**MODULES**

1. secrets
2. os
3. string
4. csv
5. verify\_email
6. mc
7. email.message
8. ssl
9. smtplib
10. random
11. datetime
12. re
13. urllib.request
14. pytube
15. webbrowser
16. tkinter as tk
17. pandas
18. Matplotlib

**DATA NEEDED TO BE INSERTED IN MYSQL**

CREATE DATABASE WEIGHTLOSS;

USE WEIGHTLOSS;

CREATE TABLE URLWEIGHTLOSS ( workoutday int,urlvideo varchar(200),primary key

(workoutday,urlvideo);

INSERT INTO URLWEIGHTLOSS VALUES (1, 'https://youtu.be/bdCX8Nb\_2Mg?si=wtJ1VH4C7grY-J7Q') ;

INSERT INTO URLWEIGHTLOSS VALUES (2, 'https://youtu.be/ml6cT4AZdqI?si=2suo2J3WiOcU9ViO') ;

INSERT INTO URLWEIGHTLOSS VALUES (3, 'https://youtu.be/6ZmGICti5c0?si=1PmvG8IDzNc8H0N5') ;

INSERT INTO URLWEIGHTLOSS VALUES (4, 'https://youtu.be/B0JX2JsM37Y?si=C195dezSZz08T136') ;

INSERT INTO URLWEIGHTLOSS VALUES (5, 'https://youtu.be/yu-RvNiuSi4?si=QTNe8lU4ogNNelbQ"') ;

INSERT INTO URLWEIGHTLOSS VALUES (6, 'https://youtu.be/bDPtWdsY70I?si=a3eqeab5t\_wXdE\_W') ;

INSERT INTO URLWEIGHTLOSS VALUES (7, 'https://youtu.be/-Z0UWWNMEZ4?si=B-KDQ1sSIVePe-wI') ;

INSERT INTO URLWEIGHTLOSS VALUES (8, 'https://youtu.be/YC3Vu4ZD6hQ?si=XzSMItj2Tt4Koey5') ;

INSERT INTO URLWEIGHTLOSS VALUES (9, 'https://youtu.be/Prl5NeXTDkk?si=sVeWxIVVP5slt33r') ;

INSERT INTO URLWEIGHTLOSS VALUES (10, 'https://youtu.be/yu-RvNiuSi4?si=QTNe8lU4ogNNelbQ"') ;

INSERT INTO URLWEIGHTLOSS VALUES (11, 'https://youtu.be/DOX2LsRQxjM?si=aKppY21NlYi7aUiZ') ;

INSERT INTO URLWEIGHTLOSS VALUES (12, 'https://youtu.be/WtT3aH74Pwk?si=\_O2FE-nhV\_okqYAc') ;

INSERT INTO URLWEIGHTLOSS VALUES (13, 'https://youtu.be/TpjNN5ATePo?si=rDIXfqdxB80a3P-G') ;

INSERT INTO URLWEIGHTLOSS VALUES (14, 'https://youtu.be/rs3r9z\_ElIQ?si=UnjzXDerKEa\_NYLC') ;

INSERT INTO URLWEIGHTLOSS VALUES (15, 'https://youtu.be/y87vSUoIMGU?si=BuNWzrK1j-KxCDq8') ;

INSERT INTO URLWEIGHTLOSS VALUES (16, 'https://youtu.be/1ElcyxQCZ4w?si=FtEG2VwRNjXBcGjN') ;

INSERT INTO URLWEIGHTLOSS VALUES (17, 'https://youtu.be/biNUnu8INqg?si=acJdYBNvkoE8UBLc') ;

INSERT INTO URLWEIGHTLOSS VALUES (18, 'https://youtu.be/dq1pQgcFiaY?si=\_LOqZ4IK9BO1faAI') ;

INSERT INTO URLWEIGHTLOSS VALUES (19, 'https://youtu.be/ddvGDP4HvoU?si=HxFJjpMiOEXkyDgV') ;

INSERT INTO URLWEIGHTLOSS VALUES (20, 'https://youtu.be/y87vSUoIMGU?si=BuNWzrK1j-KxCDq8') ;

INSERT INTO URLWEIGHTLOSS VALUES (21, 'https://youtu.be/fN2aMTIaSe0?si=TRalViKXsqtI8IkC') ;

INSERT INTO URLWEIGHTLOSS VALUES (22, 'https://youtu.be/newc0rrZgqs?si=T46g1bXCGgSe8TuC') ;

