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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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.split.rest\_time}}**{% endif %}**)**{% endif %}**:**  {% if exercise.movements %}{% 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 %}{% 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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.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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| **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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.split.rest\_time}}**{% endif %}**)**{% endif %}**:**  {% if exercise.movements %}{% 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 %}{% 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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.split.rest\_time}}**{% endif %}**)**{% endif %}**:**  {% if exercise.movements %}{% 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 %}{% 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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.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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| **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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.split.rest\_time}}**{% endif %}**)**{% endif %}**:**  {% if exercise.movements %}{% 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 %}{% 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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.split.rest\_time}}**{% endif %}**)**{% endif %}**:**  {% if exercise.movements %}{% 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 %}{% 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.type.split %} **- (**{% if exercise.type.split.working\_time %}**{{exercise.type.split.working\_time}}**{% endif %}{% if exercise.type.split.rest\_time %}**/{{exercise.type.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 %} |