

TrainingsSchedule

A summary of your personal TrainingsSchedule

by DW-j

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5.21.1 Statistics

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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	Goalttype/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

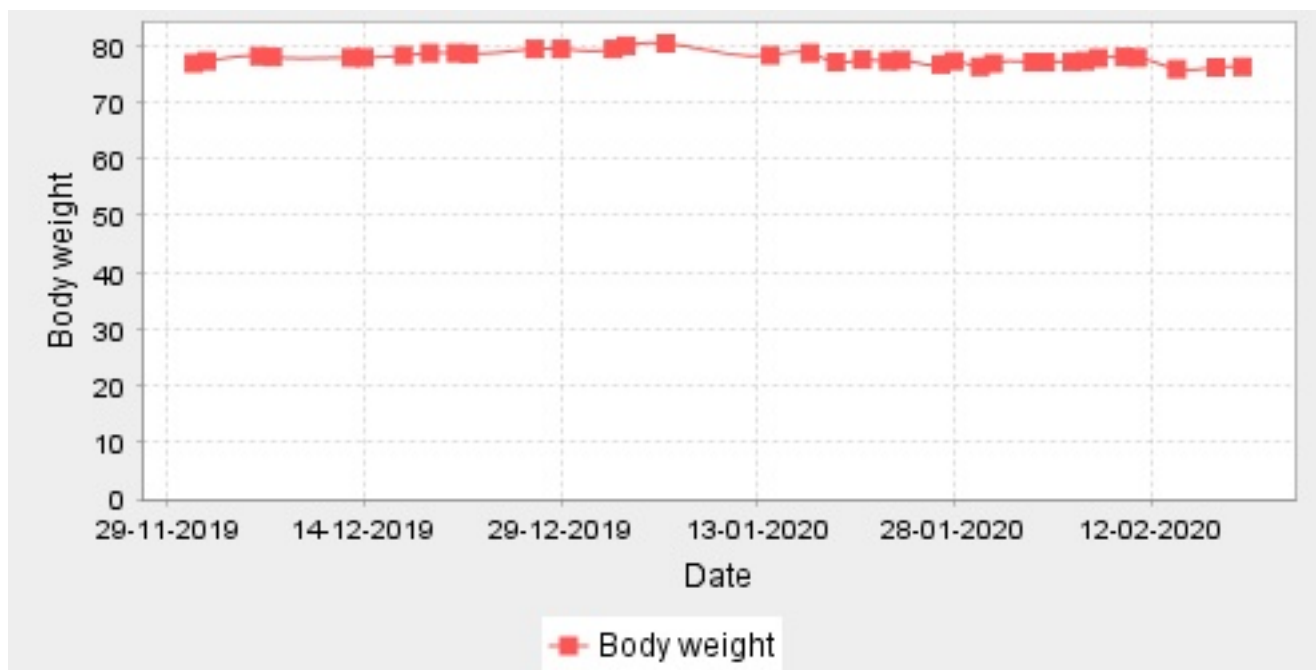
ID	Name	Sets	Variations	Goalttype/s
1	Rope	2	-	2
2	Squad	4	-	1
3	Deadlift	4	-	1
4	Latpull	3	Wide, Close	1, 1
5	T-Bar-Row	3	Wide, Close	1, 1
6	Shoulderpress	3	-	1
7	Calfraise	3	-	1

3. Plan

3.1 Statistics

Total days trained	35
Total time trained	020:30:00 h
Average time trained	76.29 min
Peek training time	95 min
Least training time	60 min
Average body weight	77.71 kg
Peek body weight	80.3 kg
Least body weight	75.8 kg
Sets made	868
Time sets made	79
Reps made	22961

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	18
Total time trained	022:20:00 h
Average time trained	670 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	01:30min, 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, 01:00min, 25, 01:00min, 25

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 8
7	Planks & Sit-Ups	-	0.0kg	01:00min, 35, 01:00min, 35, 01:00min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:10min, 30, 01:10min, 30

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, not weighted	15.0kg	8, 8, 8
6	Curls, triceps pushdown	DB-Curl, standing	10.0kg	12, 12, 12
7	Planks & Sit-Ups	-	0.0kg	01:10min, 40, 01:10min, 40, 01:10min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:15min, 40, 01:15min, 40

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:20min, 40, 01:20min, 40

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 180
2	Benchpress	-	75.0kg	6, 6, 5, 4
3	Pull-Ups	Wide, not weighted	0.0kg	6, 6, 6
4	Dips	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	01:20min, 45, 01:20min, 45, 01:20min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:30min, 45, 01:30min, 45

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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	01:30min, 50, 01:30min, 50, 01:30min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:35min, 50, 01:35min, 50

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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	01:35min, 50, 01:35min, 50, 01:35min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:40min, 50, 01:40min, 50

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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	01:40min, 55, 01:40min, 55, 01:40min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:45min, 55, 01:45min, 55

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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	01:45min, 60, 01:45min, 60, 01:45min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:50min, 60, 01:50min, 60

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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	01:50min, 60, 01:50min, 60, 01:50min

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

ID	Name	Variation	Weight	Reps
1	Rope	-	0.0kg	01:30min, 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, 01:55min, 60, 01:55min, 60

4.2 Day 2

4.2.1 Template

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

4.2.2 Statistics

Total days trained	17
Total time trained	022:10:00 h
Average time trained	665 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 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	01:30min, 225
2	Squad	-	95.0kg	5, 5, 5, 5
3	Deadlift	-	10.0kg	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	01:30min, 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	01:30min, 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

5. Exercises

5.1 Rope

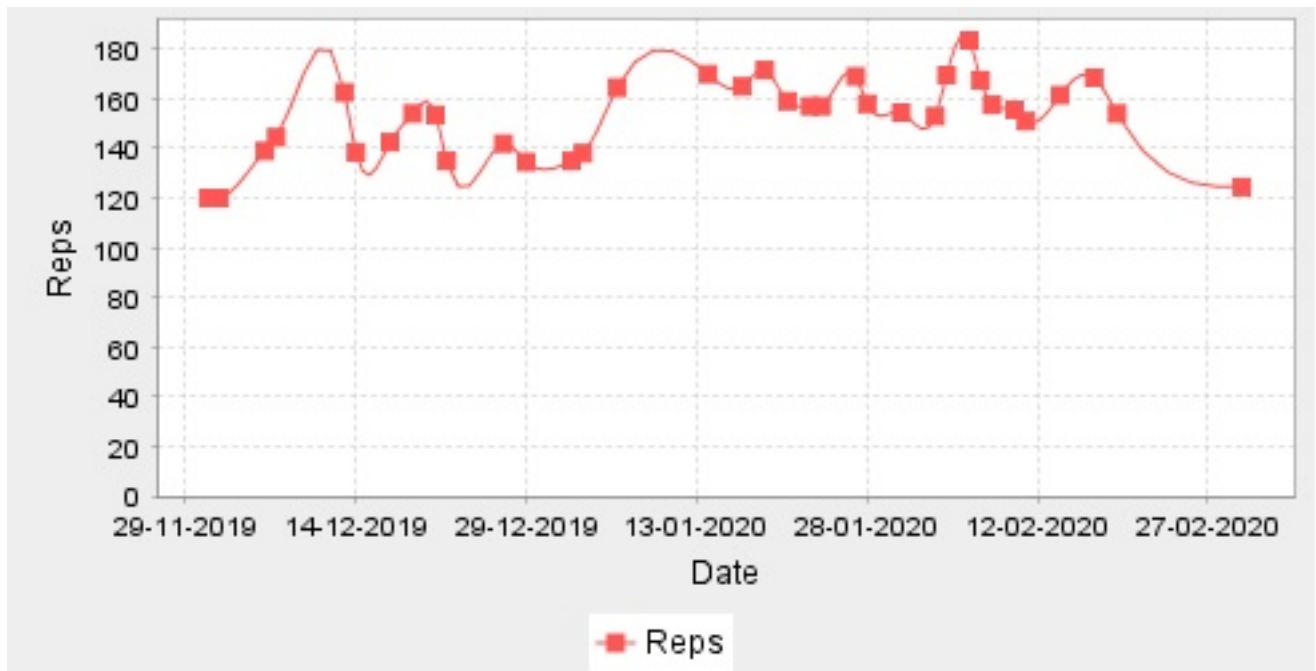
5.1.1 Statistics

Number of performances	35
Peak weight	0.0
Least weight	0.0
Peak reps	277
Least reps	90
Peak timeset	01:30min
Least timeset	01:30min

