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| --- | --- | --- | --- | --- |
| Monday ({{ monday.warmup.total\_duration + monday.wod.total\_duration }}):Warmup ({{ monday.warmup.total\_duration }}): {% for exercise in monday.warmup.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}}{% if exercise.type.split %} - ({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} WOD ({{ monday.wod.total\_duration }}): {% for exercise in monday.wod.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}} - {% if exercise.type.split %}({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} | Tuesday ({{ tuesday.warmup.total\_duration + tuesday.wod.total\_duration }}):Warmup ({{ tuesday.warmup.total\_duration }}): {% for exercise in tuesday.warmup.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}}{% if exercise.type.split %} - ({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} WOD ({{ tuesday.wod.total\_duration }}): {% for exercise in tuesday.wod.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}} - {% if exercise.type.split %}({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} | Wednesday ({{ wednesday.warmup.total\_duration + wednesday.wod.total\_duration }}):Warmup ({{ wednesday.warmup.total\_duration }}): {% for exercise in wednesday.warmup.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}}{% if exercise.type.split %} - ({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} WOD ({{ wednesday.wod.total\_duration }}): {% for exercise in wednesday.wod.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}} - {% if exercise.type.split %}({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} | Thursday ({{ thursday.warmup.total\_duration + thursday.wod.total\_duration }}):Warmup ({{ thursday.warmup.total\_duration }}): {% for exercise in thursday.warmup.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}}{% if exercise.type.split %} - ({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} WOD ({{ thursday.wod.total\_duration }}): {% for exercise in thursday.wod.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}} - {% if exercise.type.split %}({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} | Friday ({{ friday.warmup.total\_duration + friday.wod.total\_duration }}):Warmup ({{ friday.warmup.total\_duration }}): {% for exercise in friday.warmup.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}}{% if exercise.type.split %} - ({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} WOD ({{ friday.wod.total\_duration }}): {% for exercise in friday.wod.exercises %}{% if exercise.type.name %} {{ exercise.type.value}} {{exercise.type.name}} - {% if exercise.type.split %}({{exercise.type.split.working\_time}}/{{exercise.type.split.rest\_time}}){% endif %}: {% for movement in exercise.movements %} **->** {{ movement.name }} x{{movement.amount}}{{movement.si\_unit}}  {% endfor %}{% endif %}{% endfor %} |