INSERT INTO URLWEIGHTLOSS VALUES (23, 'https://youtu.be/HPWGeuMSSv4?si=inc5P7pVOy6NLKXU') ;

INSERT INTO URLWEIGHTLOSS VALUES (24, 'https://youtu.be/URtLwJC6gXk?si=O3mGyBa1trwcmUMO') ;

INSERT INTO URLWEIGHTLOSS VALUES (25, 'https://youtu.be/nVJQ5JXHOwI?si=UcptQ3ccKWADbFBA') ;

INSERT INTO URLWEIGHTLOSS VALUES (26, 'https://youtu.be/3VutyUEtufA?si=vW0Do1P1jj9gQQev') ;

INSERT INTO URLWEIGHTLOSS VALUES (27, 'https://youtu.be/QazRRrD1g5s?si=qjSpbPjaEFffUg5J') ;

INSERT INTO URLWEIGHTLOSS VALUES (28, 'https://youtu.be/AAReO\_UB31o?si=\_KTeQIM2BZ0OQoGc') ;

INSERT INTO URLWEIGHTLOSS VALUES (29, 'https://youtu.be/bePUMvJNC68?si=P-TedzA5-JGKu4Id') ;

INSERT INTO URLWEIGHTLOSS VALUES (30, 'https://youtu.be/iwvQ2cevGU4?si=rDAmZDWylW4iWXZ0') ;

INSERT INTO URLWEIGHTLOSS VALUES (31, 'https://youtu.be/wAPbJIFJWW0?si=zWlseuWloI2Mz5gi') ;

INSERT INTO URLWEIGHTLOSS VALUES (32, 'https://youtu.be/5K336izI2lM?si=ieS0nedqF-i7pRfV') ;

INSERT INTO URLWEIGHTLOSS VALUES (33, 'https://youtu.be/H\_YYZQyJoMk?si=h5BkbeqYiPgZpmFe') ;

INSERT INTO URLWEIGHTLOSS VALUES (34, 'https://youtu.be/yVLBnsbQ2dM?si=F0-Dd64BEVPlkpmv') ;

INSERT INTO URLWEIGHTLOSS VALUES (35, 'https://youtu.be/LbTVfgZd6OE?si=CfMeIR21KSam6CCz') ;

INSERT INTO URLWEIGHTLOSS VALUES (36, 'https://youtu.be/HuZUfacspQQ?si=AMqPnZRGAAUKFqZv') ;

INSERT INTO URLWEIGHTLOSS VALUES (37, 'https://youtu.be/eH6Q\_HQSwx0?si=IQfzhbxvqNUQPS0r') ;

INSERT INTO URLWEIGHTLOSS VALUES (38, 'https://youtu.be/XrnxhSVbzDA?si=I4GTCAPOpdkNB9gz') ;

INSERT INTO URLWEIGHTLOSS VALUES (39, 'https://youtu.be/VQB1JyGEcSI?si=TjhLxEWvPsUiDSSl') ;

INSERT INTO URLWEIGHTLOSS VALUES (40, 'https://youtu.be/X\_zuWITrq88?si=KMpIRJCk1Dw1J68F') ;

INSERT INTO URLWEIGHTLOSS VALUES (40, 'https://youtu.be/y87vSUoIMGU?si=BT2gVOGvqRRPjMyD') ;

CREATE DATABASE STRENGTH\_TRAINING;

USE STRENGTH\_TRAINING;

CREATE TABLE URLSTRENGTH ( workoutday int,urlvideo varchar(200),primary key

(workoutday,urlvideo);

INSERT INTO URLSTRENGTH VALUES (1, 'https://youtu.be/c\_-v1fYJGO8?si=R9jBWZPsU7fXjTHz') ;

INSERT INTO URLSTRENGTH VALUES (2, 'https://youtu.be/0PNWgEKN8Bg?si=4GM8b\_Uv2\_LBVtuc') ;

INSERT INTO URLSTRENGTH VALUES (3, 'https://youtu.be/OuBMFYx5ncE?si=FnlwitrIulLmOQrJ') ;

INSERT INTO URLSTRENGTH VALUES (4, 'https://youtu.be/Q0twJLyCA7Y?si=qMaK9uZQKhRqSbQJ') ;

INSERT INTO URLSTRENGTH VALUES (5, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (6, 'https://youtu.be/bSblH5BTJCs?si=hp2z7pwLiaJnQWUF') ;

