

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 the see a graphic overview about all the mentioned elements.

2. Plan template

2.1 Day 1

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

3. Plan

3.1 Statistics

Total days trained	3
Total time trained	005:00:00 h
Average time trained	100.0 min
Peek training time	100 min
Least training time	100 min
Average body weight	70.67 kg
Peek body weight	100.0 kg
Least body weight	12.0 kg
Sets made	23
Time sets made	4
Reps made	322

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	3
Total time trained	005:00:00 h
Average time trained	300 min

4.1.3 Days

Day 1, 31-12-1999, body weight: 100.0kg, time: 100min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	100.0kg	10, 10, 10, 10
2	Pull-Ups	Close	0.0kg	9, 8, 8

Day 1, 01-02-2000, body weight: 100.0kg, time: 100min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	105.0kg	8, 7, 6, 6
2	Pull-Ups	Wide	0.0kg	9, 8, 1

Day 1, 18-12-2019, body weight: 12.0kg, time: 100min

ID	Name	Variation	Weight	Reps
1	Benchpress	-	1.0kg	01:30min, 01:40min, 00:01min
2	Pull-Ups	Close	1.0kg	00:19min, 2

5. Exercises

5.1 Benchpress

5.1.1 Statistics

5.1.2 Performances

5.2 Pull-Ups, Close

5.2.1 Statistics

5.2.2 Performances

5.3 Pull-Ups, Wide

5.3.1 Statistics

5.3.2 Performances