0kg	12; 12; 12
6	Shoulderpress	-	40.0kg	8; 8; 8
7	Calfraise	-	70.0kg	16; 16; 13

Day 2, 30-12-2019, body weight: 79.3kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 179
2	Squad	-	85.0kg	5; 6; 6; 6
3	Deadlift	-	80.0kg	5; 5; 5; 5
4	Latpull	Wide	100.0kg	12; 12; 12
5	T-Bar-Row	Close	45.0kg	12; 12; 12
6	Shoulderpress	-	45.0kg	8; 8; 5
7	Calfraise	-	70.0kg	16; 16; 16

Day 2, 04-01-2020, body weight: 79.9kg, time: 70min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 186
2	Squad	-	85.0kg	6; 6; 6; 6
3	Deadlift	-	85.0kg	5; 5; 5; 5
4	Latpull	Wide	110.0kg	12; 12; 12
5	T-Bar-Row	Wide	50.0kg	12; 12; 12
6	Shoulderpress	-	45.0kg	8; 8; 8
7	Calfraise	-	75.0kg	16; 16; 16

Day 2, 15-01-2020, body weight: 78.2kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 250
2	Squad	-	85.0kg	6; 6; 6; 4
3	Deadlift	-	80.0kg	5; 5; 5; 5
4	Latpull	Wide	120.0kg	12; 12; 12
5	T-Bar-Row	Close	50.0kg	12; 12; 6
6	Shoulderpress	-	50.0kg	7; 5; 4
7	Calfraise	-	70.0kg	12; 12; 16

Day 2, 20-01-2020, body weight: 77.0kg, time: 90min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 253
2	Squad	-	90.0kg	6; 6; 6; 6
3	Deadlift	-	85.0kg	5; 5; 5; 5
4	Latpull	Wide	120.0kg	12; 12; 10
5	T-Bar-Row	Close	50.0kg	12; 12; 12
6	Shoulderpress	-	45.0kg	8; 8; 8
7	Calfraise	-	79.0kg	16; 16; 14

Day 2, 24-01-2020, body weight: 77.2kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 224
2	Squad	-	90.0kg	6; 6; 6; 6
3	Deadlift	-	85.0kg	5; 5; 5; 5
4	Latpull	Close	130.0kg	12; 12; 8
5	T-Bar-Row	Close	55.0kg	12; 7; 5
6	Shoulderpress	-	50.0kg	7; 3; 4
7	Calfraise	-	70.0kg	16; 16; 16

Day 2, 28-01-2020, body weight: 76.6kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 248
2	Squad	-	95.0kg	4; 3; 3; 3
3	Deadlift	-	90.0kg	5; 5; 5; 5
4	Latpull	Wide	120.0kg	12; 12; 10
5	T-Bar-Row	Close	52.5kg	12; 12; 10
6	Shoulderpress	-	47.5kg	8; 6; 4
7	Calfraise	-	80.0kg	16; 12; 12

Day 2, 31-01-2020, body weight: 76.2kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 159
2	Squad	-	95.0kg	5; 4; 3; 3
3	Deadlift	-	90.0kg	5; 5; 5; 5
4	Latpull	Close	130.0kg	12; 12; 11
5	T-Bar-Row	Close	52.5kg	12; 12; 12
6	Shoulderpress	-	47.5kg	8; 7; 4
7	Calfraise	-	80.0kg	16; 14; 14



Day 2, 04-02-2020, body weight: 77.0kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 216
2	Squad	-	95.0kg	5; 5; 3; 4
3	Deadlift	-	95.0kg	5; 5; 5; 5
4	Latpull	Wide	120.0kg	12; 12; 12
5	T-Bar-Row	Close	52.5kg	12; 12; 12
6	Shoulderpress	-	47.5kg	8; 7; 5
7	Calfraise	-	75.0kg	16; 16; 16

Day 2, 07-02-2020, body weight: 77.1kg, time: 80min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 277
2	Squad	-	95.0kg	5; 5; 4; 3
3	Deadlift	-	100.0kg	5; 4; 4; 3
4	Latpull	Close	130.0kg	12; 12; 12
5	T-Bar-Row	Close	52.5kg	10; 10; 10
6	Shoulderpress	-	47.5kg	8; 7; 7
7	Calfraise	-	75.0kg	16; 16; 16

Day 2, 09-02-2020, body weight: 77.7kg, time: 85min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 225
2	Squad	-	95.0kg	5; 5; 5; 5
3	Deadlift	-	100.0kg	5; 5; 4; 4
4	Latpull	Wide	120.0kg	12; 9; 8
5	T-Bar-Row	Close	55.0kg	8; 8; 8
6	Shoulderpress	-	47.5kg	8; 8; 6
7	Calfraise	-	80.0kg	16; 16; 16

Day 2, 12-02-2020, body weight: 77.8kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 212
2	Squad	-	95.0kg	6; 5; 4; 4
3	Deadlift	-	100.0kg	5; 5; 5; 5
4	Latpull	Close	140.0kg	12; 11; 10
5	T-Bar-Row	Close	57.5kg	7; 7; 5
6	Shoulderpress	-	47.5kg	8; 8; 7
7	Calfraise	-	85.0kg	12; 13; 11

Day 2, 18-02-2020, body weight: 76.1kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 247
2	Squad	-	95.0kg	5; 5; 5; 4
3	Deadlift	-	100.0kg	5; 5; 5; 5
4	Latpull	Close	140.0kg	12; 9; 8
5	T-Bar-Row	Close	57.5kg	8; 7; 7
6	Shoulderpress	-	47.5kg	8; 8; 7
7	Calfraise	-	85.0kg	16; 13; 14

Day 2, 27-02-2020, body weight: 75.8kg, time: 75min

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	1:30 m; 206
2	Squad	-	95.0kg	6; 5; 5; 4
3	Deadlift	-	10.0kg	5; 5; 5; 3
4	Latpull	Wide	130.0kg	12; 10; 8
5	T-Bar-Row	Close	57.5kg	8; 8; 8
6	Shoulderpress	-	47.5kg	8; 8; 7
7	Calfraise	-	85.0kg	16; 16; 11

## 5. Exercises

### 5.1 Rope

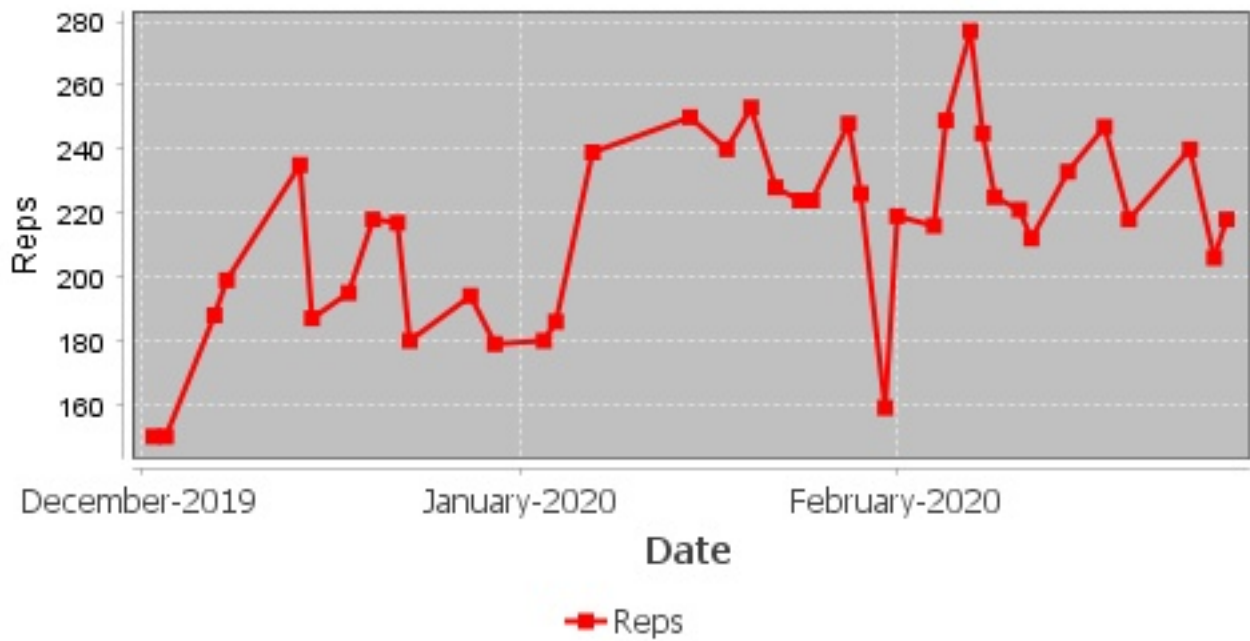
#### 5.1.1 Statistics

Number of performances	38
Peak weight	0.0
Least weight	0.0
Peak reps	277.0
Least reps	150.0
Peak timeset	1:30 m
Least timeset	1:30 m

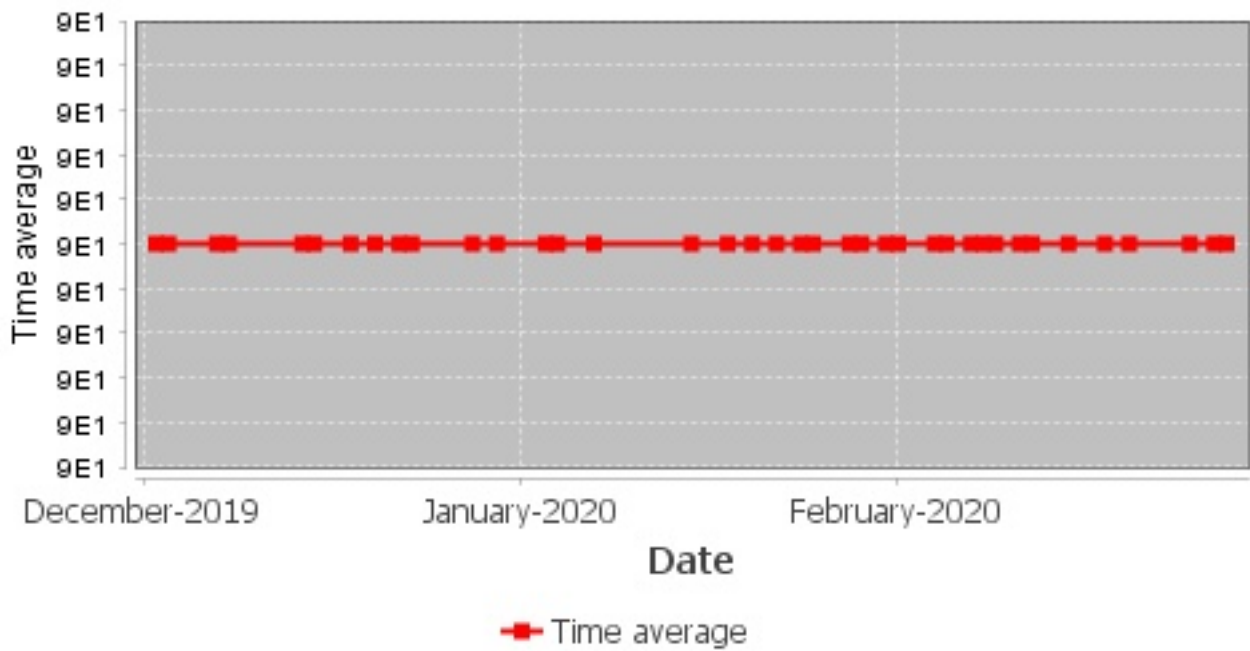
## 5.1.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	1	Rope	-	0.0kg	1:30 m; 150
03-12-2019	1	Rope	-	0.0kg	1:30 m; 150
07-12-2019	1	Rope	-	0.0kg	1:30 m; 188
08-12-2019	1	Rope	-	0.0kg	1:30 m; 199
14-12-2019	1	Rope	-	0.0kg	1:30 m; 235
15-12-2019	1	Rope	-	0.0kg	1:30 m; 187
18-12-2019	1	Rope	-	0.0kg	1:30 m; 195
20-12-2019	1	Rope	-	0.0kg	1:30 m; 218
22-12-2019	1	Rope	-	0.0kg	1:30 m; 217
23-12-2019	1	Rope	-	0.0kg	1:30 m; 180
28-12-2019	1	Rope	-	0.0kg	1:30 m; 194
30-12-2019	1	Rope	-	0.0kg	1:30 m; 179
03-01-2020	1	Rope	-	0.0kg	1:30 m; 180
04-01-2020	1	Rope	-	0.0kg	1:30 m; 186
07-01-2020	1	Rope	-	0.0kg	1:30 m; 239
15-01-2020	1	Rope	-	0.0kg	1:30 m; 250
18-01-2020	1	Rope	-	0.0kg	1:30 m; 240
20-01-2020	1	Rope	-	0.0kg	1:30 m; 253
22-01-2020	1	Rope	-	0.0kg	1:30 m; 228
24-01-2020	1	Rope	-	0.0kg	1:30 m; 224
25-01-2020	1	Rope	-	0.0kg	1:30 m; 224
28-01-2020	1	Rope	-	0.0kg	1:30 m; 248
29-01-2020	1	Rope	-	0.0kg	1:30 m; 226
31-01-2020	1	Rope	-	0.0kg	1:30 m; 159
01-02-2020	1	Rope	-	0.0kg	1:30 m; 219
04-02-2020	1	Rope	-	0.0kg	1:30 m; 216
05-02-2020	1	Rope	-	0.0kg	1:30 m; 249
07-02-2020	1	Rope	-	0.0kg	1:30 m; 277
08-02-2020	1	Rope	-	0.0kg	1:30 m; 245
09-02-2020	1	Rope	-	0.0kg	1:30 m; 225
11-02-2020	1	Rope	-	0.0kg	1:30 m; 221
12-02-2020	1	Rope	-	0.0kg	1:30 m; 212
15-02-2020	1	Rope	-	0.0kg	1:30 m; 233
18-02-2020	1	Rope	-	0.0kg	1:30 m; 247
20-02-2020	1	Rope	-	0.0kg	1:30 m; 218
25-02-2020	1	Rope	-	0.0kg	1:30 m; 240
27-02-2020	1	Rope	-	0.0kg	1:30 m; 206
28-02-2020	1	Rope	-	0.0kg	1:30 m; 218