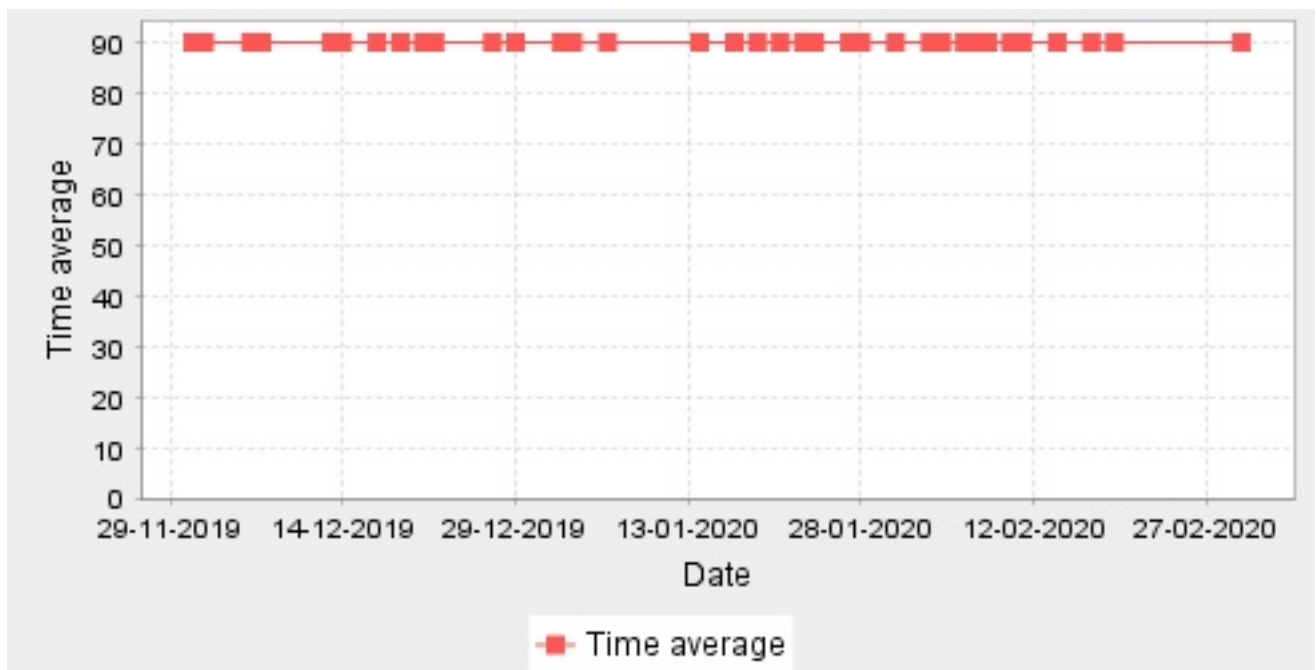
5.1.2 Performances

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

5.1.3 Rep average chart



5.1.4 Time average chart



5.2 Benchpress

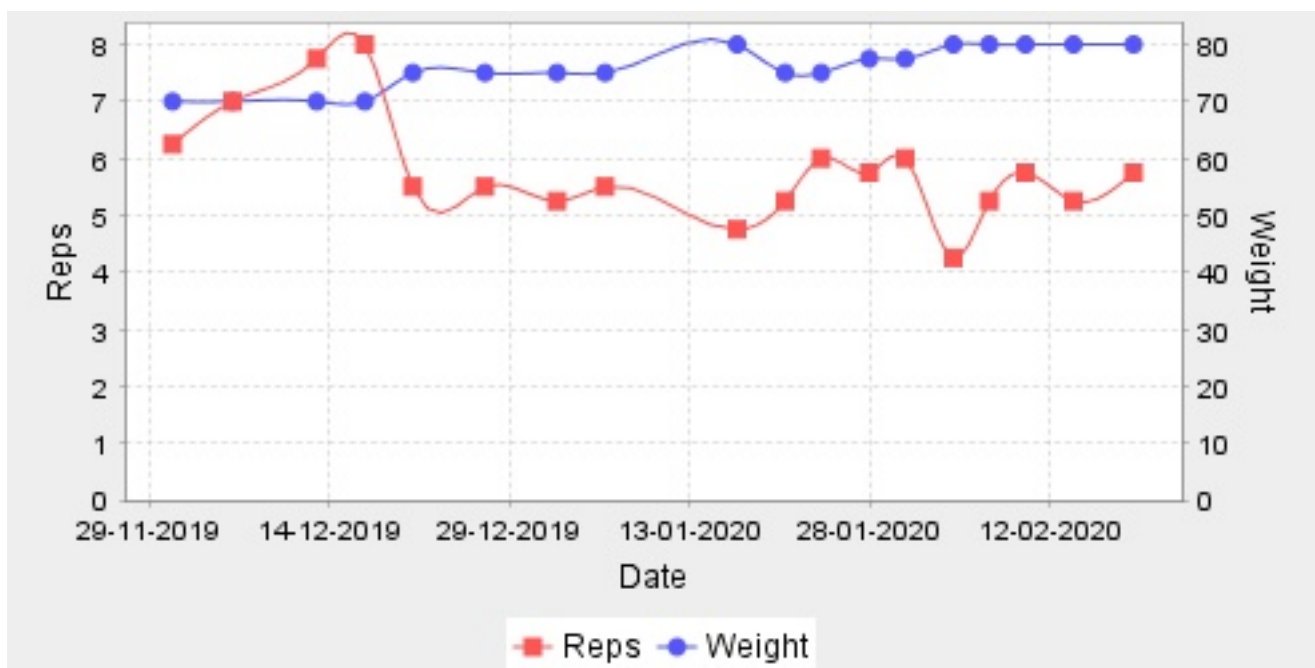
5.2.1 Statistics

Number of performances	18
Peak weight	80.0
Least weight	70.0
Peak reps	8
Least reps	3
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

5.2.3 Rep average chart



5.3 Pull-Ups: Close, not weighted

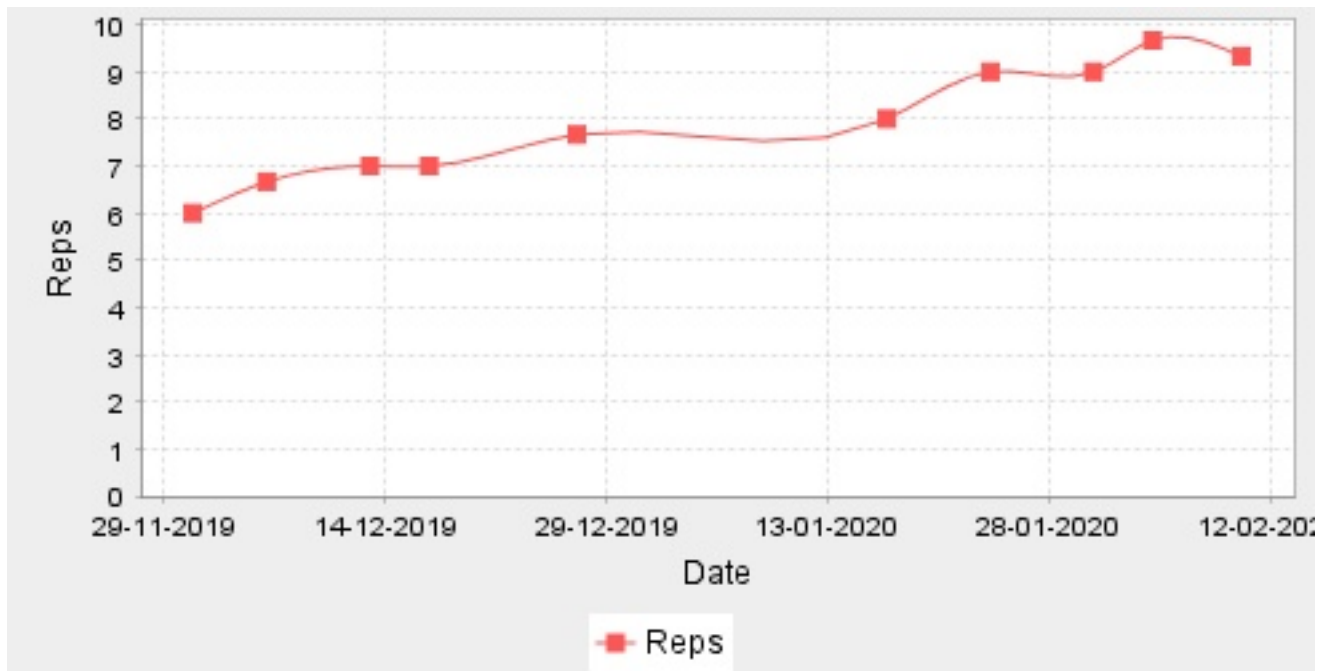
5.3.1 Statistics

Number of performances	10
Peak weight	0.0
Least weight	0.0
Peak reps	10
Least reps	6
Peak timeset	-
Least timeset	-