INSERT INTO URLSTRENGTH VALUES (7, 'https://youtu.be/cApi13gQCJc?si=3-mDCznDD07c6tlo') ;

INSERT INTO URLSTRENGTH VALUES (8, 'https://youtu.be/E7q28LMzDFI?si=59YqB22IGLj0VntI') ;

INSERT INTO URLSTRENGTH VALUES (9, 'https://youtu.be/kSXA9iPfNOU?si=JdGdFc-CYUacrJl5') ;

INSERT INTO URLSTRENGTH VALUES (10, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (11, 'https://youtu.be/CltJF-PFiiE?si=V\_u1L2fY6uDYQCRM') ;

INSERT INTO URLSTRENGTH VALUES (12, 'https://youtu.be/pCY3zwGqtFc?si=noKLmySue7oq7Lmq') ;

INSERT INTO URLSTRENGTH VALUES (13, 'https://youtu.be/-Vz0qx7JrPw?si=y8wCHU0B0qGCagzD') ;

INSERT INTO URLSTRENGTH VALUES (14, 'https://youtu.be/TjcTQgPmge0?si=OJreCGF5FrkM4o4R') ;

INSERT INTO URLSTRENGTH VALUES (15, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (16, 'https://youtu.be/qh07zuq0rnQ?si=1PuZGPe7Xoii23ot') ;

INSERT INTO URLSTRENGTH VALUES (17, 'https://youtu.be/i2\_lwcTam4k?si=awbL4F1Kf5X\_FvA0') ;

INSERT INTO URLSTRENGTH VALUES (18, 'https://youtu.be/hJg7q\_Is8O4?si=2jLgOFkF2Wfr0B--') ;

INSERT INTO URLSTRENGTH VALUES (19, 'https://youtu.be/-RdpqRqh9mE?si=M6UQpDEqkCtzx3Ws') ;

INSERT INTO URLSTRENGTH VALUES (20, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (21, 'https://youtu.be/6hSKexihUBI?si=SbOiFw6MfCJGN5d4') ;

INSERT INTO URLSTRENGTH VALUES (22, 'https://youtu.be/uvlrHB00jz0?si=ouXd9vlht9uznPV9') ;

INSERT INTO URLSTRENGTH VALUES (23, 'https://youtu.be/LTfPk1q5A6A?si=\_zozNMnUbEncuW3L') ;

INSERT INTO URLSTRENGTH VALUES (24, 'https://youtu.be/2mWlbd\_ky7Q?si=MNL-cq4x5NUqMlch') ;

INSERT INTO URLSTRENGTH VALUES (25, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (26, 'https://youtu.be/fHlQ4CQIQwQ?si=p5eIJDGY0hXQNePf') ;

INSERT INTO URLSTRENGTH VALUES (27, 'https://youtu.be/hM2zyf\_ijTQ?si=l7le4cNuCT1ynm\_I') ;

INSERT INTO URLSTRENGTH VALUES (28, 'https://youtu.be/dwDyUY4SXMg?si=a3QQuj160ko0XwDT') ;

INSERT INTO URLSTRENGTH VALUES (29, 'https://youtu.be/4cp-yo6cxlg?si=l59R4p8YXj7sybEE') ;

INSERT INTO URLSTRENGTH VALUES (30, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (31, 'https://youtu.be/9seYxs-vu9s?si=dqP7fsrInzhVIird') ;

INSERT INTO URLSTRENGTH VALUES (32, 'https://youtu.be/\_jz30UMocHs?si=rPNsJNUscMCGDitQ') ;

INSERT INTO URLSTRENGTH VALUES (33, 'https://youtu.be/USNt7\_BfTNc?si=C5FDVBeLv3-EKyTs') ;

INSERT INTO URLSTRENGTH VALUES (34, 'https://youtu.be/9JMF2iSEjGI?si=5dWaII1v4t\_9\_4dN') ;

INSERT INTO URLSTRENGTH VALUES (35, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (36, 'https://youtu.be/f4R4tFBvluI?si=t6-eo2lyeOmq\_BzS') ;

INSERT INTO URLSTRENGTH VALUES (37, 'https://youtu.be/qp15Z64Wf90?si=Y\_ex14G39cGAoMBJ') ;

INSERT INTO URLSTRENGTH VALUES (38, 'https://youtu.be/cxJAGfY5U3k?si=AgmfzIAyTv755QBq') ;