### 5.1.3 Reps per set average chart



### 5.1.4 Time per timeset average chart



## 5.2 Benchpress

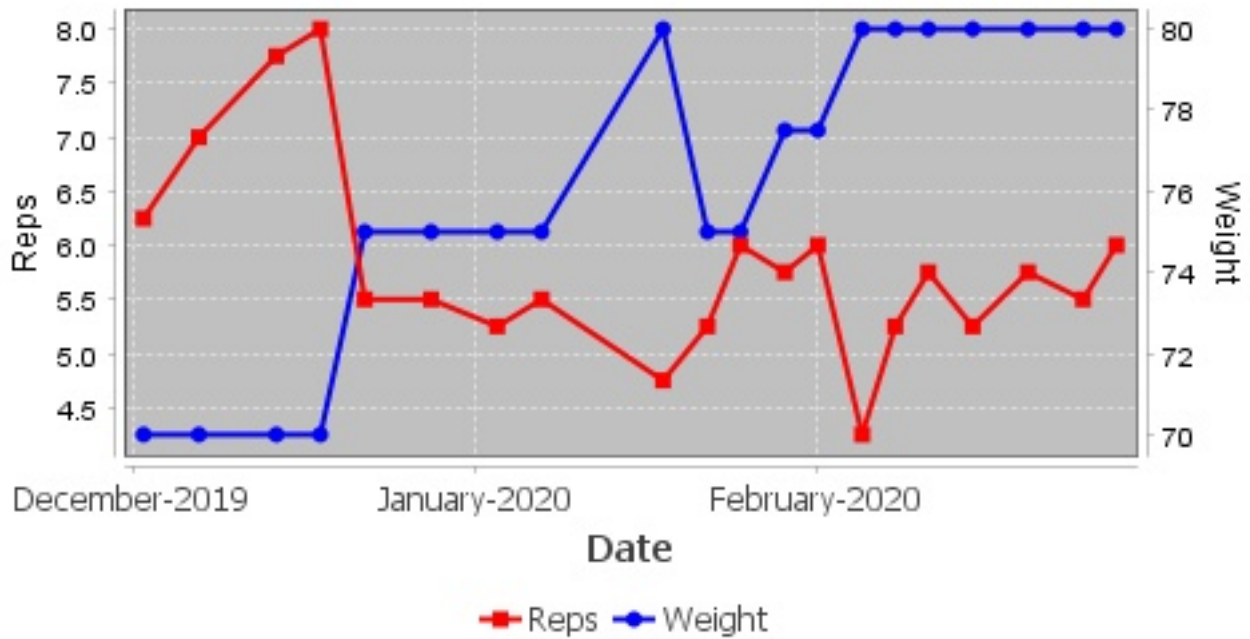
### 5.2.1 Statistics

Number of performances	20
Peak weight	80.0
Least weight	70.0
Peak reps	8.0
Least reps	3.0
Peak timeset	-
Least timeset	-

### 5.2.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	2	Benchpress	-	70.0kg	8; 8; 5; 4
07-12-2019	2	Benchpress	-	70.0kg	8; 8; 7; 5
14-12-2019	2	Benchpress	-	70.0kg	8; 8; 8; 7
18-12-2019	2	Benchpress	-	70.0kg	8; 8; 8; 8
22-12-2019	2	Benchpress	-	75.0kg	8; 5; 5; 4
28-12-2019	2	Benchpress	-	75.0kg	6; 6; 6; 4
03-01-2020	2	Benchpress	-	75.0kg	6; 6; 5; 4
07-01-2020	2	Benchpress	-	75.0kg	6; 6; 6; 4
18-01-2020	2	Benchpress	-	80.0kg	6; 6; 4; 3
22-01-2020	2	Benchpress	-	75.0kg	6; 6; 5; 4
25-01-2020	2	Benchpress	-	75.0kg	6; 6; 6; 6
29-01-2020	2	Benchpress	-	77.5kg	6; 6; 6; 5
01-02-2020	2	Benchpress	-	77.5kg	6; 6; 6; 6
05-02-2020	2	Benchpress	-	80.0kg	6; 4; 4; 3
08-02-2020	2	Benchpress	-	80.0kg	6; 6; 5; 4
11-02-2020	2	Benchpress	-	80.0kg	6; 6; 6; 5
15-02-2020	2	Benchpress	-	80.0kg	6; 6; 5; 4
20-02-2020	2	Benchpress	-	80.0kg	6; 6; 6; 5
25-02-2020	2	Benchpress	-	80.0kg	6; 6; 6; 4
28-02-2020	2	Benchpress	-	80.0kg	6; 6; 6; 6

### 5.2.3 Reps per set average chart



## 5.3 Pull-Ups: Close, weighted

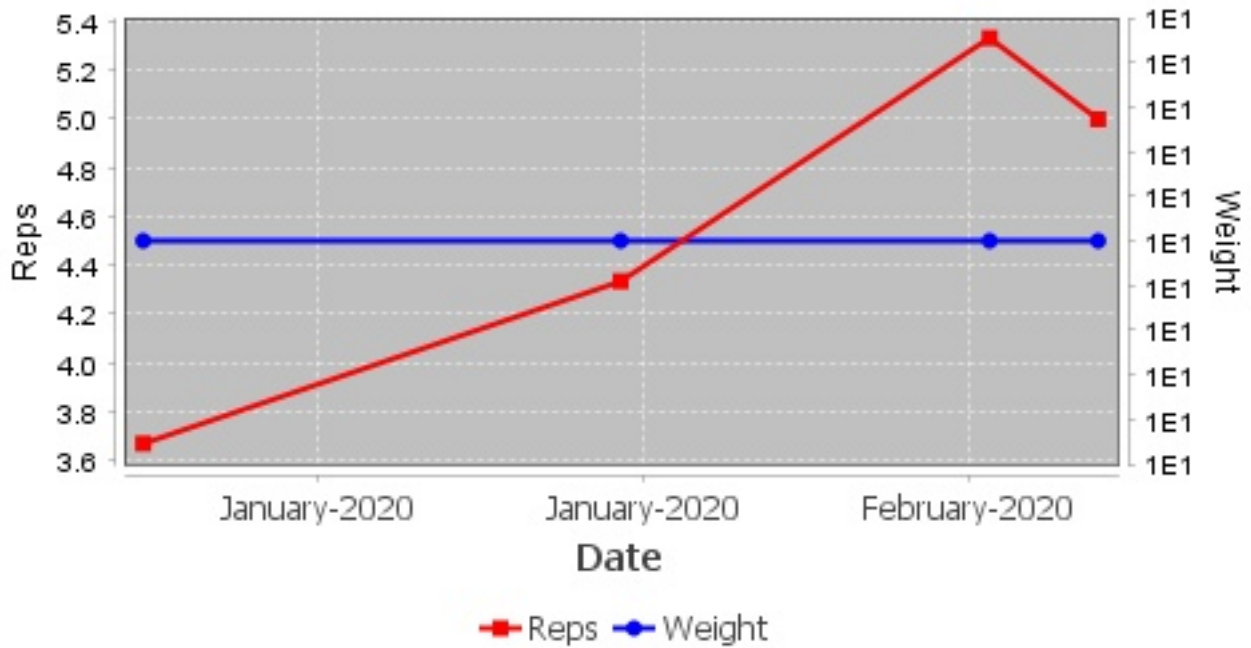
### 5.3.1 Statistics

Number of performances	4
Peak weight	10.0
Least weight	10.0
Peak reps	6.0
Least reps	3.0
Peak timeset	-
Least timeset	-

### 5.3.2 Performances

Date	ID	Name	Variation	Weight	Reps
07-01-2020	3	Pull-Ups	Close, weighted	10.0kg	4; 3; 4
29-01-2020	3	Pull-Ups	Close, weighted	10.0kg	5; 4; 4
15-02-2020	3	Pull-Ups	Close, weighted	10.0kg	6; 5; 5
20-02-2020	3	Pull-Ups	Close, weighted	10.0kg	6; 5; 4