5.3.2 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

5.3.3 Rep average chart



5.4 Dips: Not weighted

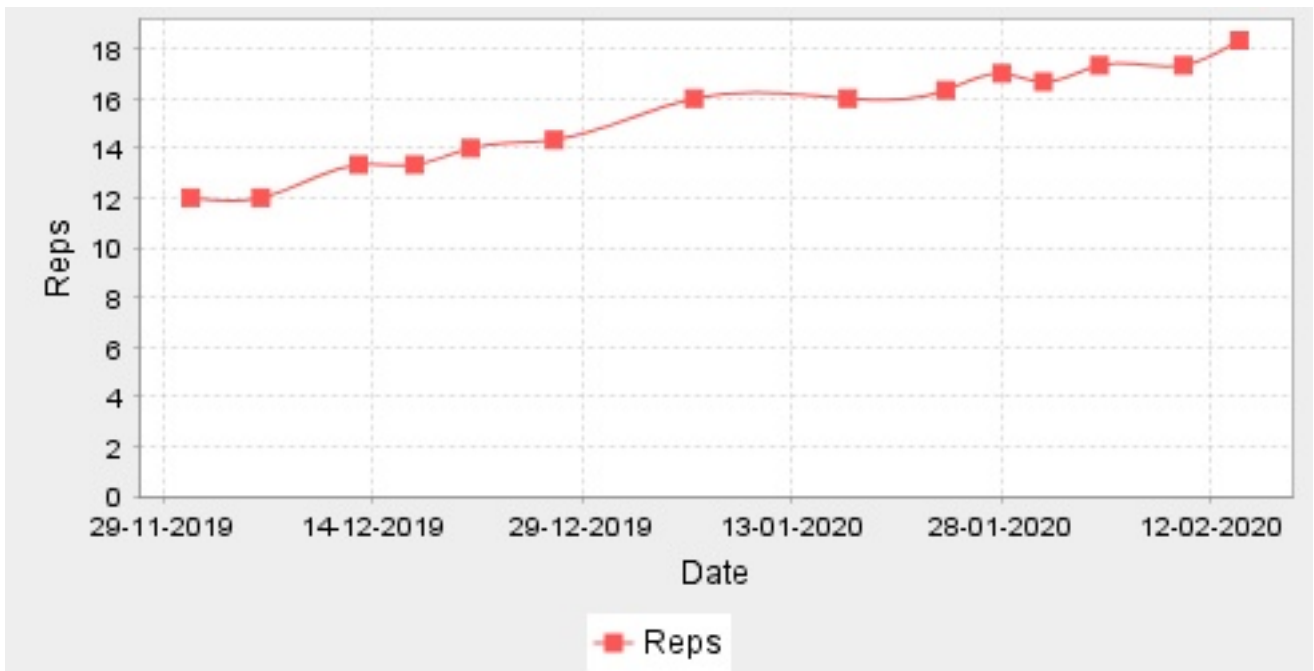
5.4.1 Statistics

Number of performances	14
Peak weight	0.0
Least weight	0.0
Peak reps	19
Least reps	12
Peak timeset	-
Least timeset	-

5.4.2 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
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

5.4.3 Rep average chart



5.5 Push-Ups: Normal, not weighted

5.5.1 Statistics

Number of performances	13
Peak weight	15.0
Least weight	0.0
Peak reps	35
Least reps	8
Peak timeset	-
Least timeset	-

5.5.2 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
18-12-2019	5	Push-Ups	Normal, not weighted	15.0kg	8, 8, 8
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

5.5.3 Rep average chart



5.6 Curls, triceps pushdown: DB-Curl, standing

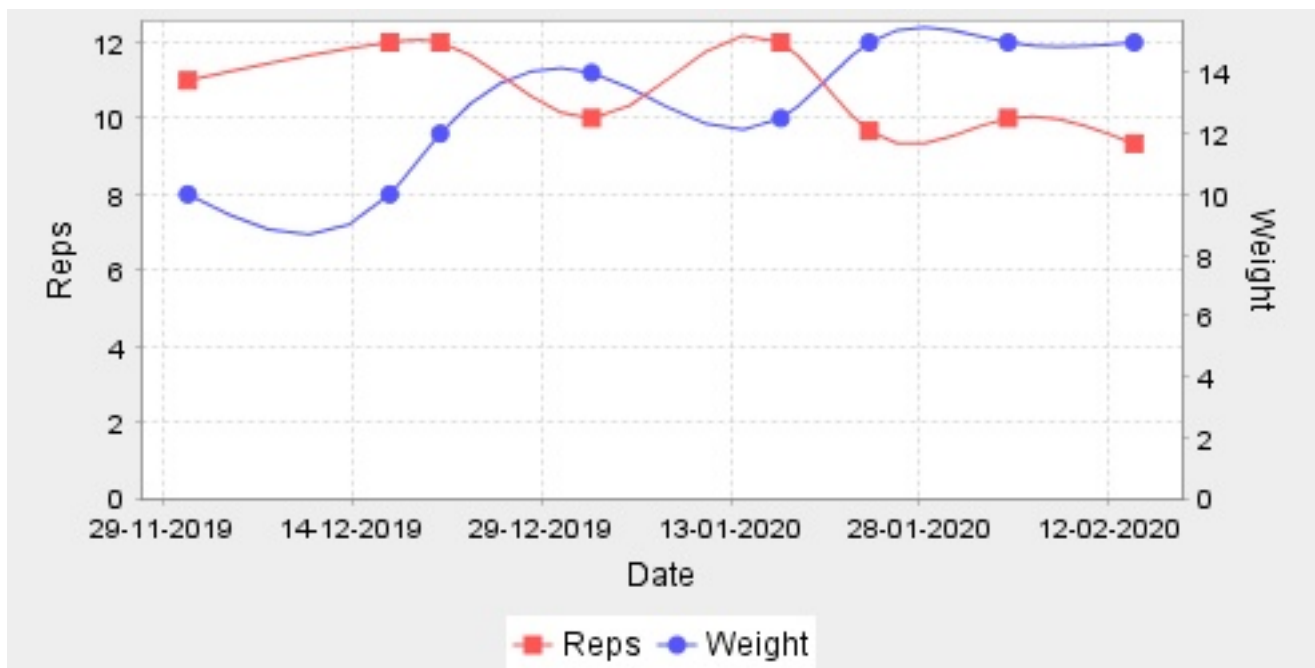
5.6.1 Statistics

Number of performances	8
Peak weight	15.0
Least weight	10.0
Peak reps	12
Least reps	8
Peak timeset	-
Least timeset	-

5.6.2 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

5.6.3 Rep average chart



5.7 Planks & Sit-Ups

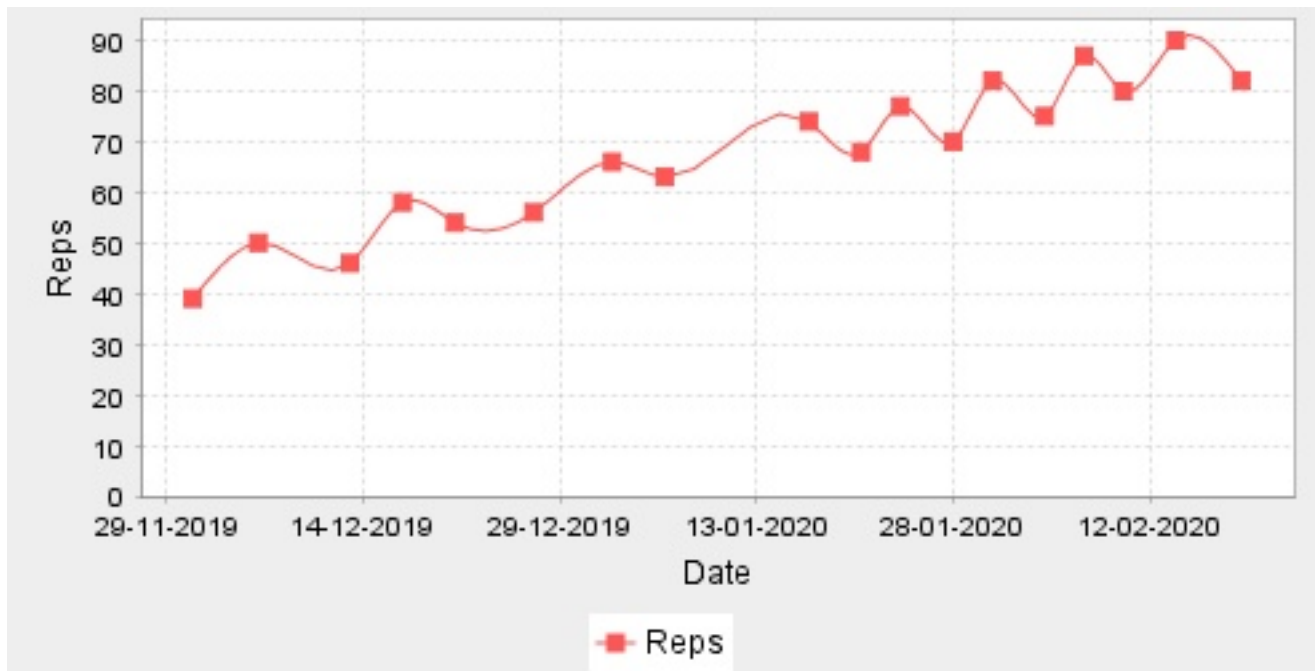
5.7.1 Statistics

Number of performances	18
Peak weight	0.0
Least weight	0.0
Peak reps	115
Least reps	25
Peak timeset	01:55min
Least timeset	01:00min

