

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

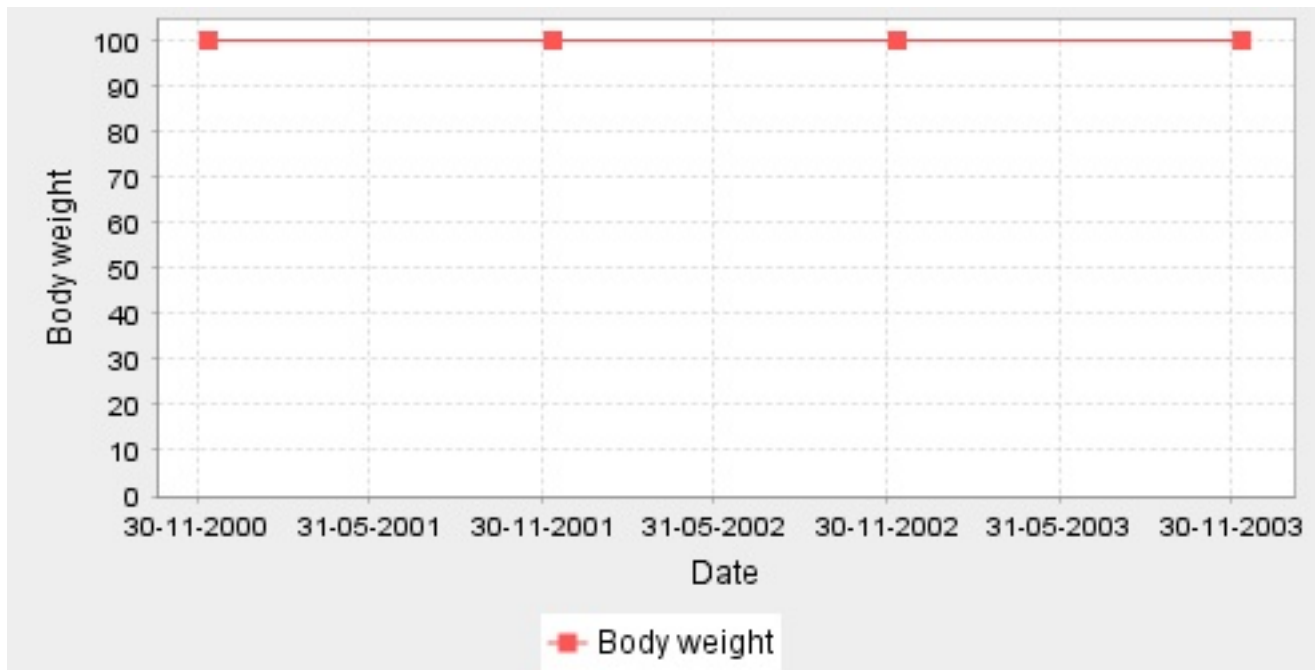
ID	Name	Sets	Variations	Goaltype/s
1	Benchpress	4	-	1
2	Pull-Ups	3	Wide, Close	1, 2