### 5.3.3 Reps per set average chart



## 5.4 Pull-Ups: Close, not weighted

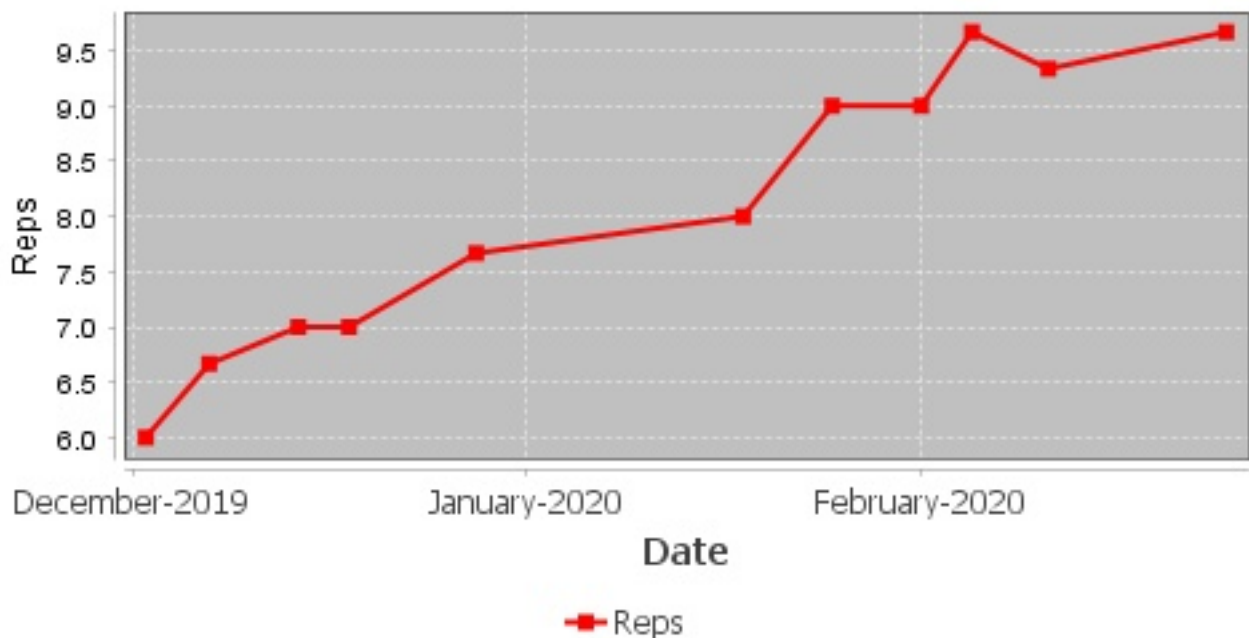
### 5.4.1 Statistics

Number of performances	11
Peak weight	0.0
Least weight	0.0
Peak reps	10.0
Least reps	6.0
Peak timeset	-
Least timeset	-

## 5.4.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	3	Pull-Ups	Close, not weighted	0.0kg	6; 6; 6
07-12-2019	3	Pull-Ups	Close, not weighted	0.0kg	7; 7; 6
14-12-2019	3	Pull-Ups	Close, not weighted	0.0kg	7; 7; 7
18-12-2019	3	Pull-Ups	Close, not weighted	0.0kg	8; 7; 6
28-12-2019	3	Pull-Ups	Close, not weighted	0.0kg	8; 8; 7
18-01-2020	3	Pull-Ups	Close, not weighted	0.0kg	8; 8; 8
25-01-2020	3	Pull-Ups	Close, not weighted	0.0kg	9; 9; 9
01-02-2020	3	Pull-Ups	Close, not weighted	0.0kg	10; 8; 9
05-02-2020	3	Pull-Ups	Close, not weighted	0.0kg	10; 10; 9
11-02-2020	3	Pull-Ups	Close, not weighted	0.0kg	10; 9; 9
25-02-2020	3	Pull-Ups	Close, not weighted	0.0kg	10; 10; 9

## 5.4.3 Reps per set average chart





## 5.5 Pull-Ups: Wide, not weighted

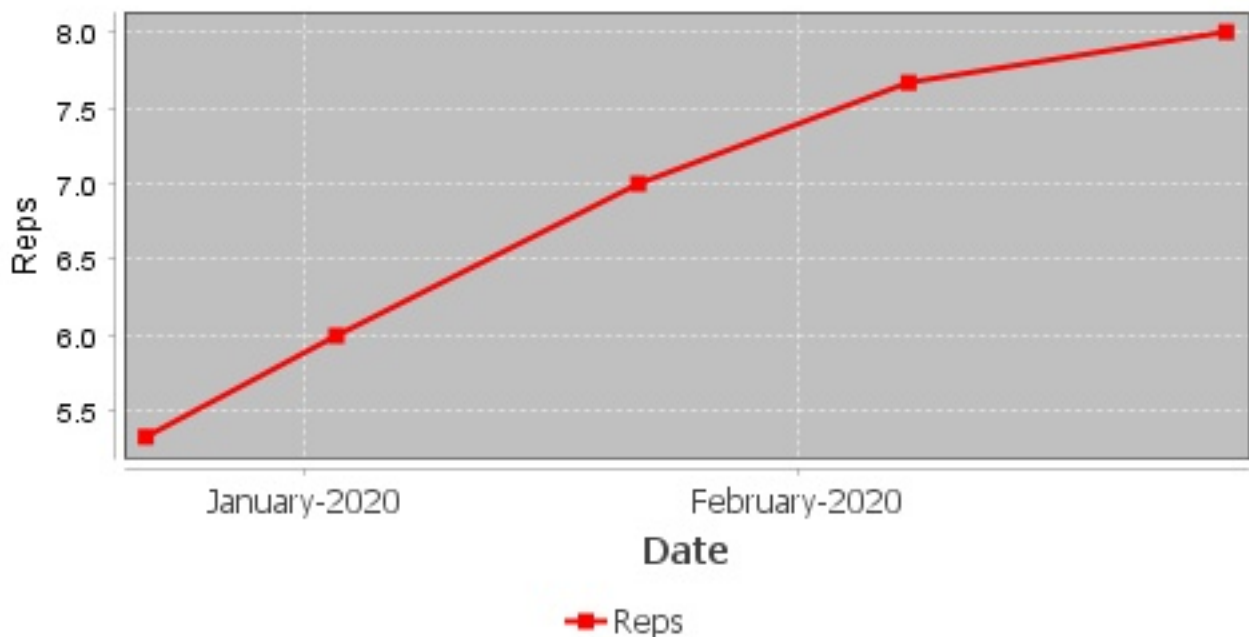
### 5.5.1 Statistics

Number of performances	5
Peak weight	0.0
Least weight	0.0
Peak reps	8.0
Least reps	5.0
Peak timeset	-
Least timeset	-

### 5.5.2 Performances

Date	ID	Name	Variation	Weight	Reps
22-12-2019	3	Pull-Ups	Wide, not weighted	0.0kg	6; 5; 5
03-01-2020	3	Pull-Ups	Wide, not weighted	0.0kg	6; 6; 6
22-01-2020	3	Pull-Ups	Wide, not weighted	0.0kg	7; 7; 7
08-02-2020	3	Pull-Ups	Wide, not weighted	0.0kg	8; 8; 7
28-02-2020	3	Pull-Ups	Wide, not weighted	0.0kg	8; 8; 8

### 5.5.3 Reps per set average chart



## 5.6 Dips: Weighted

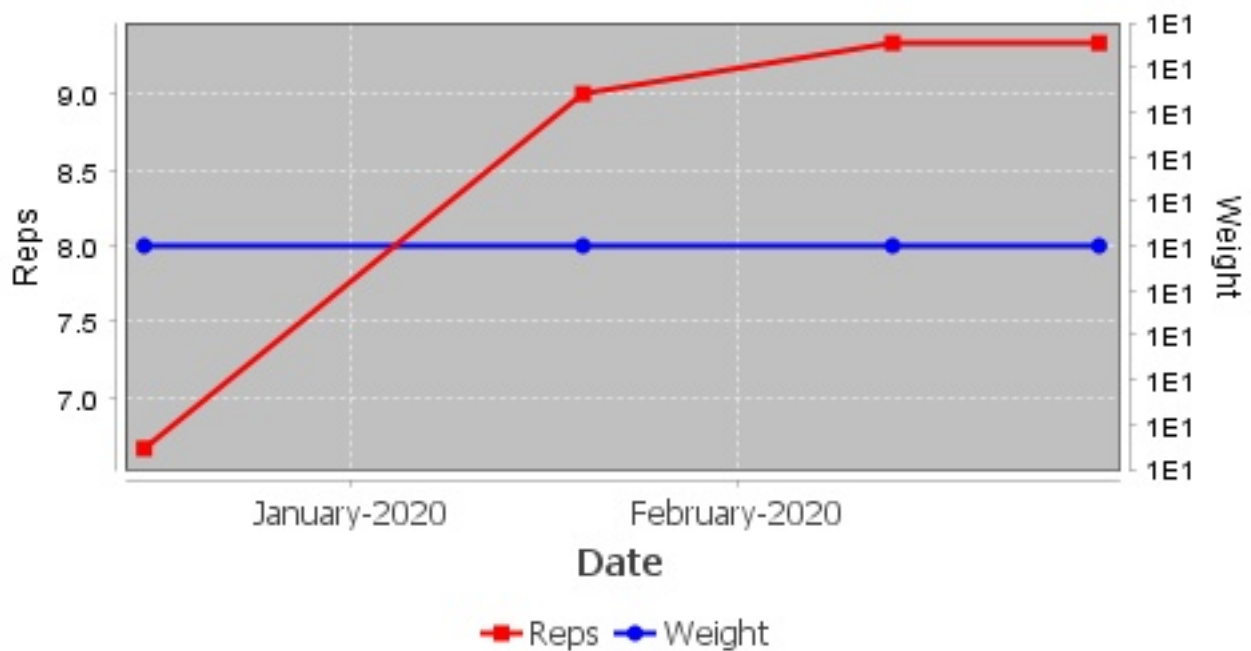
### 5.6.1 Statistics

Number of performances	4
Peak weight	10.0
Least weight	10.0
Peak reps	10.0
Least reps	6.0
Peak timeset	-
Least timeset	-

### 5.6.2 Performances

Date	ID	Name	Variation	Weight	Reps
22-01-2020	4	Dips	Weighted	10.0kg	7; 7; 6
08-02-2020	4	Dips	Weighted	10.0kg	10; 9; 8
20-02-2020	4	Dips	Weighted	10.0kg	10; 10; 8
28-02-2020	4	Dips	Weighted	10.0kg	10; 10; 8

### 5.6.3 Reps per set average chart



## 5.7 Dips: Not weighted

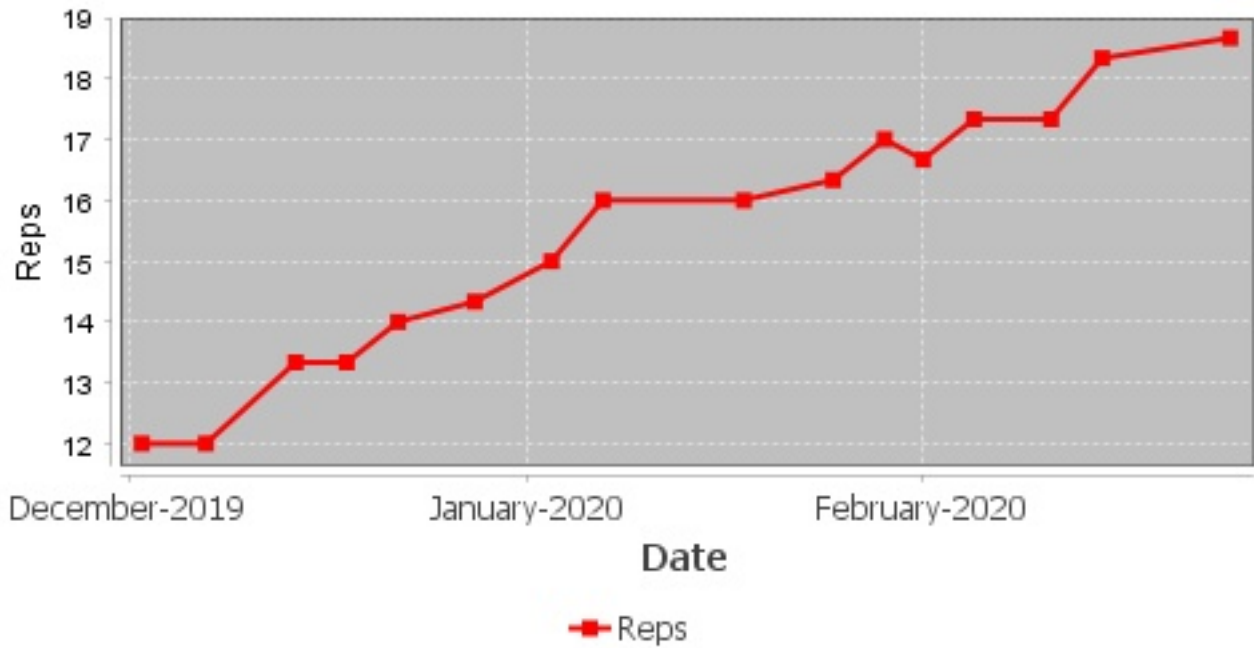
### 5.7.1 Statistics

Number of performances	16
Peak weight	0.0
Least weight	0.0
Peak reps	19.0
Least reps	12.0
Peak timeset	-
Least timeset	-