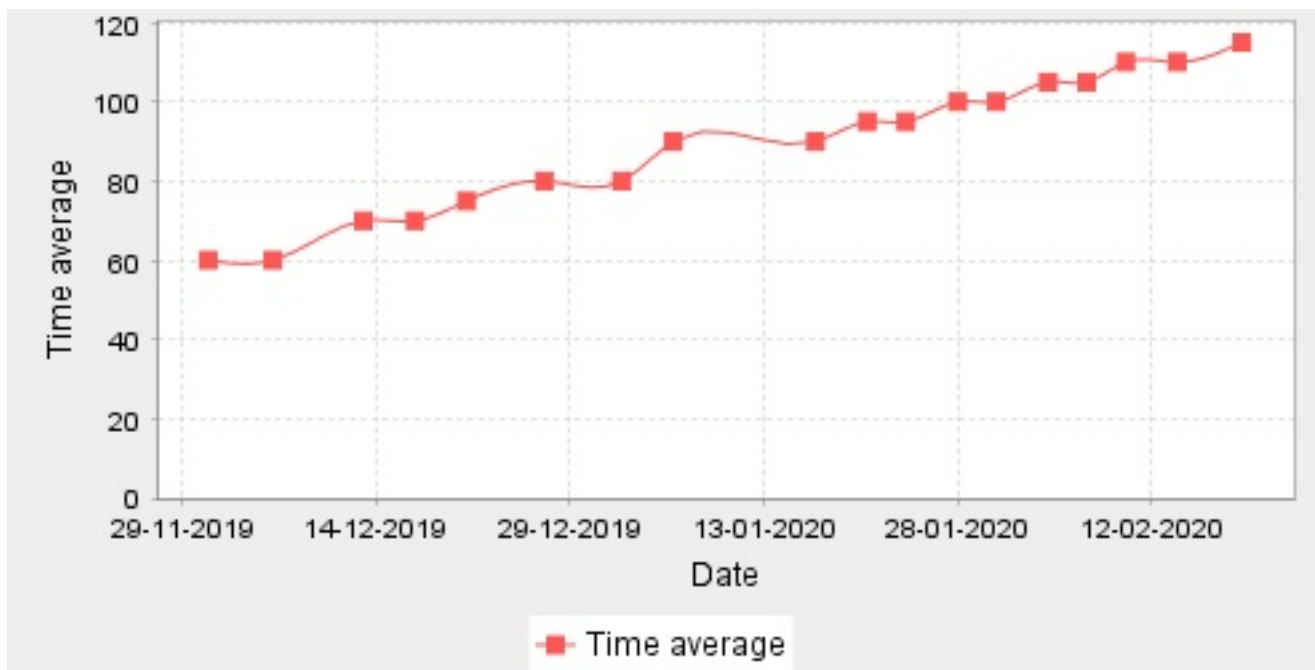
5.7.2 Performances

Date	ID	Name	Variation	Weight	Reps
02-12-2019	7	Planks & Sit-Ups	-	0.0kg	25, 01:00min, 25, 01:00min, 25
07-12-2019	7	Planks & Sit-Ups	-	0.0kg	01:00min, 35, 01:00min, 35, 01:00min
14-12-2019	7	Planks & Sit-Ups	-	0.0kg	30, 01:10min, 30, 01:10min, 30
18-12-2019	7	Planks & Sit-Ups	-	0.0kg	01:10min, 40, 01:10min, 40, 01:10min
22-12-2019	7	Planks & Sit-Ups	-	0.0kg	40, 01:15min, 40, 01:15min, 40
28-12-2019	7	Planks & Sit-Ups	-	0.0kg	40, 01:20min, 40, 01:20min, 40
03-01-2020	7	Planks & Sit-Ups	-	0.0kg	01:20min, 45, 01:20min, 45, 01:20min
07-01-2020	7	Planks & Sit-Ups	-	0.0kg	45, 01:30min, 45, 01:30min, 45
18-01-2020	7	Planks & Sit-Ups	-	0.0kg	01:30min, 50, 01:30min, 50, 01:30min
22-01-2020	7	Planks & Sit-Ups	-	0.0kg	50, 01:35min, 50, 01:35min, 50
25-01-2020	7	Planks & Sit-Ups	-	0.0kg	01:35min, 50, 01:35min, 50, 01:35min
29-01-2020	7	Planks & Sit-Ups	-	0.0kg	50, 01:40min, 50, 01:40min, 50
01-02-2020	7	Planks & Sit-Ups	-	0.0kg	01:40min, 55, 01:40min, 55, 01:40min
05-02-2020	7	Planks & Sit-Ups	-	0.0kg	55, 01:45min, 55, 01:45min, 55
08-02-2020	7	Planks & Sit-Ups	-	0.0kg	01:45min, 60, 01:45min, 60, 01:45min
11-02-2020	7	Planks & Sit-Ups	-	0.0kg	60, 01:50min, 60, 01:50min, 60
15-02-2020	7	Planks & Sit-Ups	-	0.0kg	01:50min, 60, 01:50min, 60, 01:50min
20-02-2020	7	Planks & Sit-Ups	-	0.0kg	60, 01:55min, 60, 01:55min, 60

5.7.3 Rep average chart



5.7.4 Time average chart



5.8 Squad

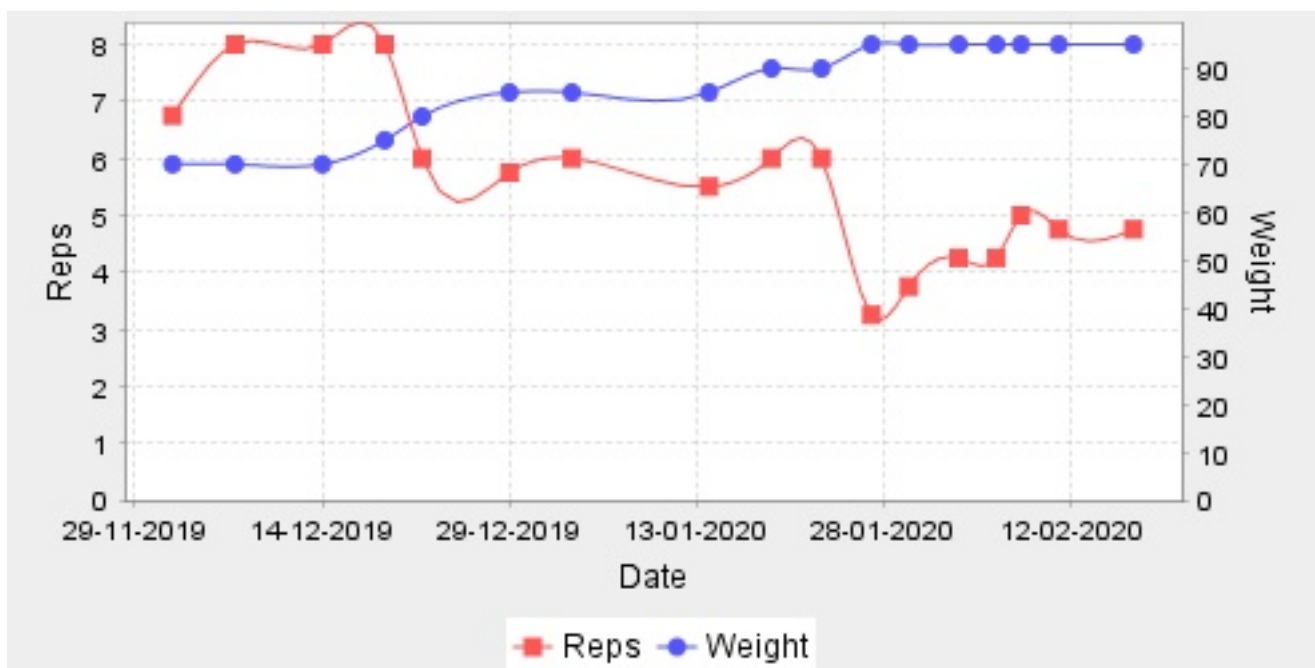
5.8.1 Statistics

Number of performances	17
Peak weight	95.0
Least weight	70.0
Peak reps	8
Least reps	3
Peak timeset	-
Least timeset	-

5.8.2 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

5.8.3 Rep average chart



5.9 Deadlift

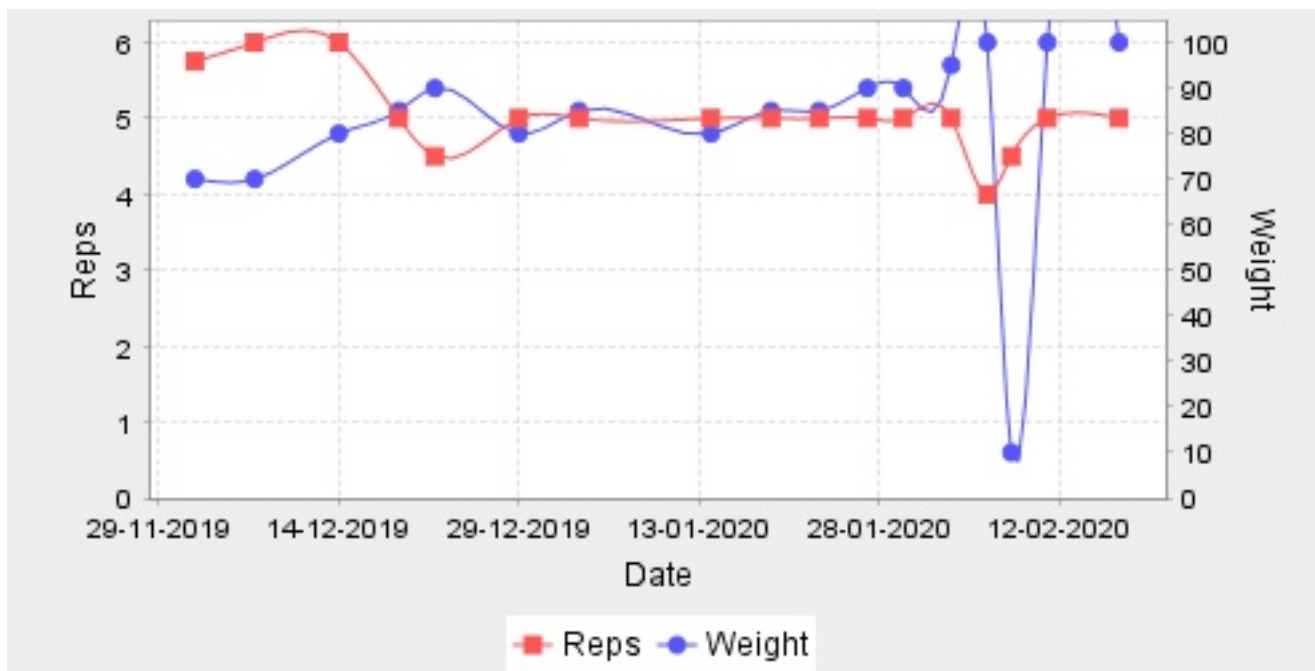
5.9.1 Statistics

Number of performances	17
Peak weight	100.0
Least weight	10.0
Peak reps	6
Least reps	3
Peak timeset	-
Least timeset	-

