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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 %}{% if exercise.type.value %}**{{exercise.type.value}}**{% endif %}{% if exercise.type.name %} **{{exercise.type.name}}**{% endif %}{% if exercise.split %} **- (**{% if exercise.split.working\_time %}**{{exercise.split.working\_time}}**{% endif %}{% if exercise.split.rest\_time %}**/{{exercise.split.rest\_time}}**{% endif %}){% endif %}**:**  {% for movement in exercise.movements %} **->** {% if movement.name %}{{movement.name}}{% endif %}{% if movement.amount %} x{{movement.amount}}{% endif %}{% if movement.si\_unit %}{{movement.si\_unit}}{% endif %}  {% endfor %}{% endif %}  {% endfor %}**Wod ({{monday.wod.total\_duration}}):**  {% for exercise in monday.wod.exercises %}{% if exercise.type %}{% if exercise.type.value %}**{{exercise.type.value}}**{% endif %}{% if exercise.type.name %} **{{exercise.type.name}}**{% endif %}{% if exercise.split %} **- (**{% if exercise.split.working\_time %}**{{exercise.split.working\_time}}**{% endif %}{% if exercise.split.rest\_time %}**/{{exercise.split.rest\_time}}**{% endif %}){% endif %}:  {% for movement in exercise.movements %} **->** {% if movement.name %}{{movement.name}}{% endif %}{% if movement.amount %} x{{movement.amount}}{% endif %}{% if movement.si\_unit %}{{movement.si\_unit}}{% endif %}  {% 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 %}{% if exercise.type.value %}**{{exercise.type.value}}**{% endif %}{% if exercise.type.name %} **{{exercise.type.name}}**{% endif %}{% if exercise.split %} **- (**{% if exercise.split.working\_time %}**{{exercise.split.working\_time}}**{% endif %}{% if exercise.split.rest\_time %}**/{{exercise.split.rest\_time}}**{% endif %}){% endif %}**:**  {% for movement in exercise.movements %} **->** {% if movement.name %}{{movement.name}}{% endif %}{% if movement.amount %} x{{movement.amount}}{% endif %}{% if movement.si\_unit %}{{movement.si\_unit}}{% endif %}  {% endfor %}{% endif %}  {% endfor %}**Wod ({{tuesday.wod.total\_duration}}):**  {% for exercise in tuesday.wod.exercises %}{% if exercise.type %}{% if exercise.type.value %}**{{exercise.type.value}}**{% endif %}{% if exercise.type.name %} **{{exercise.type.name}}**{% endif %}{% if exercise.split %} **- (**{% if exercise.split.working\_time %}**{{exercise.split.working\_time}}**{% endif %}{% if exercise.split.rest\_time %}**/{{exercise.split.rest\_time}}**{% endif %}){% endif %}:  {% for movement in exercise.movements %} **->** {% if movement.name %}{{movement.name}}{% endif %}{% if movement.amount %} x{{movement.amount}}{% endif %}{% if movement.si\_unit %}{{movement.si\_unit}}{% endif %}  {% endfor %}  {% endif %}{% endfor %} |

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

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