3. Plan

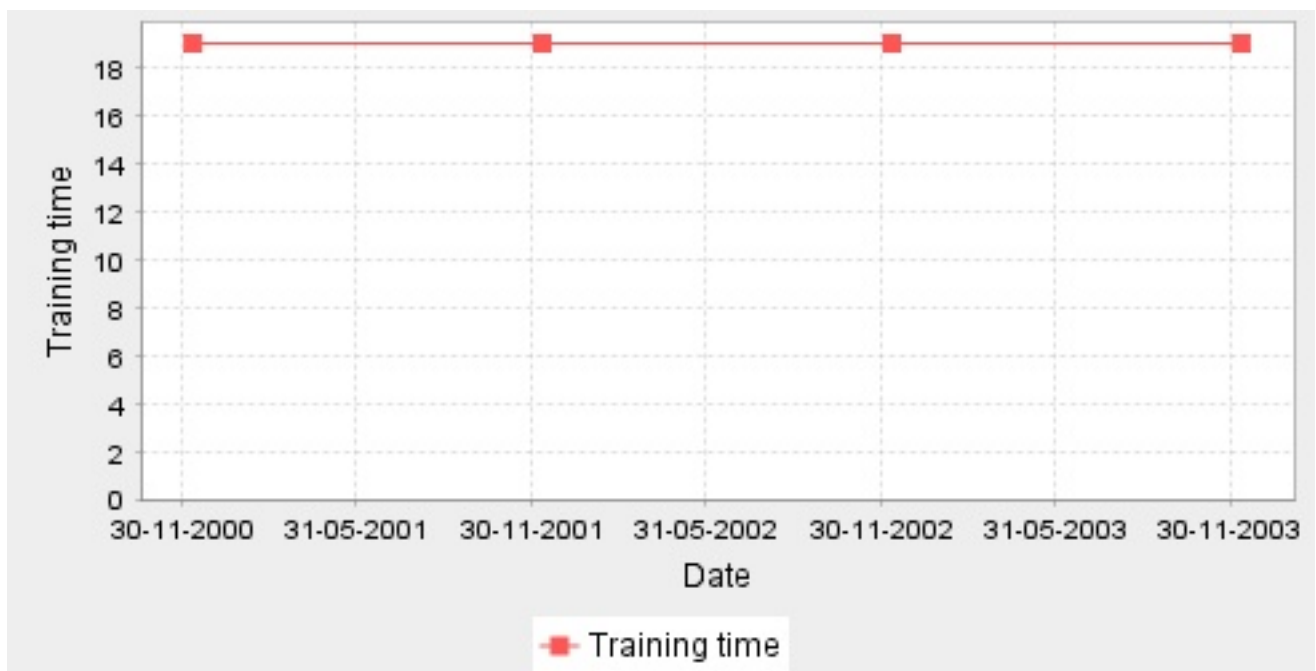
3.1 Statistics

Total days trained	4
Total time trained	001:16:00 h
Average time trained	19.0 min
Peek training time	19 min
Least training time	19 min
Average body weight	100.0 kg
Peek body weight	100.0 kg
Least body weight	100.0 kg
Sets made	32
Time sets made	8
Reps made	4884

3.2 Body weight



3.3 Training time



4. Days

4.1 Day 01

4.1.1 Template

ID	Name	Sets	Variations	Goalttype/s
1	Benchpress	4	-	1
2	Pull-Ups	3	Wide, Close	1, 2

4.1.2 Statistics

Total days trained	4
Total time trained	001:16:00 h
Average time trained	76 min

4.1.3 Days

Day 1, 12-12-2000, body weight: 100.0kg, time: 19min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
2	Pull-Ups	Close	0.0kg	1, 10, 1000

Day 1, 12-12-2001, body weight: 100.0kg, time: 19min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
2	Pull-Ups	Close	0.0kg	1, 10, 1000

Day 1, 12-12-2002, body weight: 100.0kg, time: 19min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
2	Pull-Ups	Close	24.0kg	1, 10, 1000

Day 1, 12-12-2003, body weight: 100.0kg, time: 19min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
2	Pull-Ups	Close	1.0kg	1, 10, 1000