5.9.2 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	-	10.0kg	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

5.9.3 Rep average chart



5.10 Latpull: Wide

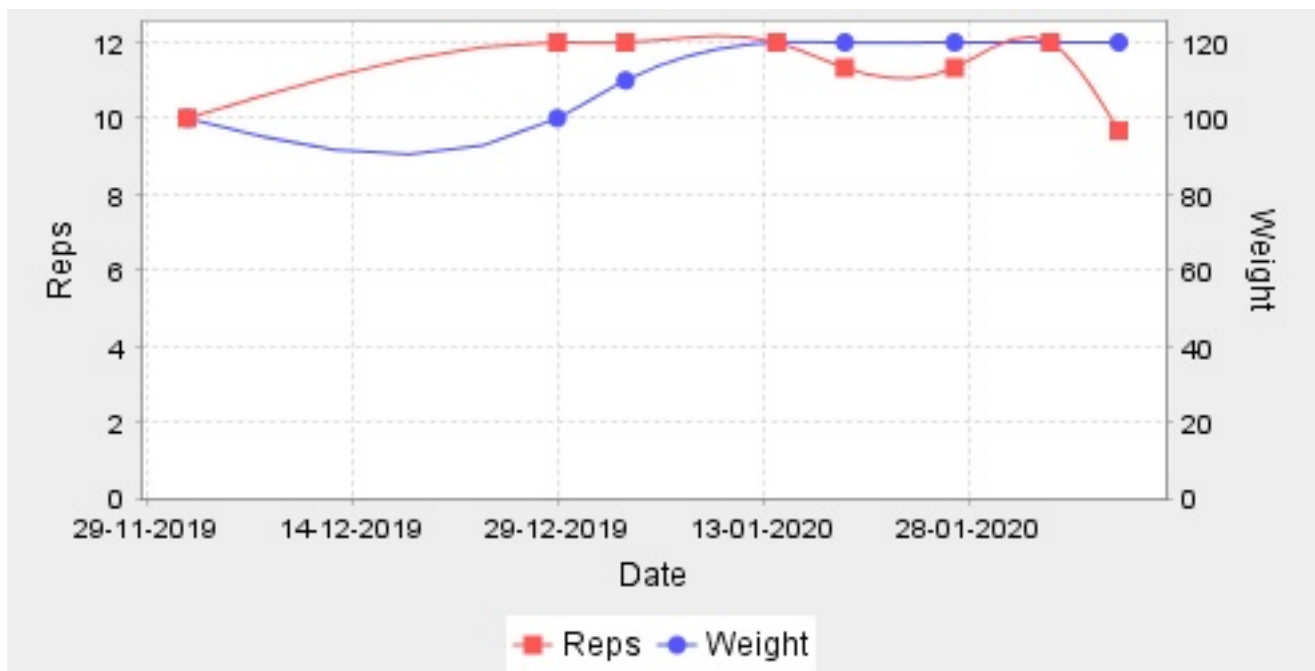
5.10.1 Statistics

Number of performances	8
Peak weight	120.0
Least weight	100.0
Peak reps	12
Least reps	8
Peak timeset	-
Least timeset	-

5.10.2 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

5.10.3 Rep average chart



5.11 T-Bar-Row: Wide

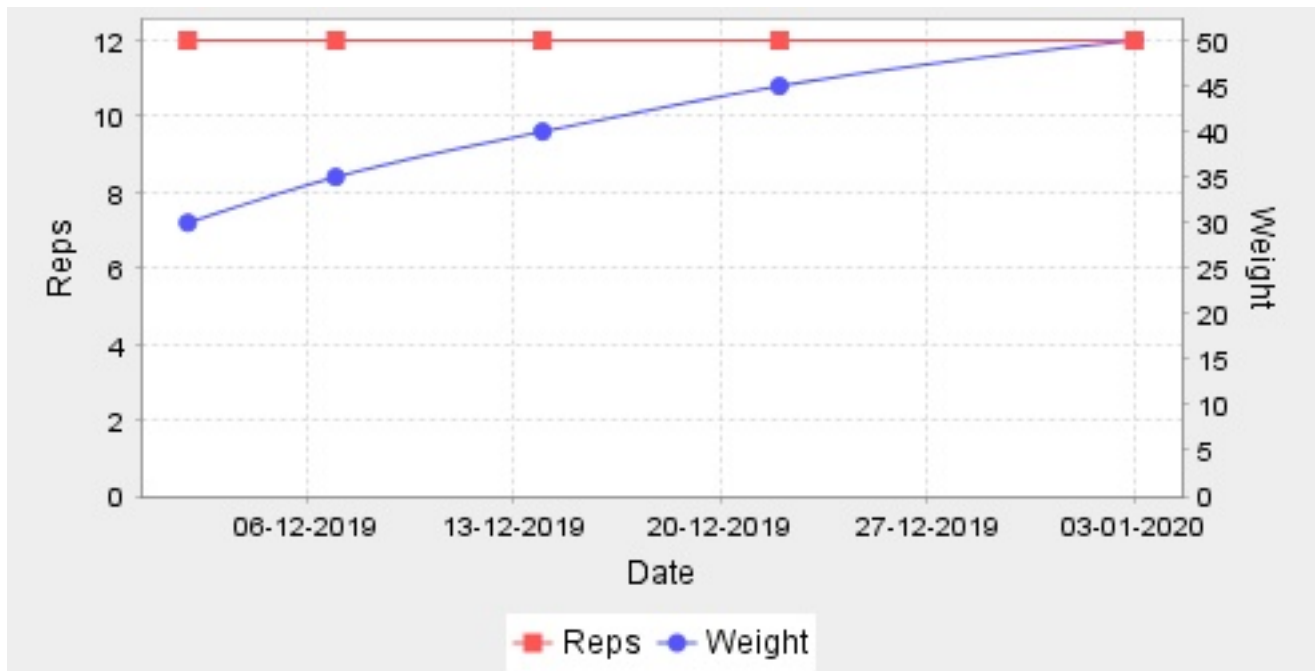
5.11.1 Statistics

Number of performances	5
Peak weight	50.0
Least weight	30.0
Peak reps	12
Least reps	12
Peak timeset	-
Least timeset	-

5.11.2 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

5.11.3 Rep average chart



5.12 Shoulderpress

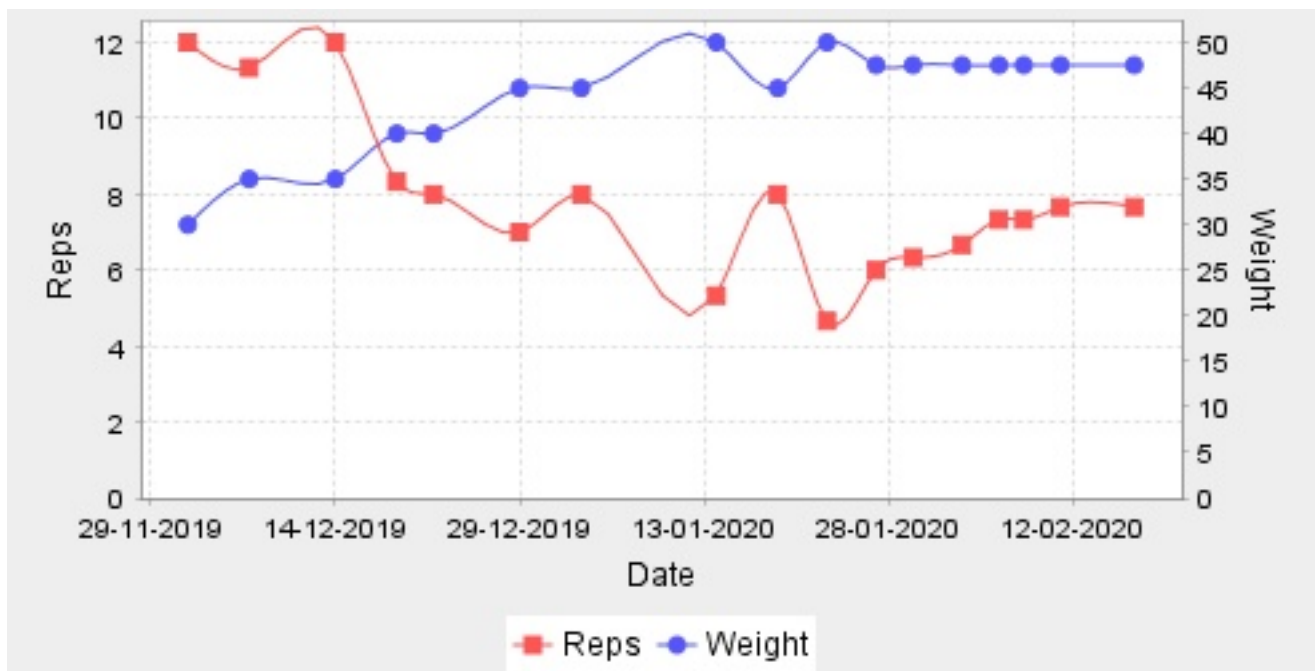
5.12.1 Statistics

Number of performances	17
Peak weight	50.0
Least weight	30.0
Peak reps	12
Least reps	3
Peak timeset	-
Least timeset	-