### 5.7.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	4	Dips	Not weighted	0.0kg	12; 12; 12
07-12-2019	4	Dips	Not weighted	0.0kg	12; 12; 12
14-12-2019	4	Dips	Not weighted	0.0kg	14; 14; 12
18-12-2019	4	Dips	Not weighted	0.0kg	14; 14; 12
22-12-2019	4	Dips	Not weighted	0.0kg	14; 14; 14
28-12-2019	4	Dips	Not weighted	0.0kg	15; 14; 14
03-01-2020	4	Dips	Not weighted	0.0kg	15; 15; 15
07-01-2020	4	Dips	Not weighted	0.0kg	16; 16; 16
18-01-2020	4	Dips	Not weighted	0.0kg	16; 16; 16
25-01-2020	4	Dips	Not weighted	0.0kg	17; 16; 16
29-01-2020	4	Dips	Not weighted	0.0kg	17; 17; 17
01-02-2020	4	Dips	Not weighted	0.0kg	17; 17; 16
05-02-2020	4	Dips	Not weighted	0.0kg	18; 17; 17
11-02-2020	4	Dips	Not weighted	0.0kg	18; 16; 18
15-02-2020	4	Dips	Not weighted	0.0kg	19; 18; 18
25-02-2020	4	Dips	Not weighted	0.0kg	19; 18; 19

### 5.7.3 Reps per set average chart



## 5.8 Push-Ups: Stepping

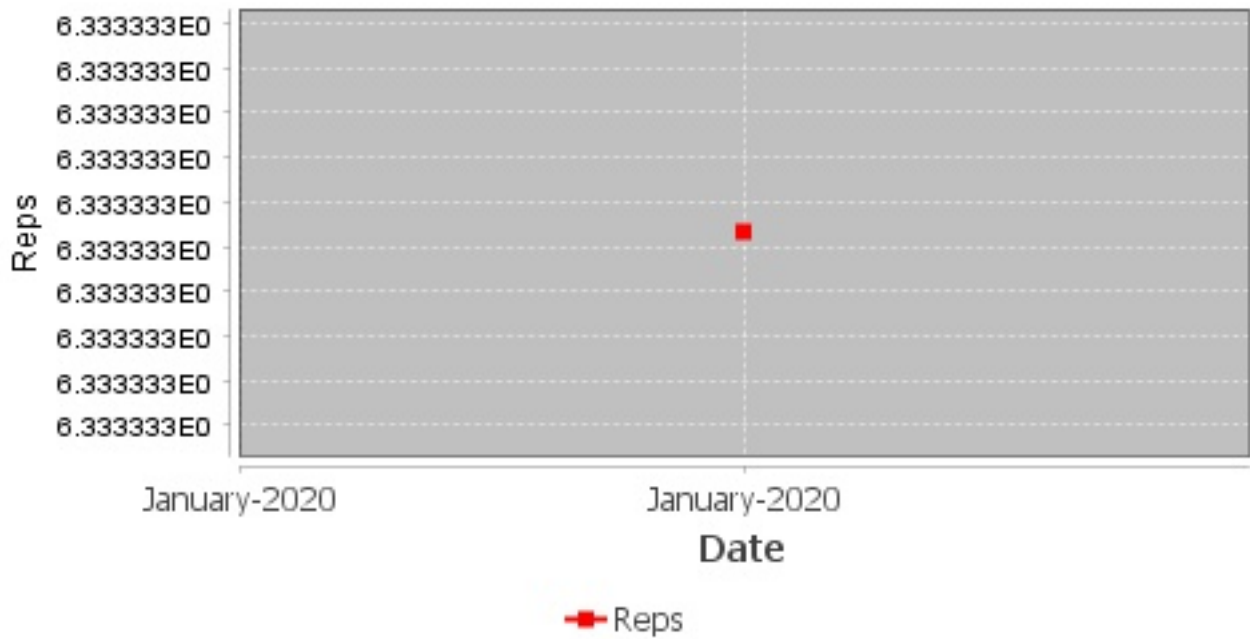
### 5.8.1 Statistics

Number of performances	1
Peak weight	0.0
Least weight	0.0
Peak reps	7.0
Least reps	5.0
Peak timeset	-
Least timeset	-

### 5.8.2 Performances

Date	ID	Name	Variation	Weight	Reps
07-01-2020	5	Push-Ups	Stepping	0.0kg	7; 7; 5

### 5.8.3 Reps per set average chart



## 5.9 Push-Ups: Normal, not weighted

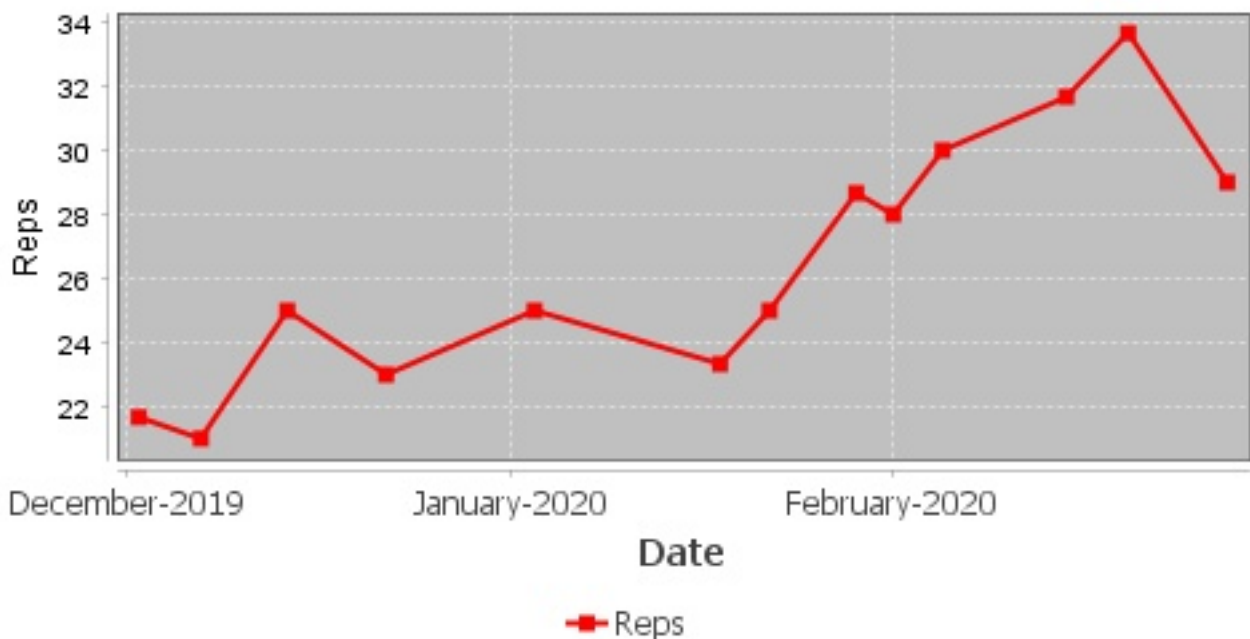
### 5.9.1 Statistics

Number of performances	13
Peak weight	0.0
Least weight	0.0
Peak reps	35.0
Least reps	18.0
Peak timeset	-
Least timeset	-

## 5.9.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	5	Push-Ups	Normal, not weighted	0.0kg	25; 20; 20
07-12-2019	5	Push-Ups	Normal, not weighted	0.0kg	25; 20; 18
14-12-2019	5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
22-12-2019	5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 19
03-01-2020	5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
18-01-2020	5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 20
22-01-2020	5	Push-Ups	Normal, not weighted	0.0kg	25; 25; 25
29-01-2020	5	Push-Ups	Normal, not weighted	0.0kg	30; 28; 28
01-02-2020	5	Push-Ups	Normal, not weighted	0.0kg	30; 24; 30
05-02-2020	5	Push-Ups	Normal, not weighted	0.0kg	30; 30; 30
15-02-2020	5	Push-Ups	Normal, not weighted	0.0kg	35; 32; 28
20-02-2020	5	Push-Ups	Normal, not weighted	0.0kg	35; 35; 31
28-02-2020	5	Push-Ups	Normal, not weighted	0.0kg	35; 27; 25

## 5.9.3 Reps per set average chart



## 5.10 Push-Ups: Normal, weighted

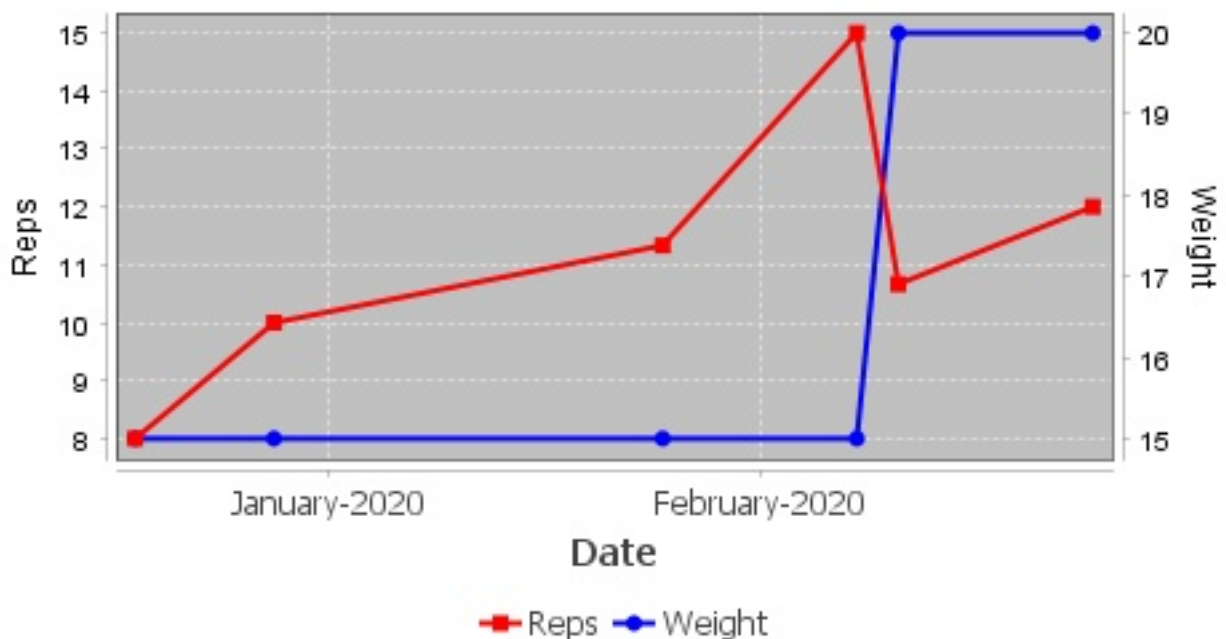
### 5.10.1 Statistics

Number of performances	6
Peak weight	20.0
Least weight	15.0
Peak reps	15.0
Least reps	8.0
Peak timeset	-
Least timeset	-

