Workout Data

workout_id: 1

workout_date: 17-10-2024

workout_notes: first workout

exercises: [object Object]

exercise_name_1: Bench Press

exercise_weight_1: 165

reps_1: 5

sets_1: 5

rest_between_sets_1: 180

exercise_complete_1: 1

intensity_1: 9

exercise_notes_1: Had ro deload on first set from 175

workout_id: 5

workout_date: 21-10-2024

workout_notes: second workout

exercises: [object Object],[object Object],[object Object]

exercise_name_1: Squat

exercise_weight_1: 195

reps_1: 5

sets_1: 5

rest_between_sets_1: 180

exercise_complete_1: 1

intensity_1: 7

exercise_notes_1: Just getting back into squating from the summer

exercise_name_2: Press

exercise_weight_2: 95

reps_2: 5

sets_2: 5

rest_between_sets_2: 120

exercise_complete_2: 0

intensity_2: 8

exercise_notes_2: Had to deload from 105 on first set

exercise_name_3: Lat pull up

exercise_weight_3: 0

reps_3: 6

sets_3: 3

rest_between_sets_3: 120

exercise_complete_3: 0

intensity_3: 9

exercise_notes_3: Went from 10 to 6 to 3. Less reps next time

workout_id: 20

workout_date: 2025-01-10

workout_notes: tets

exercises: [object Object]

exercise_name_1: Press

exercise_weight_1: 100

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 1

intensity_1: 4

exercise_notes_1: Can't remember if I did 4 or 5 sets

workout_id: 22

workout_date: 2024-10-24

workout_notes:

exercises: [object Object]

exercise_name_1: Press

exercise_weight_1: 100

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 1

intensity_1: 4

exercise_notes_1: Can't remember if I did 4 or 5 sets

workout_id: 23

workout_date: 2024-10-24

workout_notes: Second added through UI

exercises: [object Object]

exercise_name_1: Press

exercise_weight_1: 100

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 1

intensity_1: 4

exercise_notes_1: Can't remember if I did 4 or 5 sets

workout_id: 24

workout_date: 2024-10-24

workout_notes: Second added through UI

exercises: [object Object]

exercise_name_1: Press

exercise_weight_1: 100

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 1

intensity_1: 4

exercise_notes_1: Can't remember if I did 4 or 5 sets

workout_id: 26

workout_date: 2024-10-25

workout_notes:

exercises: [object Object]

exercise_name_1: Deadlift

exercise_weight_1: 225

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 0

intensity_1: 5

exercise_notes_1: Didn't quite finish last rep. Lost grip

workout_id: 27

workout_date: 2024-10-25

workout_notes:

exercises: [object Object],[object Object]

exercise_name_1: Deadlift

exercise_weight_1: 225

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 0

intensity_1: 5

exercise_notes_1: Didn't quite finish last rep. Lost grip

exercise_name_2: Bench

exercise_weight_2: 170

reps_2: 5

sets_2: 5

rest_between_sets_2: 180

exercise_complete_2: 1

intensity_2: 4

exercise_notes_2:

workout_id: 28

workout_date: 2024-10-25

workout_notes: Don't lose side of technique when trying to lift heavier

exercises: [object Object],[object Object],[object Object]

exercise_name_1: Deadlift

exercise_weight_1: 225

reps_1: 5

sets_1: 5

rest_between_sets_1: 60

exercise_complete_1: 0

intensity_1: 5

exercise_notes_1: Didn't quite finish last rep. Lost grip

exercise_name_2: Bench

exercise_weight_2: 170

reps_2: 5

sets_2: 5

rest_between_sets_2: 180

exercise_complete_2: 1

intensity_2: 4

exercise_notes_2:

exercise_name_3: Delt cable pull

exercise_weight_3: 15

reps_3: 12

sets_3: 3

rest_between_sets_3: 30

exercise_complete_3: 1

intensity_3: 4

exercise_notes_3: Awkward. Need to look up technique