5.12.2 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

5.12.3 Rep average chart



5.13 Calfraise

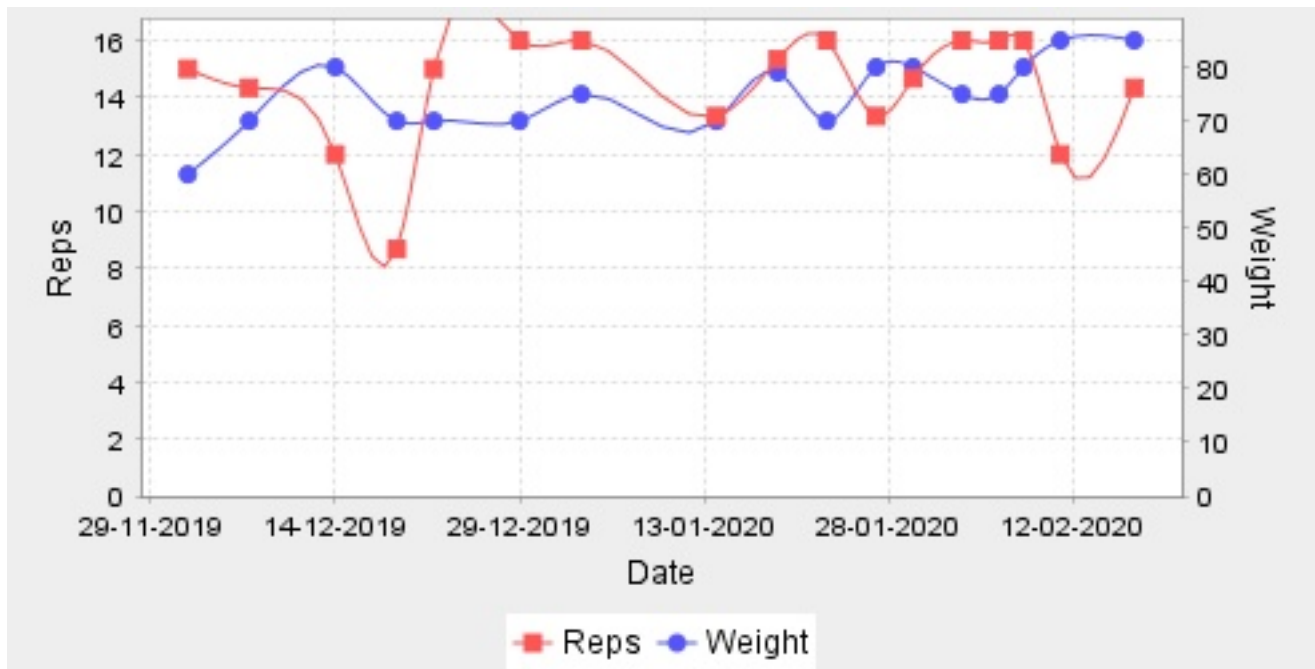
5.13.1 Statistics

Number of performances	17
Peak weight	85.0
Least weight	60.0
Peak reps	16
Least reps	8
Peak timeset	-
Least timeset	-

5.13.2 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

5.13.3 Rep average chart



5.14 Curls, triceps pushdown: DB-Curl, incline

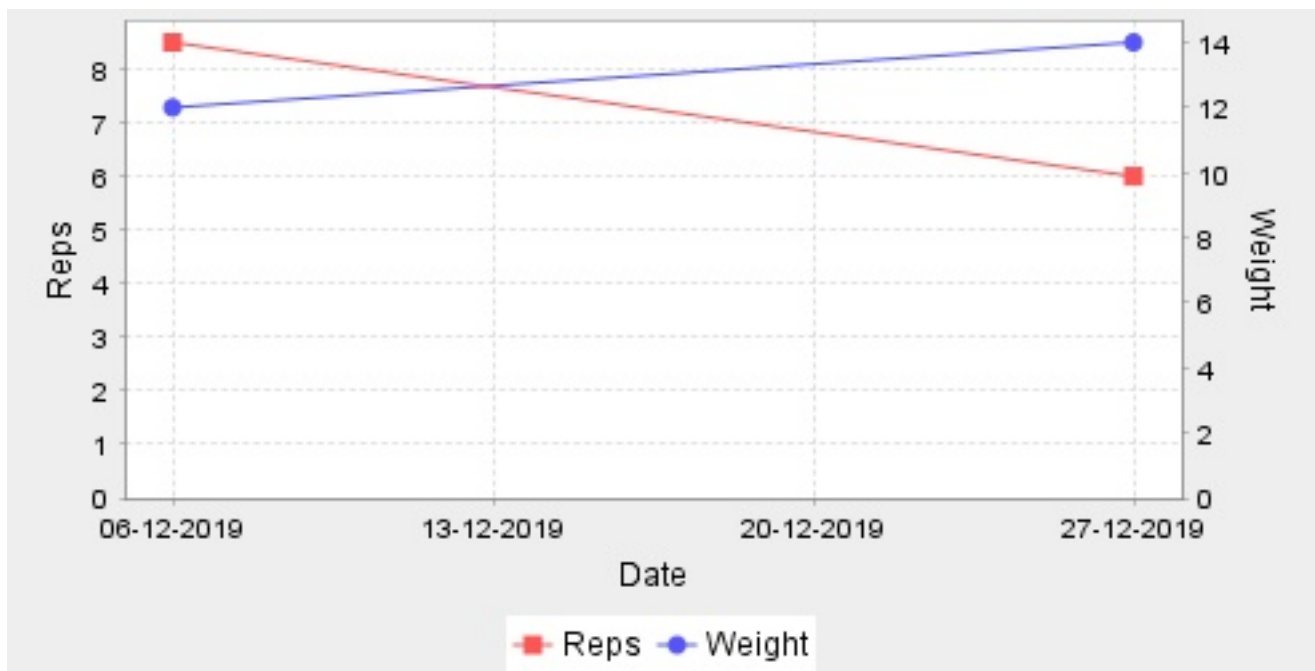
5.14.1 Statistics

Number of performances	2
Peak weight	14.0
Least weight	12.0
Peak reps	10
Least reps	5
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, 8
28-12-2019	6	Curls, triceps pushdown	DB-Curl, incline	14.0kg	8, 5, 5

5.14.3 Rep average chart



5.15 Latpull: Close

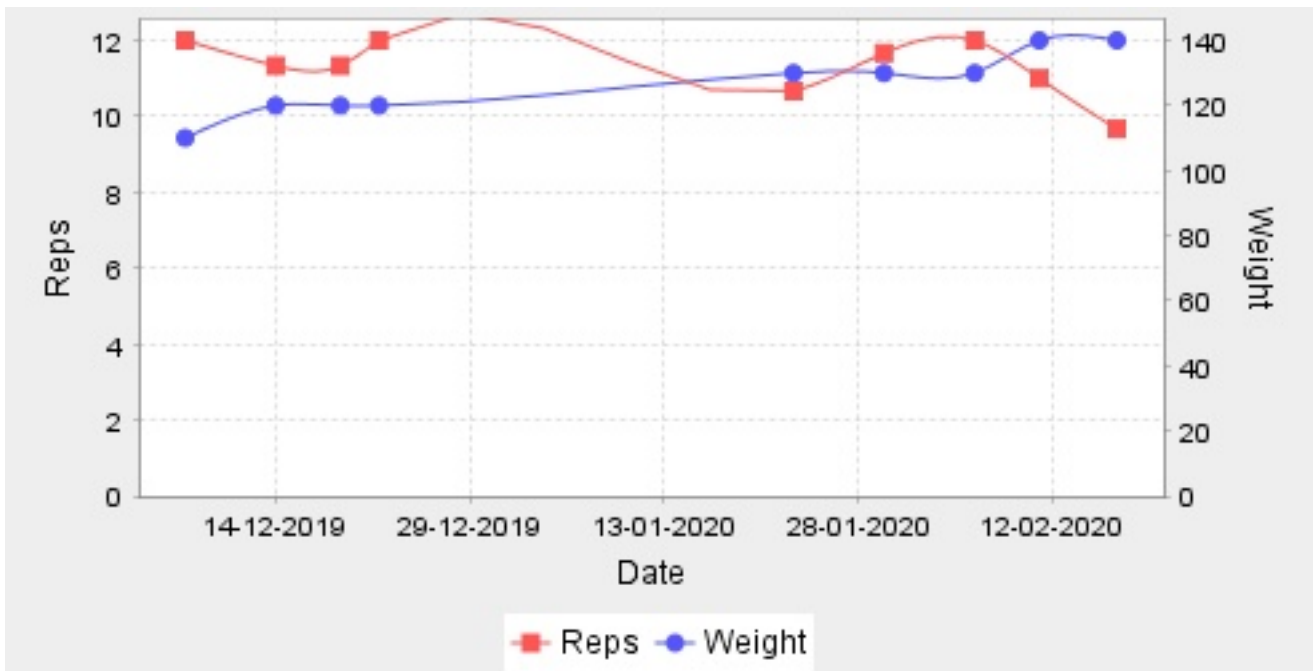
5.15.1 Statistics

Number of performances	9
Peak weight	140.0
Least weight	110.0
Peak reps	12
Least reps	8
Peak timeset	-
Least timeset	-