INSERT INTO URLSTRENGTH VALUES (39, 'https://youtu.be/QNfW9VzfSOs?si=v2Yqn5hX6EYTrict') ;

INSERT INTO URLSTRENGTH VALUES (40, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO URLSTRENGTH VALUES (41, 'https://youtu.be/DEZyGFGL\_wk?si=BCOHD436xpO5Zd3Z') ;

INSERT INTO URLSTRENGTH VALUES (42, 'https://youtu.be/l4DXItugXq0?si=xphsXPsNgpJJ28en') ;

INSERT INTO URLSTRENGTH VALUES (43, 'https://youtu.be/i5fLIkBNgSw?si=s7MJy9zPPrgiezqu') ;

INSERT INTO URLSTRENGTH VALUES (44, 'https://youtu.be/496T-KtRAAU?si=6M6AzQ-hgKF278T8') ;

INSERT INTO URLSTRENGTH VALUES (45, 'https://youtu.be/utAqR9-dmh0?si=dTis4VByLA9irZU0') ;

INSERT INTO URLSTRENGTH VALUES (46, 'https://youtu.be/c-iMaj-ue18?si=EMz8b787pzzwpWzf') ;

INSERT INTO URLSTRENGTH VALUES (47, 'https://youtu.be/o9M0NqvpZm0?si=JdLXlinyH1L2-PJb') ;

INSERT INTO URLSTRENGTH VALUES (48, 'https://youtu.be/4E2b-77cIf0?si=7veCovlUGrqp1Qt3') ;

INSERT INTO URLSTRENGTH VALUES (49, 'https://youtu.be/zyeiUJX99PQ?si=\_t-J--JJBYbDfSYL') ;

INSERT INTO URLSTRENGTH VALUES (50, 'https://youtu.be/utAqR9-dmh0?si=dTis4VByLA9irZU0') ;

INSERT INTO URLSTRENGTH VALUES (51, 'https://youtu.be/4E2b-77cIf0?si=rUXNtxeaw3FObF4T') ;

INSERT INTO URLSTRENGTH VALUES (52, 'https://youtu.be/Qdlnxa35yLY?si=J-Eo0pS5iT76BuAx') ;

INSERT INTO URLSTRENGTH VALUES (53, 'https://youtu.be/Ei-gtAauMuA?si=JeBg8FxvVf0iuDqm') ;

INSERT INTO URLSTRENGTH VALUES (54, 'https://youtu.be/\_D5wNE9\_0Xo?si=JVXOwaBL\_IOp-0eH') ;

INSERT INTO URLSTRENGTH VALUES (55, 'https://youtu.be/utAqR9-dmh0?si=dTis4VByLA9irZU0') ;

INSERT INTO URLSTRENGTH VALUES (56, 'https://youtu.be/Ei-gtAauMuA?si=lQTbkbOCmBRHf8Hm') ;

INSERT INTO URLSTRENGTH VALUES (57, 'https://youtu.be/uGtSwgyi0oc?si=eamrulwPOvQcG4zV') ;

INSERT INTO URLSTRENGTH VALUES (58, 'https://youtu.be/2\_goiD8EDM4?si=LaWehwwlGsvdZAPa') ;

INSERT INTO URLSTRENGTH VALUES (59, 'https://youtu.be/Dg6PQpoaIaI?si=5Rz1acTyN3TtPVqA') ;

INSERT INTO URLSTRENGTH VALUES (60, 'https://youtu.be/utAqR9-dmh0?si=dTis4VByLA9irZU0') ;

INSERT INTO URLSTRENGTH VALUES (61, 'https://youtu.be/nGADUp5uyN0?si=GoNw3c-n-knxiHAU') ;

INSERT INTO URLSTRENGTH VALUES (62, 'https://youtu.be/ggsQtVbIpDw?si=Ik4sNtT5b8nD5mGN') ;

INSERT INTO URLSTRENGTH VALUES (63, 'https://youtu.be/y87vSUoIMGU?si=3tfjjG23ow9duRUO') ;

CREATE DATABASE FLEXI\_TRAINING;

USE FLEXI\_TRAINING;

CREATE TABLE FLEXI\_URL ( workoutday int,urlvideo varchar(200),primary key

(workoutday,urlvideo);

INSERT INTO FLEXI\_URL VALUES (1, 'https://youtu.be/GLy2rYHwUqY?si=M6KbLAOhSmnAF47m') ;

INSERT INTO FLEXI\_URL VALUES (2, 'https://youtu.be/GAnKh5kKpgA?si=GzMWLccVesz-hffp') ;