### 5.10.2 Performances

Date	ID	Name	Variation	Weight	Reps
18-12-2019	5	Push-Ups	Normal, weighted	15.0kg	8; 8; 8
28-12-2019	5	Push-Ups	Normal, weighted	15.0kg	10; 10; 10
25-01-2020	5	Push-Ups	Normal, weighted	15.0kg	12; 12; 10
08-02-2020	5	Push-Ups	Normal, weighted	15.0kg	15; 15; 15
11-02-2020	5	Push-Ups	Normal, weighted	20.0kg	12; 10; 10
25-02-2020	5	Push-Ups	Normal, weighted	20.0kg	14; 11; 11

### 5.10.3 Reps per set average chart



## 5.11 Curls, triceps pushdown: SZ-Curl

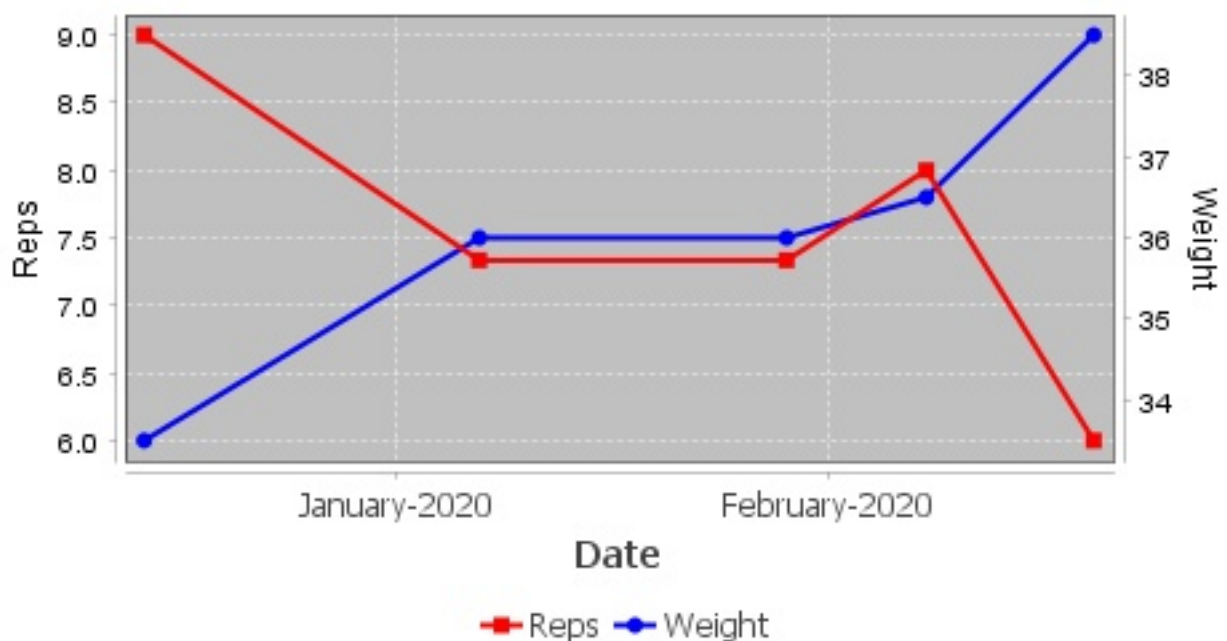
### 5.11.1 Statistics

Number of performances	5
Peak weight	38.5
Least weight	33.5
Peak reps	12.0
Least reps	5.0
Peak timeset	-
Least timeset	-

### 5.11.2 Performances

Date	ID	Name	Variation	Weight	Reps
14-12-2019	6	Curls, triceps pushdown	SZ-Curl	33.5kg	12; 8; 7
07-01-2020	6	Curls, triceps pushdown	SZ-Curl	36.0kg	8; 8; 6
29-01-2020	6	Curls, triceps pushdown	SZ-Curl	36.0kg	8; 8; 6
08-02-2020	6	Curls, triceps pushdown	SZ-Curl	36.5kg	8; 8; 8
20-02-2020	6	Curls, triceps pushdown	SZ-Curl	38.5kg	8; 5; 5

### 5.11.3 Reps per set average chart





## 5.12 Curls, triceps pushdown: Triceps pushdown

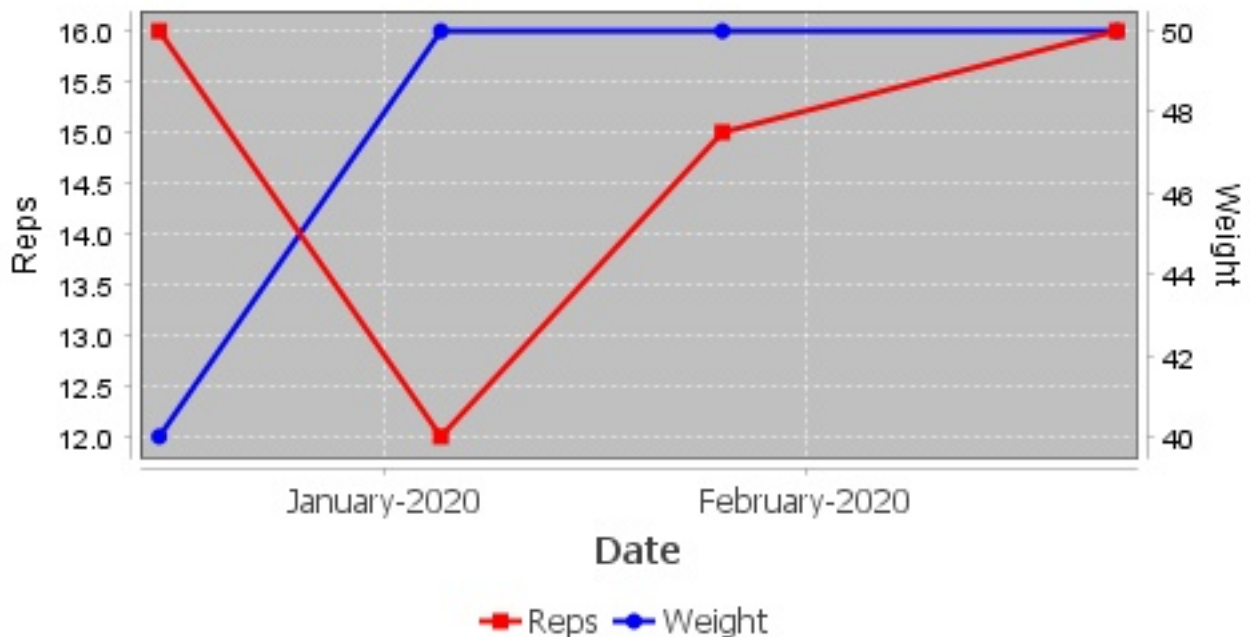
### 5.12.1 Statistics

Number of performances	4
Peak weight	50.0
Least weight	40.0
Peak reps	16.0
Least reps	12.0
Peak timeset	-
Least timeset	-

### 5.12.2 Performances

Date	ID	Name	Variation	Weight	Reps
22-01-2020	6	Curls, triceps pushdown	Triceps pushdown	40.0kg	16; 16; 16
01-02-2020	6	Curls, triceps pushdown	Triceps pushdown	50.0kg	12; 12; 12
11-02-2020	6	Curls, triceps pushdown	Triceps pushdown	50.0kg	16; 16; 13
25-02-2020	6	Curls, triceps pushdown	Triceps pushdown	50.0kg	16; 16; 16

### 5.12.3 Reps per set average chart



## 5.13 Curls, triceps pushdown: DB-Curl, standing

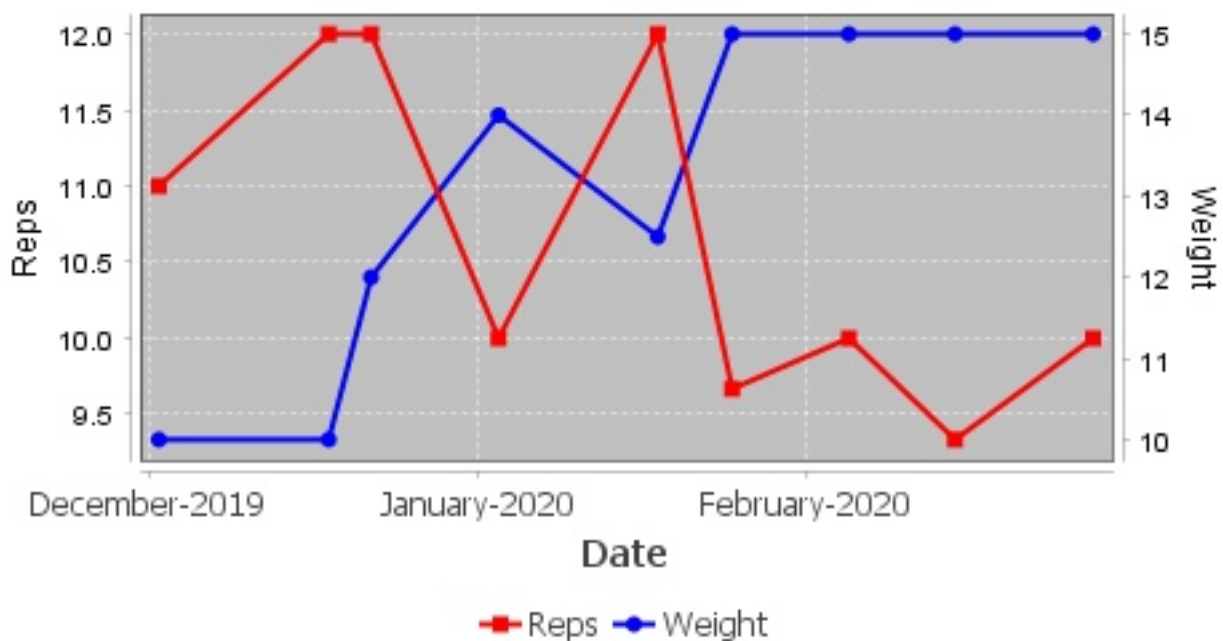
### 5.13.1 Statistics

Number of performances	9
Peak weight	15.0
Least weight	10.0
Peak reps	12.0
Least reps	8.0
Peak timeset	-
Least timeset	-

### 5.13.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	6	Curls, triceps pushdown	DB-Curl, standing	10.0kg	12; 12; 9
18-12-2019	6	Curls, triceps pushdown	DB-Curl, standing	10.0kg	12; 12; 12
22-12-2019	6	Curls, triceps pushdown	DB-Curl, standing	12.0kg	12; 12; 12
03-01-2020	6	Curls, triceps pushdown	DB-Curl, standing	14.0kg	10; 10; 10
18-01-2020	6	Curls, triceps pushdown	DB-Curl, standing	12.5kg	12; 12; 12
25-01-2020	6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 9; 8
05-02-2020	6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 10; 8
15-02-2020	6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 8; 8
28-02-2020	6	Curls, triceps pushdown	DB-Curl, standing	15.0kg	12; 10; 8