5.15.2 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

5.15.3 Rep average chart



5.16 Curls, triceps pushdown: SZ-Curl

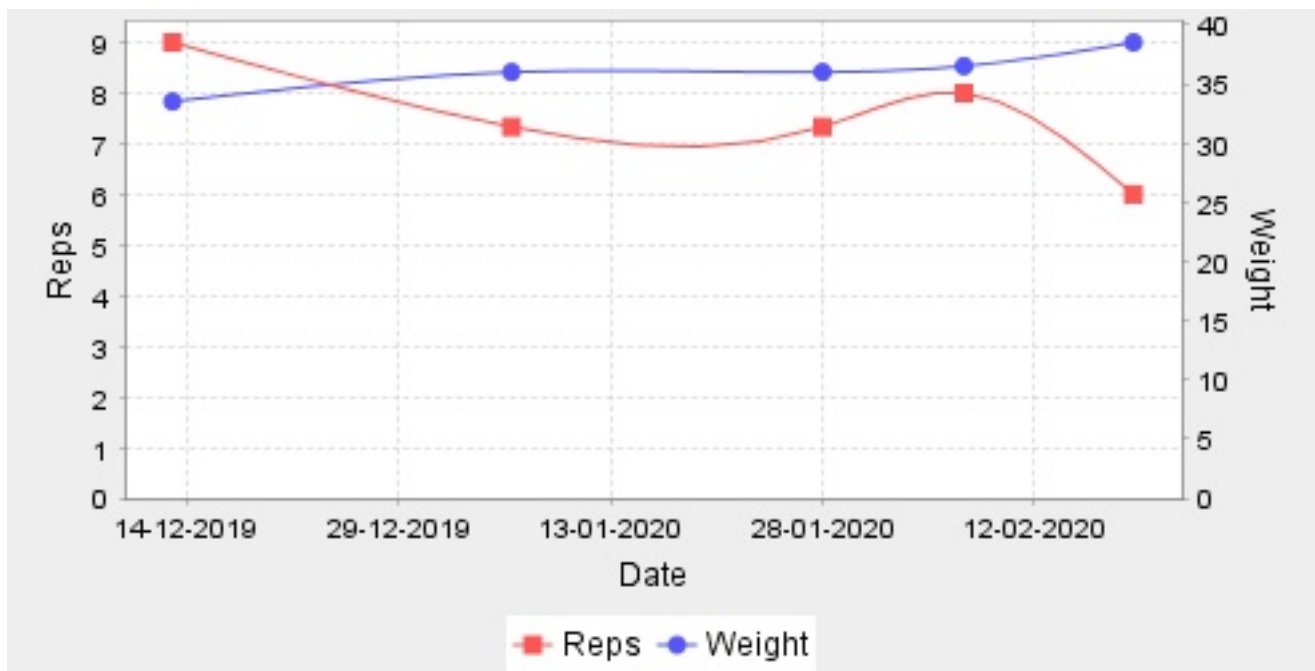
5.16.1 Statistics

Number of performances	5
Peak weight	38.5
Least weight	33.5
Peak reps	12
Least reps	5
Peak timeset	-
Least timeset	-

5.16.2 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

5.16.3 Rep average chart



5.17 T-Bar-Row: Close

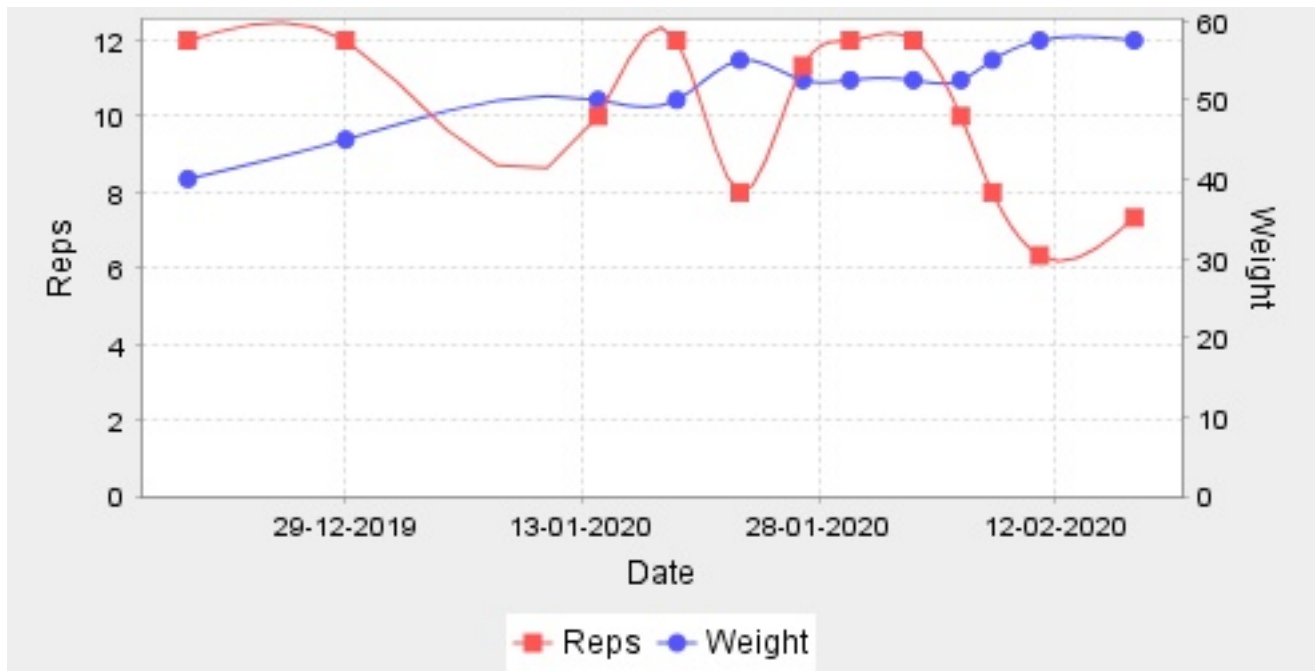
5.17.1 Statistics

Number of performances	12
Peak weight	57.5
Least weight	40.0
Peak reps	12
Least reps	5
Peak timeset	-
Least timeset	-

5.17.2 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

5.17.3 Rep average chart



5.18 Pull-Ups: Wide, not weighted

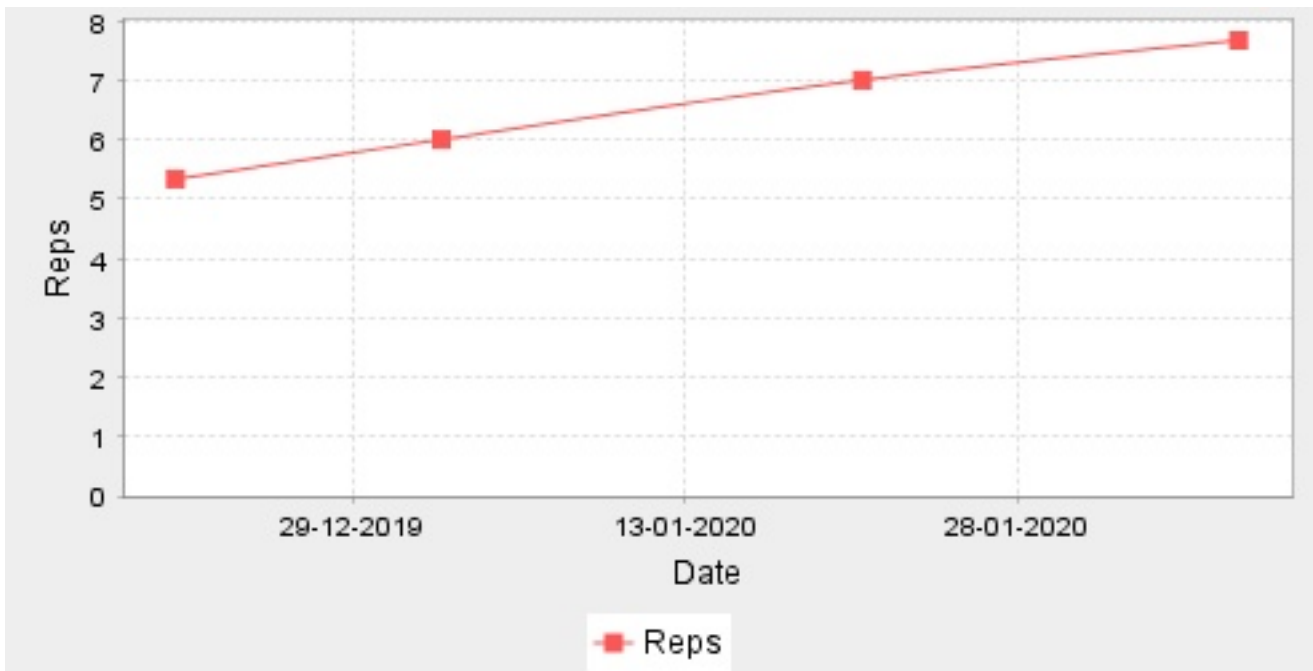
5.18.1 Statistics

Number of performances	4
Peak weight	0.0
Least weight	0.0
Peak reps	8
Least reps	5
Peak timeset	-
Least timeset	-