INSERT INTO FLEXI\_URL VALUES (3, 'https://youtu.be/WwzihD\_WmFE?si=--03vNdyI-643NwR') ;

INSERT INTO FLEXI\_URL VALUES (4, 'https://youtu.be/GuLAETCDThU?si=odK4DFFOLHPaeXJw') ;

INSERT INTO FLEXI\_URL VALUES (5, 'https://youtu.be/rcIPOy\_wOuE?si=-r4x842hF2VVhWx2') ;

INSERT INTO FLEXI\_URL VALUES (6, 'https://youtu.be/RKUNOvgM0Y4?si=MJLwu0U9R1AELYrm') ;

INSERT INTO FLEXI\_URL VALUES (7, 'https://youtu.be/\_U6cRWRaawg?si=UuXNa68Q8Zz-qgmW') ;

INSERT INTO FLEXI\_URL VALUES (8, 'https://youtu.be/E2SOrScNbww?si=0YiK0KP2eRYFMvrs') ;

INSERT INTO FLEXI\_URL VALUES (9, 'https://youtu.be/W5LvKNElKH4?si=qs26UiBPqYSNtTsG') ;

INSERT INTO FLEXI\_URL VALUES (10, 'https://youtu.be/7OJY0iQwzoo?si=ziQIdsXSfXCct1Ez') ;

INSERT INTO FLEXI\_URL VALUES (11, 'https://youtu.be/jNzhD3skhRA?si=NksDQ04hmOZNbwc1') ;

INSERT INTO FLEXI\_URL VALUES (12, 'https://youtu.be/CPyT-2iLcUA?si=tal8ZCqCz66qOOQE') ;

INSERT INTO FLEXI\_URL VALUES (13, 'https://youtu.be/m2UEzPheLYk?si=dzjE-5L2LziS2vI2') ;

INSERT INTO FLEXI\_URL VALUES (14, 'https://youtu.be/kZXLH3LyLLo?si=M8O34JJQp6d9e37J') ;

INSERT INTO FLEXI\_URL VALUES (15, 'https://youtu.be/RN4d44hOr4o?si=L\_fGs9xVAjc\_40dW') ;

INSERT INTO FLEXI\_URL VALUES (16, 'https://youtu.be/VULt--bcWd0?si=AkWacKqYoiS\_AW1i') ;

INSERT INTO FLEXI\_URL VALUES (17, 'https://youtu.be/jpSgQTBKUlk?si=zqEz82Px3nzeHNQ8') ;

INSERT INTO FLEXI\_URL VALUES (18, 'https://youtu.be/cf18kiIkMrU?si=39HsRM-sUpuJujvr') ;

INSERT INTO FLEXI\_URL VALUES (19, 'https://youtu.be/jWeWsO4x7N8?si=EH1EhcZbrDIBQldv') ;

INSERT INTO FLEXI\_URL VALUES (20, 'https://youtu.be/deoh27RCnR0?si=JRBaR81G5tMoorLe') ;

CREATE DATABASE STRONGER;

USE STRONGER;

CREATE TABLE STRONGER\_URL( workoutday int,urlvideo varchar(200),primary key

(workoutday,urlvideo);

INSERT INTO STRONGER\_URL VALUES (1, 'https://youtu.be/bdCX8Nb\_2Mg?si=wtJ1VH4C7grY-J7Q') ;

INSERT INTO STRONGER\_URL VALUES (2, 'https://youtu.be/ml6cT4AZdqI?si=2suo2J3WiOcU9ViO') ;

INSERT INTO STRONGER\_URL VALUES (3, 'https://youtu.be/GLy2rYHwUqY?si=M6KbLAOhSmnAF47m') ;

INSERT INTO STRONGER\_URL VALUES (4, 'https://youtu.be/c\_-v1fYJGO8?si=R9jBWZPsU7fXjTHz') ;

INSERT INTO STRONGER\_URL VALUES (5, 'https://youtu.be/yu-RvNiuSi4?si=QTNe8lU4ogNNelbQ"') ;

INSERT INTO STRONGER\_URL VALUES (6, 'https://youtu.be/6ZmGICti5c0?si=1PmvG8IDzNc8H0N5') ;

INSERT INTO STRONGER\_URL VALUES (7, 'https://youtu.be/B0JX2JsM37Y?si=C195dezSZz08T136') ;