### 5.13.3 Reps per set average chart



## 5.14 Curls, triceps pushdown: DB-Curl, incline

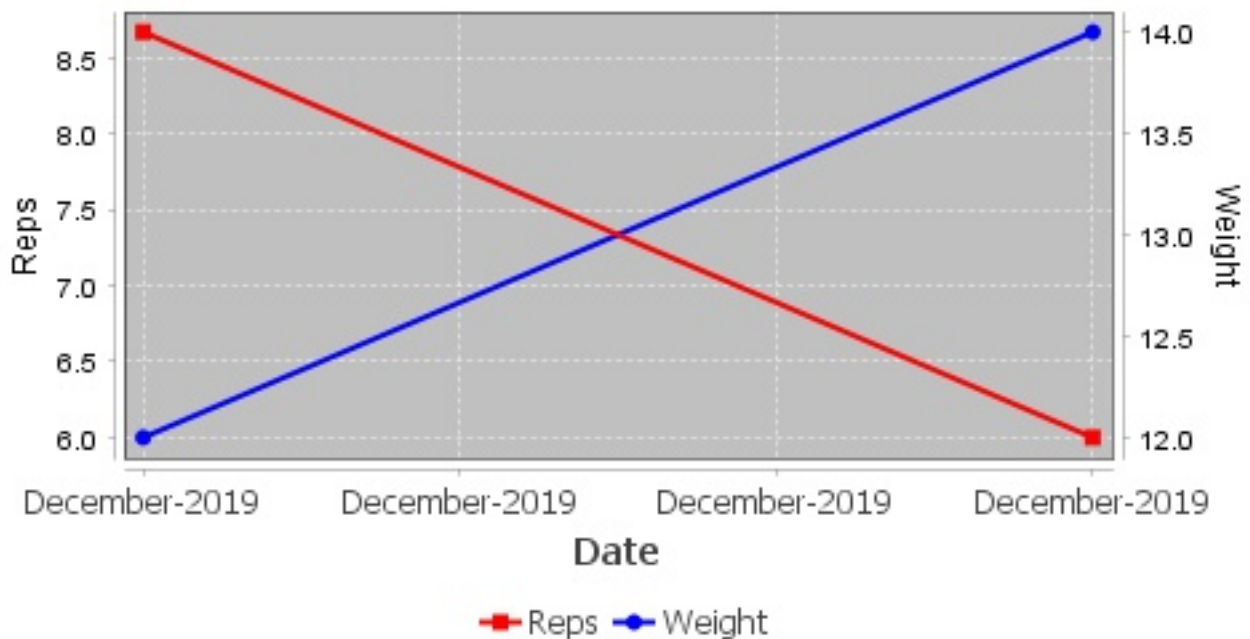
### 5.14.1 Statistics

Number of performances	2
Peak weight	14.0
Least weight	12.0
Peak reps	10.0
Least reps	5.0
Peak timeset	-
Least timeset	-

### 5.14.2 Performances

Date	ID	Name	Variation	Weight	Reps
07-12-2019	6	Curls, triceps pushdown	DB-Curl, incline	12.0kg	10; 8; 8
28-12-2019	6	Curls, triceps pushdown	DB-Curl, incline	14.0kg	8; 5; 5

### 5.14.3 Reps per set average chart



## 5.15 Planks & Sit-Ups

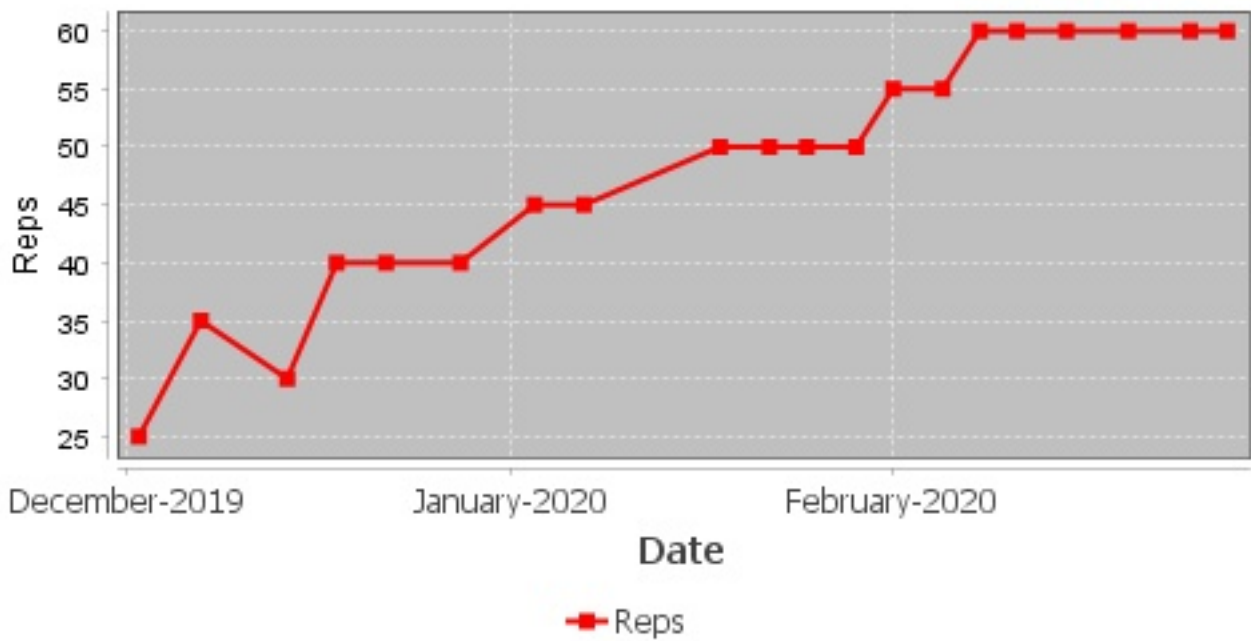
### 5.15.1 Statistics

Number of performances	20
Peak weight	0.0
Least weight	0.0
Peak reps	60.0
Least reps	25.0
Peak timeset	2:0 m
Least timeset	1:0 m

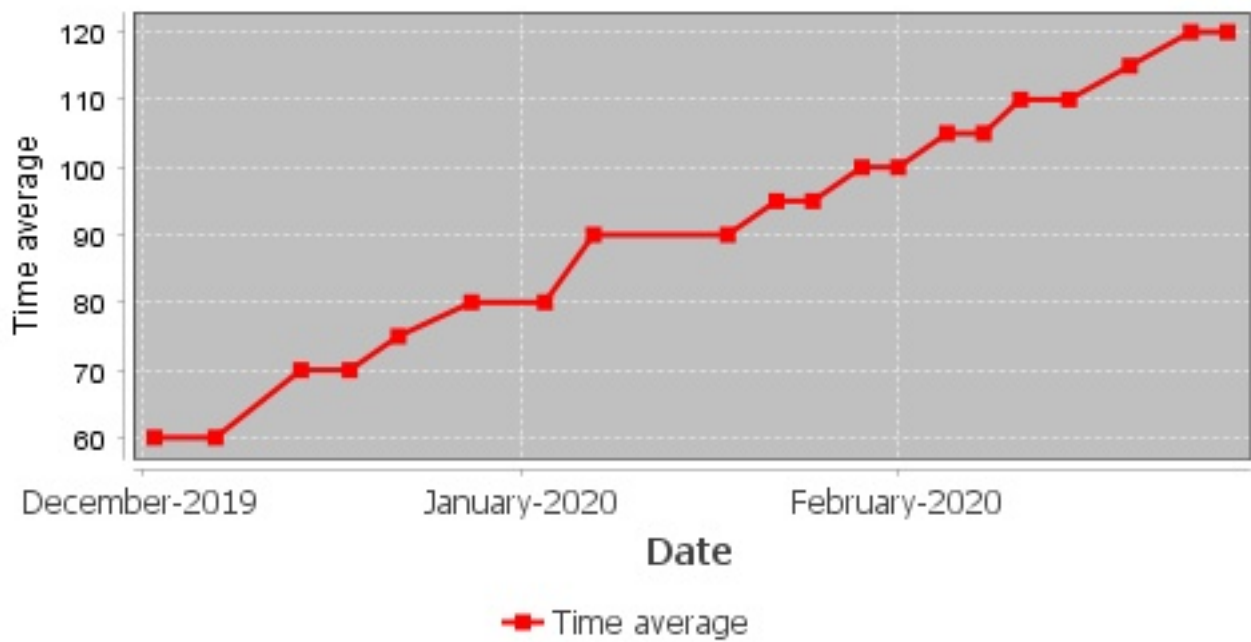
## 5.15.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	7	Planks & Sit-Ups	-	0.0kg	25; 1:0 m; 25; 1:0 m; 25
07-12-2019	7	Planks & Sit-Ups	-	0.0kg	1:0 m; 35; 1:0 m; 35; 1:0 m
14-12-2019	7	Planks & Sit-Ups	-	0.0kg	30; 1:10 m; 30; 1:10 m; 30
18-12-2019	7	Planks & Sit-Ups	-	0.0kg	1:10 m; 40; 1:10 m; 40; 1:10 m
22-12-2019	7	Planks & Sit-Ups	-	0.0kg	40; 1:15 m; 40; 1:15 m; 40
28-12-2019	7	Planks & Sit-Ups	-	0.0kg	40; 1:20 m; 40; 1:20 m; 40
03-01-2020	7	Planks & Sit-Ups	-	0.0kg	1:20 m; 45; 1:20 m; 45; 1:20 m
07-01-2020	7	Planks & Sit-Ups	-	0.0kg	45; 1:30 m; 45; 1:30 m; 45
18-01-2020	7	Planks & Sit-Ups	-	0.0kg	1:30 m; 50; 1:30 m; 50; 1:30 m
22-01-2020	7	Planks & Sit-Ups	-	0.0kg	50; 1:35 m; 50; 1:35 m; 50
25-01-2020	7	Planks & Sit-Ups	-	0.0kg	1:35 m; 50; 1:35 m; 50; 1:35 m
29-01-2020	7	Planks & Sit-Ups	-	0.0kg	50; 1:40 m; 50; 1:40 m; 50
01-02-2020	7	Planks & Sit-Ups	-	0.0kg	1:40 m; 55; 1:40 m; 55; 1:40 m
05-02-2020	7	Planks & Sit-Ups	-	0.0kg	55; 1:45 m; 55; 1:45 m; 55
08-02-2020	7	Planks & Sit-Ups	-	0.0kg	1:45 m; 60; 1:45 m; 60; 1:45 m
11-02-2020	7	Planks & Sit-Ups	-	0.0kg	60; 1:50 m; 60; 1:50 m; 60
15-02-2020	7	Planks & Sit-Ups	-	0.0kg	1:50 m; 60; 1:50 m; 60; 1:50 m
20-02-2020	7	Planks & Sit-Ups	-	0.0kg	60; 1:55 m; 60; 1:55 m; 60
25-02-2020	7	Planks & Sit-Ups	-	0.0kg	60; 2:0 m; 60; 2:0 m; 60
28-02-2020	7	Planks & Sit-Ups	-	0.0kg	2:0 m; 60; 2:0 m; 60; 2:0 m

