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      "weight": 76.24,
      "height": 178,
      "countOfCompletedTrainers": 5
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      "name": "",
      "weight": 76.24,
      "height": 178,
      "countOfCompletedTrainers": 1,
      "userProgresInTraining": {
        "id": 1,
        "dayOfTraining": 1,
        "trainingId": {
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          "label": "",
          "countOfDays": 3,
          "description": " ",
          "status": "available",
          "daysOfTrainings": [
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              "numberOfDay": 1,
              "sets": [
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                  "numberOfRepetitions": 5,
                  "restTimeInSec": 15,
                  "exercise": {
                    "id": 4,
                    "label": "",
                    "description": ""
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                }
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              "id": 15,
              "numberOfRepetitions": 8,
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"restTimeInSec": 34,
"exercise": {
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  "label": "",
  "description": ""
}
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  "numberOfRepetitions": 11,
  "restTimeInSec": 88,
  "exercise": {
    "id": 4,
    "label": "",
    "description": ""
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}
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},
{
  "id": 5,
  "numberOfDay": 2,
  "sets": [
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      "id": 7,
      "numberOfRepetitions": 5,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
        "description": ""
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    }
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    "numberOfRepetitions": 10,
    "restTimeInSec": 10,
    "exercise": {
      "id": 2,
      "label": "",
      "description": ""
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}
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      "id": 9,
      "numberOfRepetitions": 20,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
        "description": ""
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{
  "id": 6,
  "numberOfDay": 3,
  "sets": [
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      "id": 7,
      "numberOfRepetitions": 5,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
        "description": ""
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    }
  ],
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    "id": 8,
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    "restTimeInSec": 10,
    "exercise": {
      "id": 2,
      "label": "",
      "description": ""
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    "id": 9,
    "numberOfRepetitions": 20,
    "restTimeInSec": 10,
    "exercise": {
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]
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    "name": "",
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    "countOfCompletedTrainers": 0,
    "userProgresInTraining": {
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        "dayOfTraining": 1,
        "trainingId": {
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            "label": "1",
            "countOfDays": 3,
            "description": " ",
            "status": "available",
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                    "sets": [
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                            "restTimeInSec": 15,
                            "exercise": {
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                    "id": 2,

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"exercise": {
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  "label": "",
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  "restTimeInSec": 35,
  "exercise": {
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    "label": "",
    "description": " "
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  "id": 4,
  "numberOfRepetitions": 40,
  "restTimeInSec": 45,
  "exercise": {
    "id": 1,
    "label": "",
    "description": " "
  }
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{
  "id": 5,
  "numberOfRepetitions": 50,
  "restTimeInSec": 55,
  "exercise": {
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    "label": "",
    "description": " "
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},
{
  "id": 6,
  "numberOfRepetitions": 60,
  "restTimeInSec": 65,
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"exercise": {
  "id": 1,
  "label": "",
  "description": " "
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}
]
},
{
  "id": 2,
  "numberOfDay": 2,
  "sets": [
    {
      "id": 7,
      "numberOfRepetitions": 5,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
        "description": ""
      }
    },
    {
      "id": 8,
      "numberOfRepetitions": 10,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
        "description": ""
      }
    },
    {
      "id": 9,
      "numberOfRepetitions": 20,
      "restTimeInSec": 10,
      "exercise": {
        "id": 2,
        "label": "",
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    }
  ]
}
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]
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  "sets": [
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      "numberOfRepetitions": 5,
      "restTimeInSec": 3,
      "exercise": {
        "id": 3,
        "label": ""
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    },
    {
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      "numberOfRepetitions": 12,
      "restTimeInSec": 5,
      "exercise": {
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        "label": ""
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      "numberOfRepetitions": 13,
      "restTimeInSec": 8,
      "exercise": {
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        "label": ""
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      "numberOfRepetitions": 14,
      "restTimeInSec": 11,
      "exercise": {
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}
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    ]  
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}  
}  
}  
]  
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