5.18.2 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

5.18.3 Rep average chart



5.19 Push-Ups: Normal, weighted

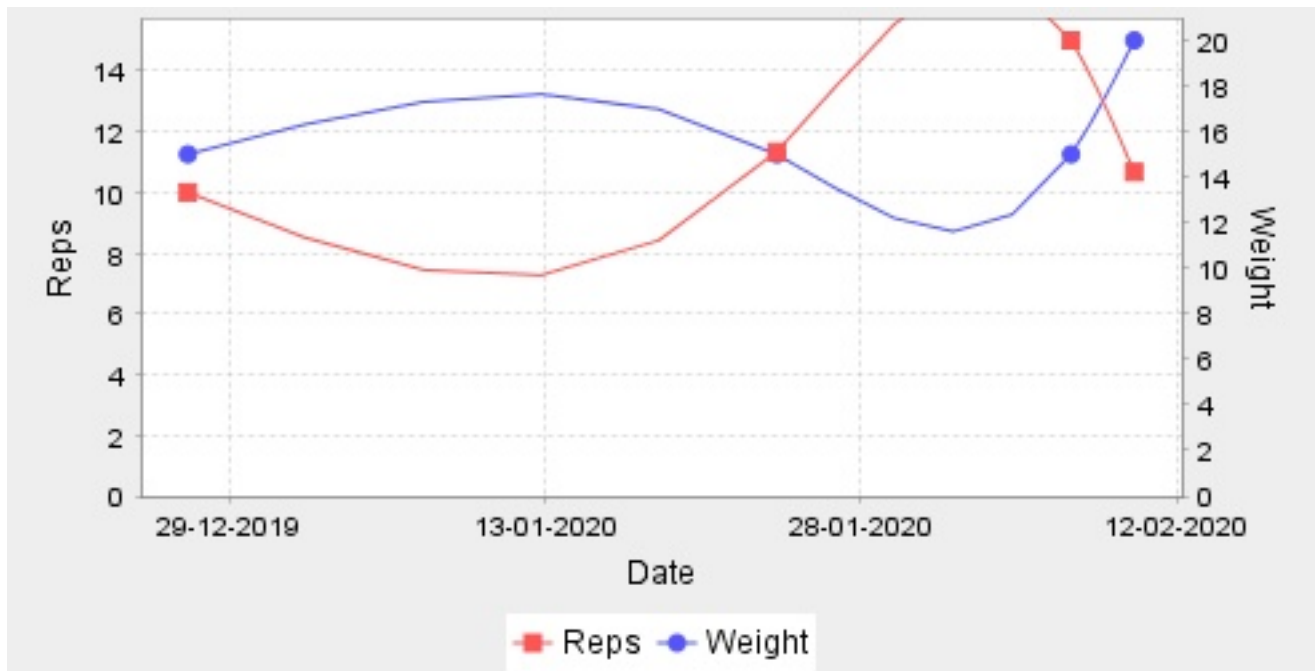
5.19.1 Statistics

Number of performances	4
Peak weight	20.0
Least weight	15.0
Peak reps	15
Least reps	10
Peak timeset	-
Least timeset	-

5.19.2 Performances

Date	ID	Name	Variation	Weight	Reps
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

5.19.3 Rep average chart



5.20 Dips: Weighted

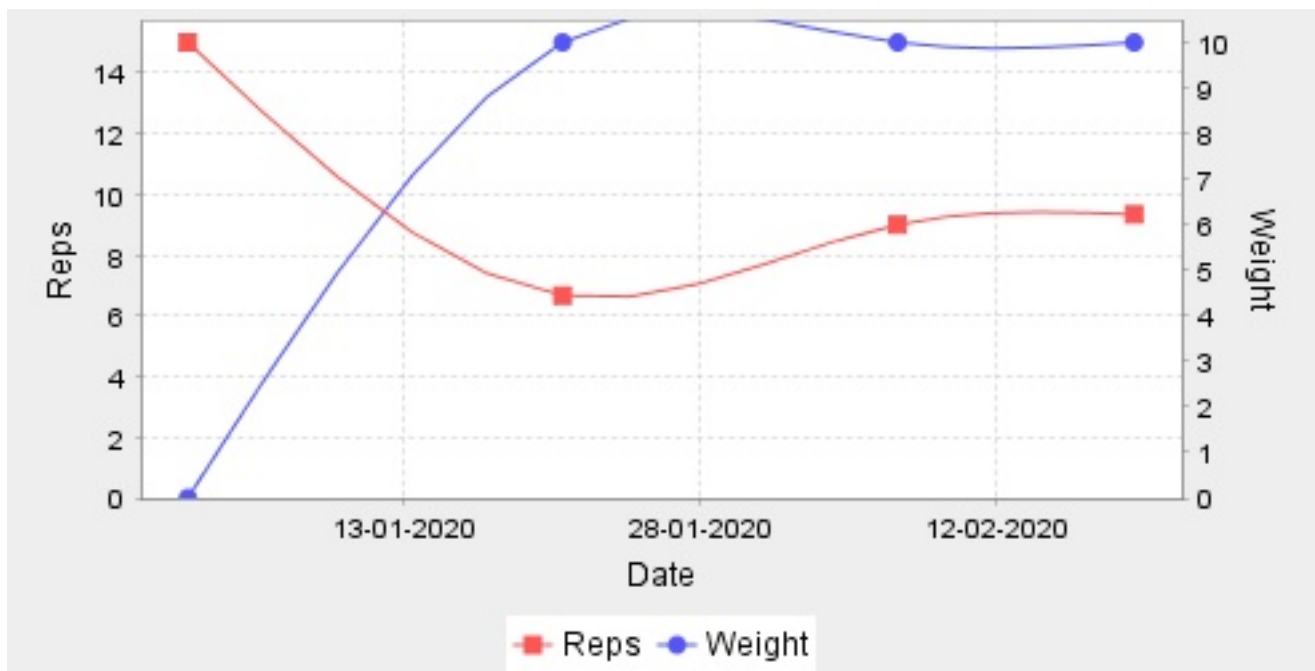
5.20.1 Statistics

Number of performances	4
Peak weight	10.0
Least weight	0.0
Peak reps	15
Least reps	6
Peak timeset	-
Least timeset	-

5.20.2 Performances

Date	ID	Name	Variation	Weight	Reps
03-01-2020	4	Dips	Weighted	0.0kg	15, 15, 15
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

5.20.3 Rep average chart



5.21 Pull-Ups: Close, weighted

5.21.1 Statistics

Number of performances	4
Peak weight	10.0
Least weight	10.0
Peak reps	6
Least reps	3
Peak timeset	-
Least timeset	-

5.21.2 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

5.21.3 Rep average chart



5.22 Push-Ups: Stepping

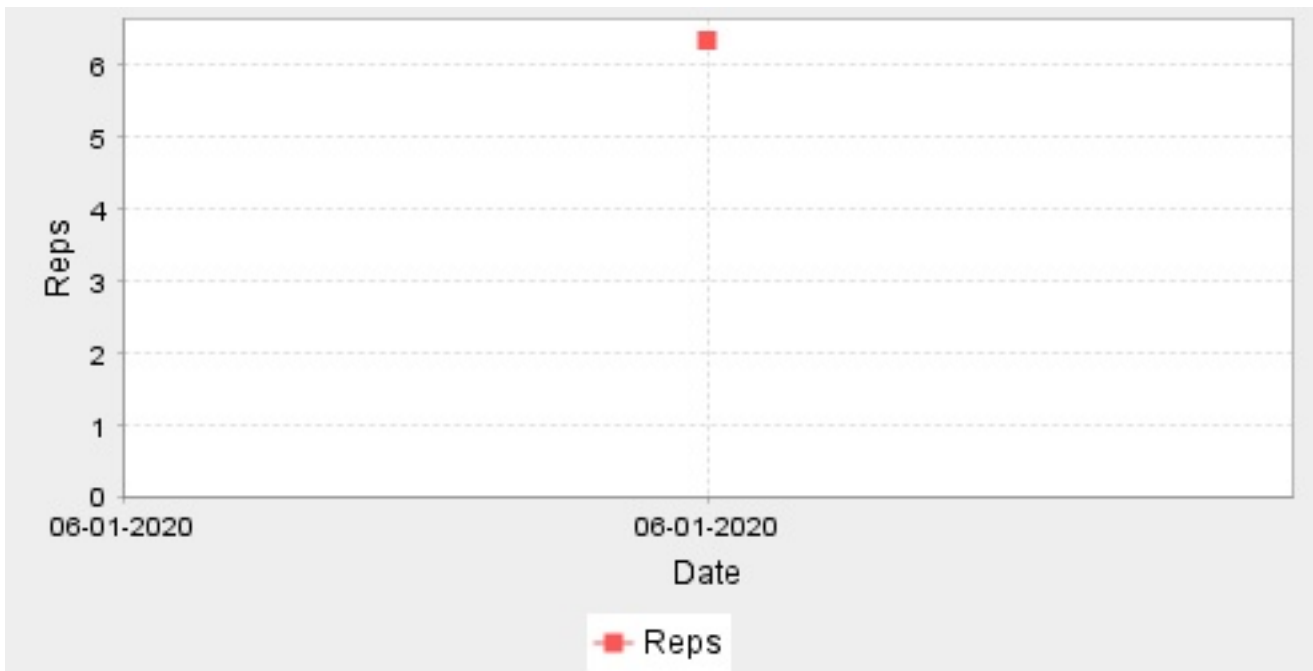
5.22.1 Statistics

Number of performances	1
Peak weight	0.0
Least weight	0.0
Peak reps	7
Least reps	5
Peak timeset	-
Least timeset	-

5.22.2 Performances

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

5.22.3 Rep average chart



5.23 Curls, triceps pushdown: Triceps pushdown

5.23.1 Statistics

Number of performances	3
Peak weight	50.0
Least weight	40.0
Peak reps	16
Least reps	12
Peak timeset	-
Least timeset	-

5.23.2 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

5.23.3 Rep average chart