### 5.15.3 Reps per set average chart



### 5.15.4 Time per timeset average chart



## 5.16 Squad

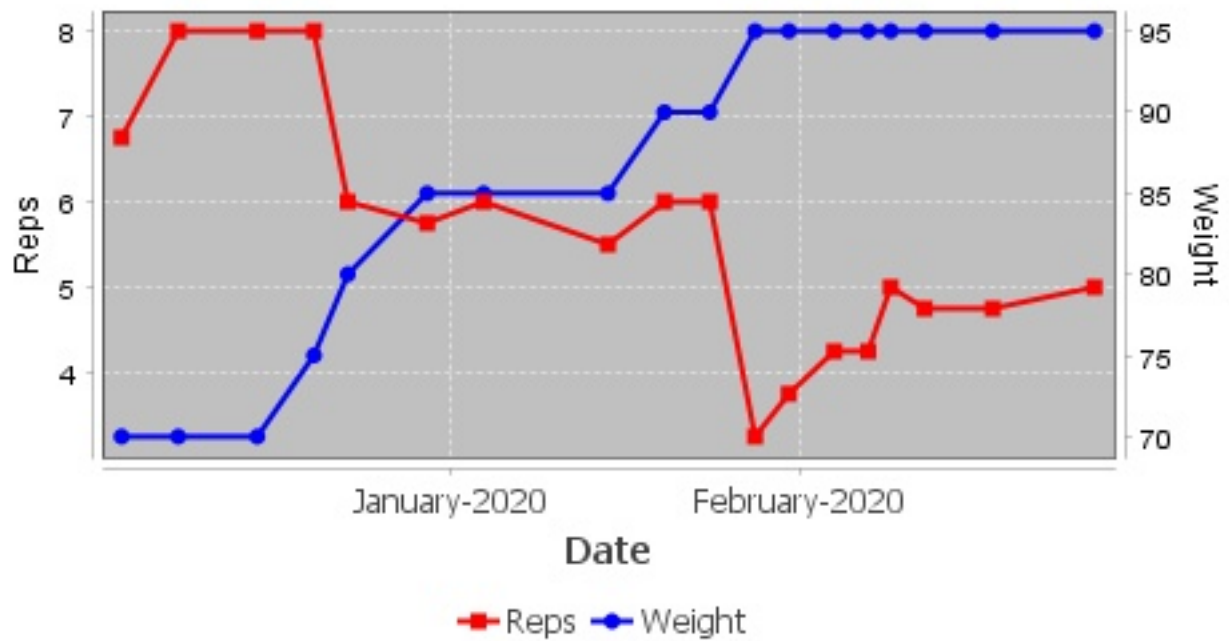
### 5.16.1 Statistics

Number of performances	18
Peak weight	95.0
Least weight	70.0
Peak reps	8.0
Least reps	3.0
Peak timeset	-
Least timeset	-

### 5.16.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	2	Squad	-	70.0kg	8; 8; 6; 5
08-12-2019	2	Squad	-	70.0kg	8; 8; 8; 8
15-12-2019	2	Squad	-	70.0kg	8; 8; 8; 8
20-12-2019	2	Squad	-	75.0kg	8; 8; 8; 8
23-12-2019	2	Squad	-	80.0kg	6; 6; 6; 6
30-12-2019	2	Squad	-	85.0kg	5; 6; 6; 6
04-01-2020	2	Squad	-	85.0kg	6; 6; 6; 6
15-01-2020	2	Squad	-	85.0kg	6; 6; 6; 4
20-01-2020	2	Squad	-	90.0kg	6; 6; 6; 6
24-01-2020	2	Squad	-	90.0kg	6; 6; 6; 6
28-01-2020	2	Squad	-	95.0kg	4; 3; 3; 3
31-01-2020	2	Squad	-	95.0kg	5; 4; 3; 3
04-02-2020	2	Squad	-	95.0kg	5; 5; 3; 4
07-02-2020	2	Squad	-	95.0kg	5; 5; 4; 3
09-02-2020	2	Squad	-	95.0kg	5; 5; 5; 5
12-02-2020	2	Squad	-	95.0kg	6; 5; 4; 4
18-02-2020	2	Squad	-	95.0kg	5; 5; 5; 4
27-02-2020	2	Squad	-	95.0kg	6; 5; 5; 4

### 5.16.3 Reps per set average chart



## 5.17 Deadlift

### 5.17.1 Statistics

Number of performances	18
Peak weight	100.0
Least weight	10.0
Peak reps	6.0
Least reps	3.0
Peak timeset	-
Least timeset	-



## 5.17.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	3	Deadlift	-	70.0kg	6; 6; 6; 5
08-12-2019	3	Deadlift	-	70.0kg	6; 6; 6; 6
15-12-2019	3	Deadlift	-	80.0kg	6; 6; 6; 6
20-12-2019	3	Deadlift	-	85.0kg	5; 5; 5; 5
23-12-2019	3	Deadlift	-	90.0kg	5; 5; 5; 3
30-12-2019	3	Deadlift	-	80.0kg	5; 5; 5; 5
04-01-2020	3	Deadlift	-	85.0kg	5; 5; 5; 5
15-01-2020	3	Deadlift	-	80.0kg	5; 5; 5; 5
20-01-2020	3	Deadlift	-	85.0kg	5; 5; 5; 5
24-01-2020	3	Deadlift	-	85.0kg	5; 5; 5; 5
28-01-2020	3	Deadlift	-	90.0kg	5; 5; 5; 5
31-01-2020	3	Deadlift	-	90.0kg	5; 5; 5; 5
04-02-2020	3	Deadlift	-	95.0kg	5; 5; 5; 5
07-02-2020	3	Deadlift	-	100.0kg	5; 4; 4; 3
09-02-2020	3	Deadlift	-	100.0kg	5; 5; 4; 4
12-02-2020	3	Deadlift	-	100.0kg	5; 5; 5; 5
18-02-2020	3	Deadlift	-	100.0kg	5; 5; 5; 5
27-02-2020	3	Deadlift	-	10.0kg	5; 5; 5; 3

## 5.17.3 Reps per set average chart



## 5.18 Latpull: Wide

### 5.18.1 Statistics

Number of performances	9
Peak weight	130.0
Least weight	100.0
Peak reps	12.0
Least reps	8.0
Peak timeset	-
Least timeset	-

### 5.18.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	4	Latpull	Wide	100.0kg	10; 10; 10
30-12-2019	4	Latpull	Wide	100.0kg	12; 12; 12
04-01-2020	4	Latpull	Wide	110.0kg	12; 12; 12
15-01-2020	4	Latpull	Wide	120.0kg	12; 12; 12
20-01-2020	4	Latpull	Wide	120.0kg	12; 12; 10
28-01-2020	4	Latpull	Wide	120.0kg	12; 12; 10
04-02-2020	4	Latpull	Wide	120.0kg	12; 12; 12
09-02-2020	4	Latpull	Wide	120.0kg	12; 9; 8
27-02-2020	4	Latpull	Wide	130.0kg	12; 10; 8

### 5.18.3 Reps per set average chart



## 5.19 Latpull: Close

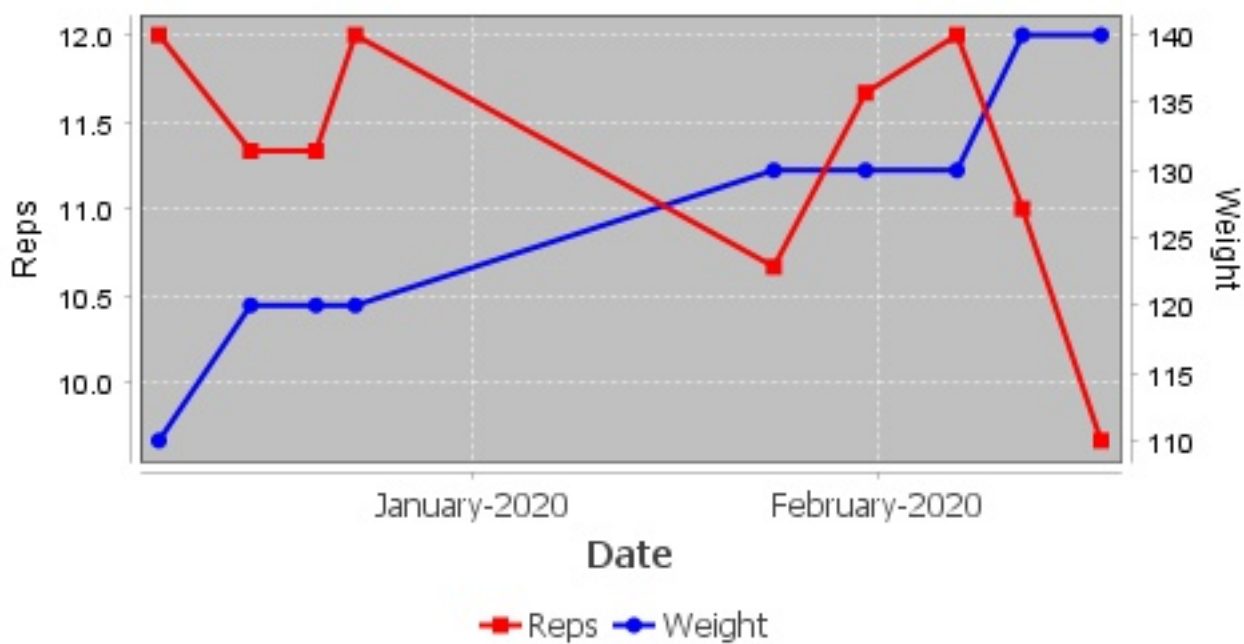
### 5.19.1 Statistics

Number of performances	9
Peak weight	140.0
Least weight	110.0
Peak reps	12.0
Least reps	8.0
Peak timeset	-
Least timeset	-

### 5.19.2 Performances

Date	ID	Name	Variation	Weight	Reps
08-12-2019	4	Latpull	Close	110.0kg	12; 12; 12
15-12-2019	4	Latpull	Close	120.0kg	12; 12; 10
20-12-2019	4	Latpull	Close	120.0kg	12; 12; 10
23-12-2019	4	Latpull	Close	120.0kg	12; 12; 12
24-01-2020	4	Latpull	Close	130.0kg	12; 12; 8
31-01-2020	4	Latpull	Close	130.0kg	12; 12; 11
07-02-2020	4	Latpull	Close	130.0kg	12; 12; 12
12-02-2020	4	Latpull	Close	140.0kg	12; 11; 10
18-02-2020	4	Latpull	Close	140.0kg	12; 9; 8

### 5.19.3 Reps per set average chart



## 5.20 T-Bar-Row: Wide

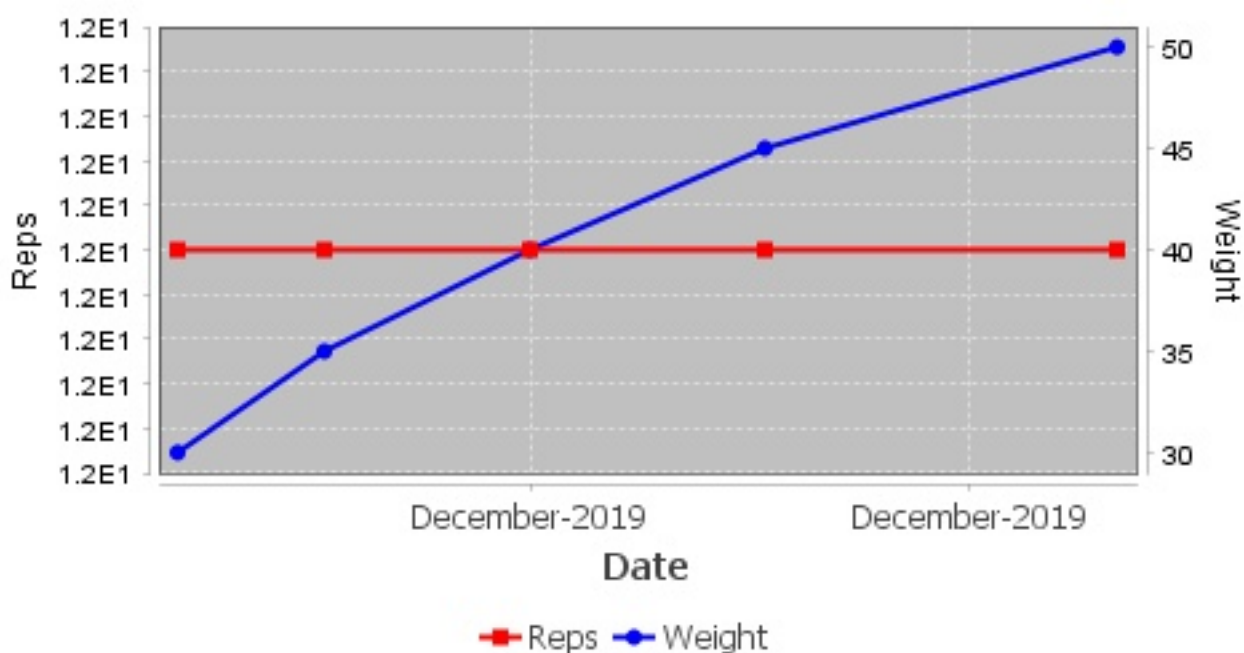
### 5.20.1 Statistics

Number of performances	5
Peak weight	50.0
Least weight	30.0
Peak reps	12.0
Least reps	12.0
Peak timeset	-
Least timeset	-