5. Exercises

5.1 Benchpress

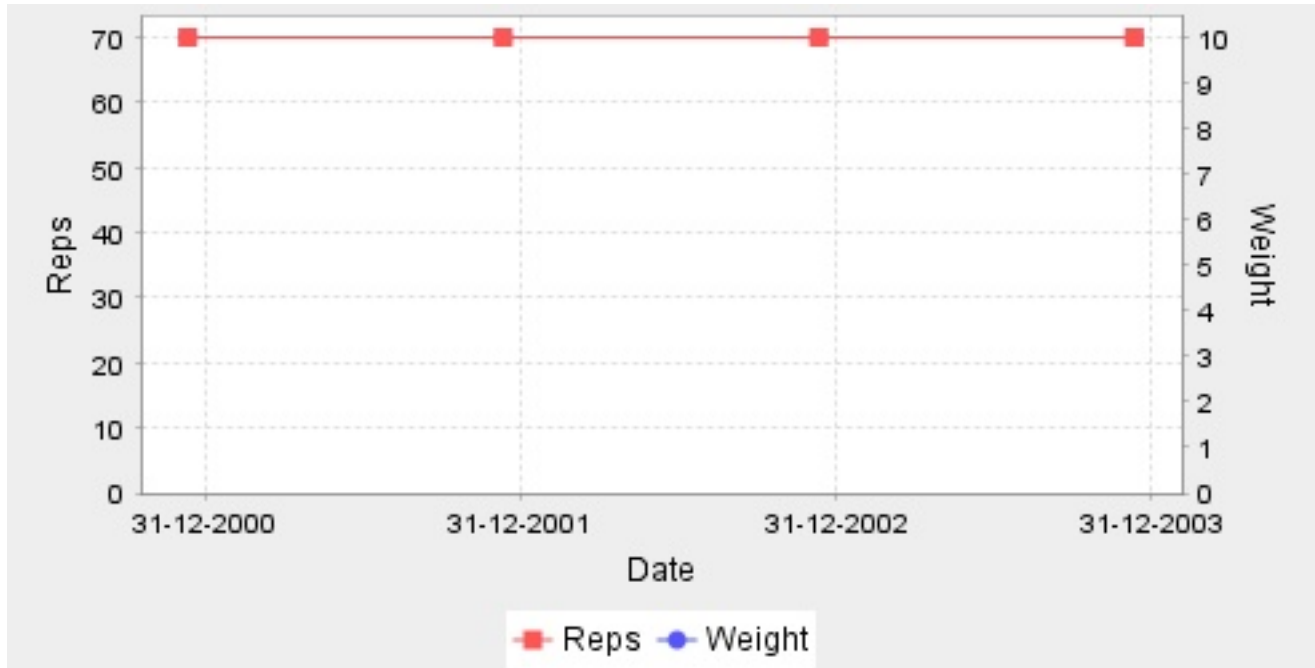
5.1.1 Statistics

Number of performances	4
Peak weight	10.0
Least weight	10.0
Peak reps	100
Least reps	10
Peak timeset	01:40min
Least timeset	00:10min

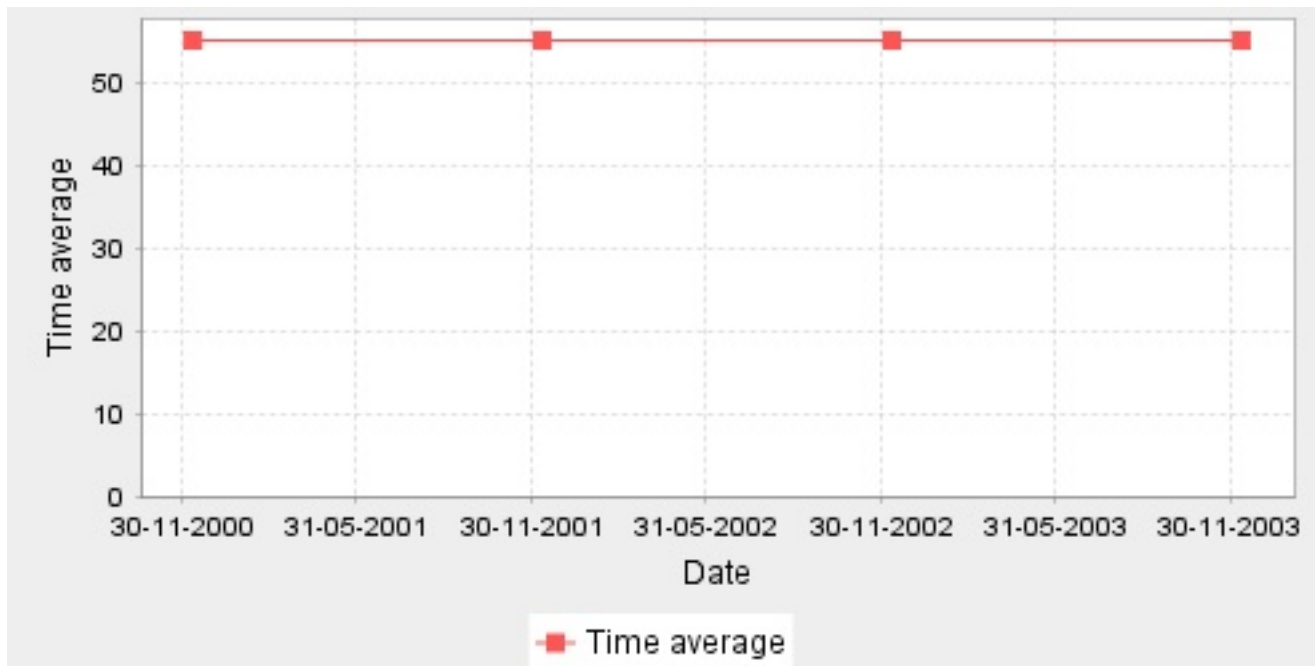
5.1.2 Performances

Date	ID	Name	Variation	Weight	Reps
12-12-2000	1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
12-12-2001	1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
12-12-2002	1	Benchpress	-	10.0kg	00:10min, 01:40min, 100
12-12-2003	1	Benchpress	-	10.0kg	00:10min, 01:40min, 100

5.1.3 Rep average chart



5.1.4 Time average chart



5.2 Pull-Ups, Close

5.2.1 Statistics

Number of performances	4
Peak weight	24.0
Least weight	0.0
Peak reps	1000
Least reps	1
Peak timeset	-
Least timeset	-

5.2.2 Performances

Date	ID	Name	Variation	Weight	Reps
12-12-2000	2	Pull-Ups	Close	0.0kg	1, 10, 1000
12-12-2001	2	Pull-Ups	Close	0.0kg	1, 10, 1000
12-12-2002	2	Pull-Ups	Close	24.0kg	1, 10, 1000
12-12-2003	2	Pull-Ups	Close	1.0kg	1, 10, 1000

5.2.3 Rep average chart