INSERT INTO STRONGER\_URL VALUES (8, 'https://youtu.be/GAnKh5kKpgA?si=GzMWLccVesz-hffp') ;

INSERT INTO STRONGER\_URL VALUES (9, 'https://youtu.be/0PNWgEKN8Bg?si=4GM8b\_Uv2\_LBVtuc') ;

INSERT INTO STRONGER\_URL VALUES (10, 'https://youtu.be/yu-RvNiuSi4?si=QTNe8lU4ogNNelbQ"') ;

INSERT INTO STRONGER\_URL VALUES (11, "'https://youtu.be/bDPtWdsY70I?si=a3eqeab5t\_wXdE\_W'") ;

INSERT INTO STRONGER\_URL VALUES (12, "'https://youtu.be/-Z0UWWNMEZ4?si=B-KDQ1sSIVePe-wI'") ;

INSERT INTO STRONGER\_URL VALUES (13, 'https://youtu.be/WwzihD\_WmFE?si=--03vNdyI-643NwR') ;

INSERT INTO STRONGER\_URL VALUES (14, 'https://youtu.be/OuBMFYx5ncE?si=FnlwitrIulLmOQrJ') ;

INSERT INTO STRONGER\_URL VALUES (15, 'https://youtu.be/yu-RvNiuSi4?si=QTNe8lU4ogNNelbQ"') ;

INSERT INTO STRONGER\_URL VALUES (16, "'https://youtu.be/YC3Vu4ZD6hQ?si=XzSMItj2Tt4Koey5'") ;

INSERT INTO STRONGER\_URL VALUES (17, 'https://youtu.be/Prl5NeXTDkk?si=sVeWxIVVP5slt33r') ;

INSERT INTO STRONGER\_URL VALUES (18, 'https://youtu.be/GuLAETCDThU?si=odK4DFFOLHPaeXJw') ;

INSERT INTO STRONGER\_URL VALUES (19, 'https://youtu.be/Q0twJLyCA7Y?si=qMaK9uZQKhRqSbQJ') ;

INSERT INTO STRONGER\_URL VALUES (20, 'rest day , 30 min walk would be heavenly') ;

INSERT INTO STRONGER\_URL VALUES (21, 'https://youtu.be/DOX2LsRQxjM?si=aKppY21NlYi7aUiZ') ;

INSERT INTO STRONGER\_URL VALUES (22, 'https://youtu.be/WtT3aH74Pwk?si=\_O2FE-nhV\_okqYAc') ;

INSERT INTO STRONGER\_URL VALUES (23, 'https://youtu.be/jNzhD3skhRA?si=NksDQ04hmOZNbwc1') ;

INSERT INTO STRONGER\_URL VALUES (24, 'https://youtu.be/bSblH5BTJCs?si=hp2z7pwLiaJnQWUF') ;

INSERT INTO STRONGER\_URL VALUES (25, 'rest day.') ;

INSERT INTO STRONGER\_URL VALUES (26, 'https://youtu.be/cApi13gQCJc?si=3-mDCznDD07c6tlo') ;

INSERT INTO STRONGER\_URL VALUES (27, 'https://youtu.be/E7q28LMzDFI?si=59YqB22IGLj0VntI') ;

INSERT INTO STRONGER\_URL VALUES (28, 'https://youtu.be/CPyT-2iLcUA?si=tal8ZCqCz66qOOQE') ;

INSERT INTO STRONGER\_URL VALUES (29, 'https://youtu.be/TpjNN5ATePo?si=rDIXfqdxB80a3P-G') ;

INSERT INTO STRONGER\_URL VALUES (30, 'https://youtu.be/wCUI1bwlJqA?si=jotIWn2vOo3IUvog') ;

INSERT INTO STRONGER\_URL VALUES (31, 'https://youtu.be/6hSKexihUBI?si=SbOiFw6MfCJGN5d4') ;

INSERT INTO STRONGER\_URL VALUES (32, 'https://youtu.be/uvlrHB00jz0?si=ouXd9vlht9uznPV9') ;

INSERT INTO STRONGER\_URL VALUES (33, 'https://youtu.be/m2UEzPheLYk?si=dzjE-5L2LziS2vI2') ;

INSERT INTO STRONGER\_URL VALUES (34, 'https://youtu.be/rs3r9z\_ElIQ?si=UnjzXDerKEa\_NYLC') ;

INSERT INTO STRONGER\_URL VALUES (35, 'its a rest day . take a 30 min walk ') ;