### 5.20.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	5	T-Bar-Row	Wide	30.0kg	12; 12; 12
08-12-2019	5	T-Bar-Row	Wide	35.0kg	12; 12; 12
15-12-2019	5	T-Bar-Row	Wide	40.0kg	12; 12; 12
23-12-2019	5	T-Bar-Row	Wide	45.0kg	12; 12; 12
04-01-2020	5	T-Bar-Row	Wide	50.0kg	12; 12; 12

### 5.20.3 Reps per set average chart



## 5.21 T-Bar-Row: Close

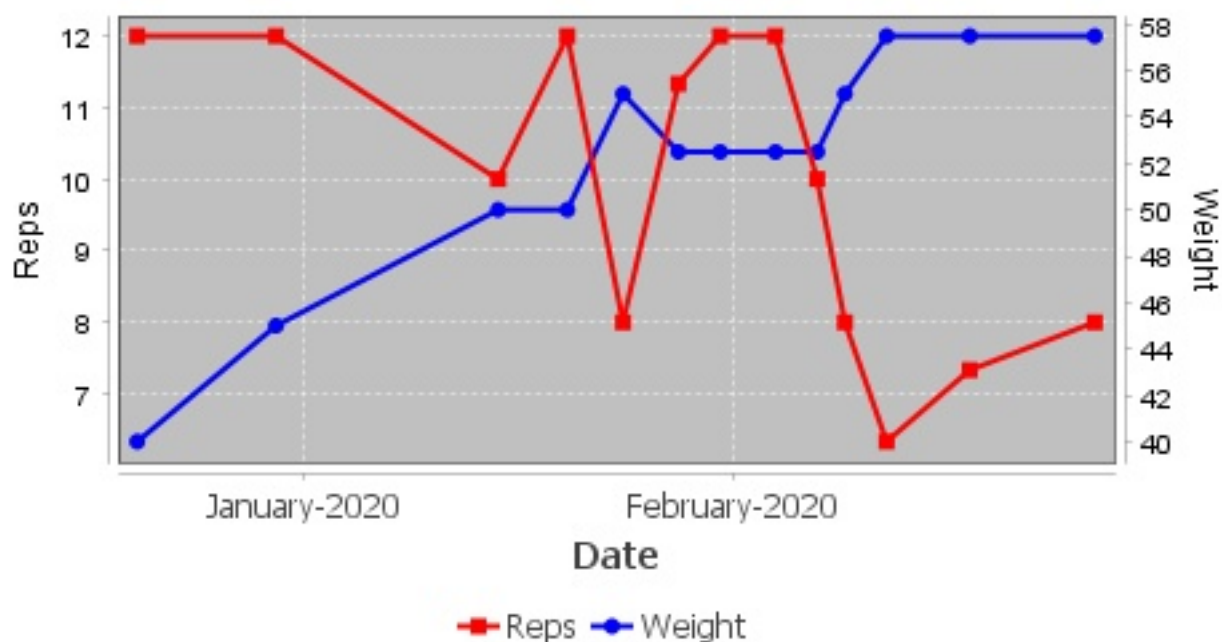
### 5.21.1 Statistics

Number of performances	13
Peak weight	57.5
Least weight	40.0
Peak reps	12.0
Least reps	5.0
Peak timeset	-
Least timeset	-

### 5.21.2 Performances

Date	ID	Name	Variation	Weight	Reps
20-12-2019	5	T-Bar-Row	Close	40.0kg	12; 12; 12
30-12-2019	5	T-Bar-Row	Close	45.0kg	12; 12; 12
15-01-2020	5	T-Bar-Row	Close	50.0kg	12; 12; 6
20-01-2020	5	T-Bar-Row	Close	50.0kg	12; 12; 12
24-01-2020	5	T-Bar-Row	Close	55.0kg	12; 7; 5
28-01-2020	5	T-Bar-Row	Close	52.5kg	12; 12; 10
31-01-2020	5	T-Bar-Row	Close	52.5kg	12; 12; 12
04-02-2020	5	T-Bar-Row	Close	52.5kg	12; 12; 12
07-02-2020	5	T-Bar-Row	Close	52.5kg	10; 10; 10
09-02-2020	5	T-Bar-Row	Close	55.0kg	8; 8; 8
12-02-2020	5	T-Bar-Row	Close	57.5kg	7; 7; 5
18-02-2020	5	T-Bar-Row	Close	57.5kg	8; 7; 7
27-02-2020	5	T-Bar-Row	Close	57.5kg	8; 8; 8

### 5.21.3 Reps per set average chart



## 5.22 Shoulderpress

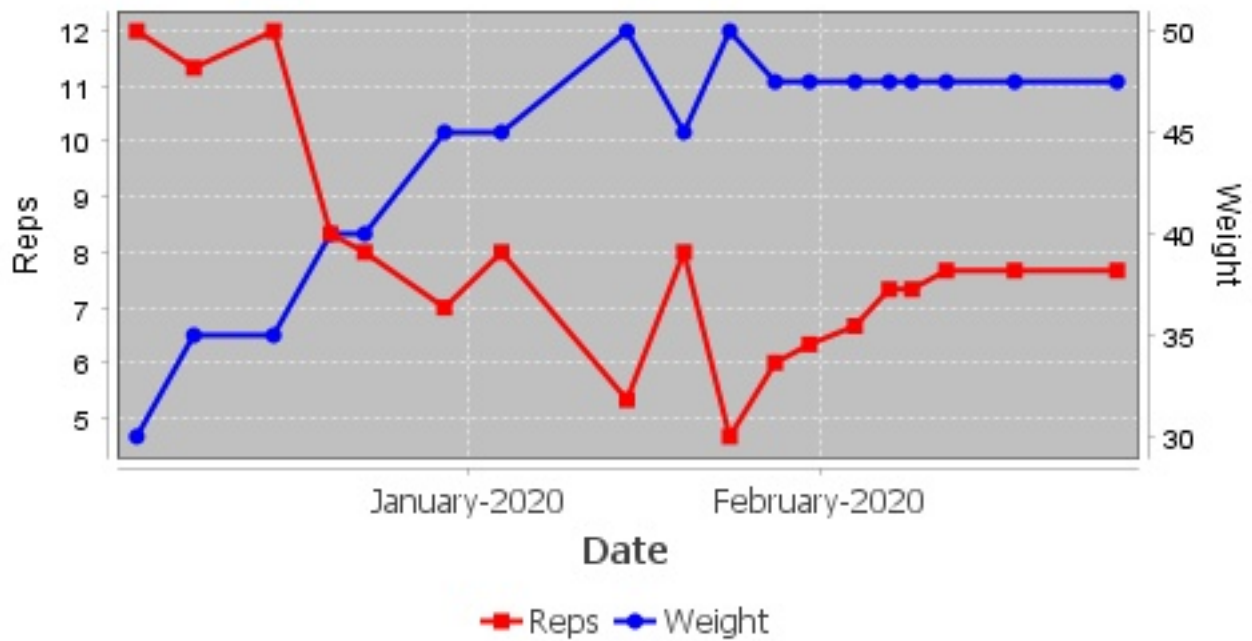
### 5.22.1 Statistics

Number of performances	18
Peak weight	50.0
Least weight	30.0
Peak reps	12.0
Least reps	3.0
Peak timeset	-
Least timeset	-

### 5.22.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	6	Shoulderpress	-	30.0kg	12; 12; 12
08-12-2019	6	Shoulderpress	-	35.0kg	12; 12; 10
15-12-2019	6	Shoulderpress	-	35.0kg	12; 12; 12
20-12-2019	6	Shoulderpress	-	40.0kg	12; 7; 6
23-12-2019	6	Shoulderpress	-	40.0kg	8; 8; 8
30-12-2019	6	Shoulderpress	-	45.0kg	8; 8; 5
04-01-2020	6	Shoulderpress	-	45.0kg	8; 8; 8
15-01-2020	6	Shoulderpress	-	50.0kg	7; 5; 4
20-01-2020	6	Shoulderpress	-	45.0kg	8; 8; 8
24-01-2020	6	Shoulderpress	-	50.0kg	7; 3; 4
28-01-2020	6	Shoulderpress	-	47.5kg	8; 6; 4
31-01-2020	6	Shoulderpress	-	47.5kg	8; 7; 4
04-02-2020	6	Shoulderpress	-	47.5kg	8; 7; 5
07-02-2020	6	Shoulderpress	-	47.5kg	8; 7; 7
09-02-2020	6	Shoulderpress	-	47.5kg	8; 8; 6
12-02-2020	6	Shoulderpress	-	47.5kg	8; 8; 7
18-02-2020	6	Shoulderpress	-	47.5kg	8; 8; 7
27-02-2020	6	Shoulderpress	-	47.5kg	8; 8; 7

### 5.22.3 Reps per set average chart



## 5.23 Calfraise

### 5.23.1 Statistics

Number of performances	18
Peak weight	85.0
Least weight	60.0
Peak reps	16.0
Least reps	8.0
Peak timeset	-
Least timeset	-

## 5.23.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-12-2019	7	Calfraise	-	60.0kg	15; 15; 15
08-12-2019	7	Calfraise	-	70.0kg	15; 13; 15
15-12-2019	7	Calfraise	-	80.0kg	12; 12; 12
20-12-2019	7	Calfraise	-	70.0kg	8; 8; 10
23-12-2019	7	Calfraise	-	70.0kg	16; 16; 13
30-12-2019	7	Calfraise	-	70.0kg	16; 16; 16
04-01-2020	7	Calfraise	-	75.0kg	16; 16; 16
15-01-2020	7	Calfraise	-	70.0kg	12; 12; 16
20-01-2020	7	Calfraise	-	79.0kg	16; 16; 14
24-01-2020	7	Calfraise	-	70.0kg	16; 16; 16
28-01-2020	7	Calfraise	-	80.0kg	16; 12; 12
31-01-2020	7	Calfraise	-	80.0kg	16; 14; 14
04-02-2020	7	Calfraise	-	75.0kg	16; 16; 16
07-02-2020	7	Calfraise	-	75.0kg	16; 16; 16
09-02-2020	7	Calfraise	-	80.0kg	16; 16; 16
12-02-2020	7	Calfraise	-	85.0kg	12; 13; 11
18-02-2020	7	Calfraise	-	85.0kg	16; 13; 14
27-02-2020	7	Calfraise	-	85.0kg	16; 16; 11

## 5.23.3 Reps per set average chart

