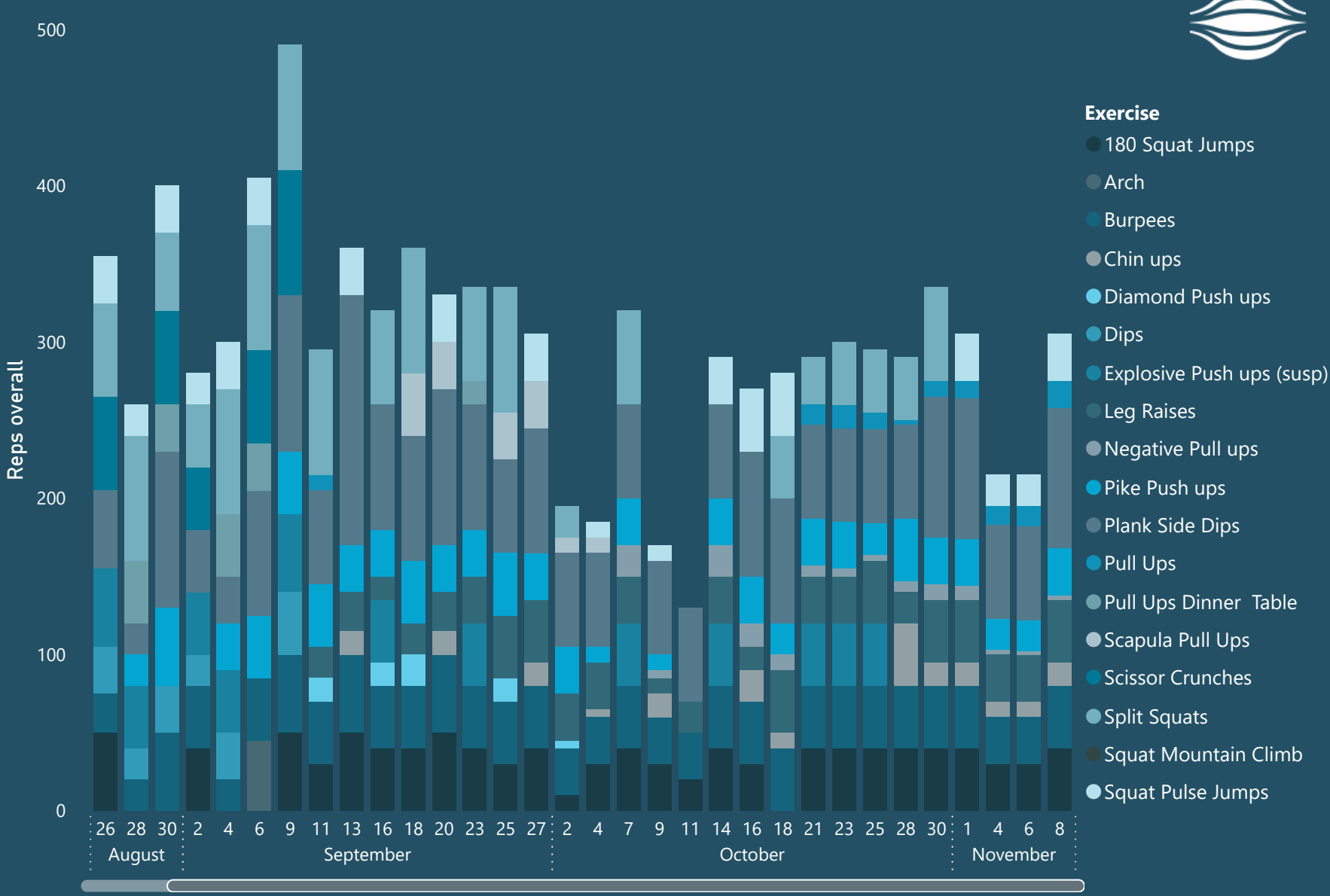


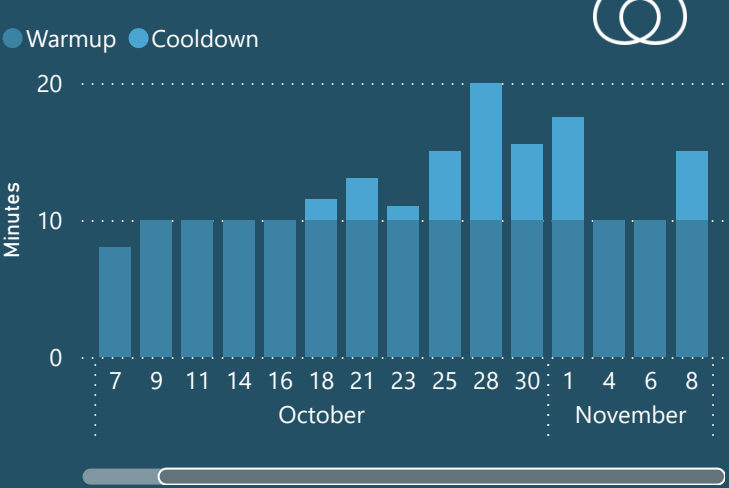
Personal calisthenics workout data analysis

A report about my personal data collected, doing calisthenics since mid August, tracking my progress and change in exercises, repetitions (reps) and add-ons (rope skipping) to increase the overall intensity.

Workout overview



Rope skipping



Sum of reps per week

