

schedule_ID	week	day	exercise_name	sets	actual_sets	reps	actual_reps	actual_rpe	lower_weight	upper_weight	actual_weight	velocity_based_metrics	notes	E1RM
1	1	1	Low Bar Squat TS1	1	1	3	{2}	5	0	0	{110}	No weight recommendations this week	free-form notes	134.5
2	1	1	Low Bar Squat TS2	1	1	3	{3}	6	107	112	{112.5}	Controlled decent, nice and deep, try to stay in your knees on the way up	free-form notes	135.5
3	1	1	Low Bar Squat TS3	1	1	5	{4}	5	97	102	{100}	Try to keep each squat even, up and down	free-form notes	133.5
4	1	2	Low Bar Squat TS4	1	1	5	{5}	6	95.5	100.5	{99.5}	No recommendations today.	free-form notes	135.5
5	1	2	Low Bar Squat TS5	1	1	5	{4}	5	97	102	{100}	Last line	free-form notes	133.5
8	2	1	Comp Bench_TS2	1	1	5	{4}	5	97	102	{100}	Good, steady warm-up before the next set	free-form notes	133.5
9	2	1	Comp Bench TS3	1	1	5	{4}	5	97	102	{100}	Try to keep speed steady, up and down	free-form notes	133.5
10	2	1	Comp Bench TS5	1	1	5	{4}	5	97	102	{100}	Try to keep press even, up and down	free-form notes	133.5
11	2	2	Comp Bench_TS2	1	1	5	{4}	5	97	102	{100}	Good, steady warm-up before the next set	free-form notes	133.5
12	2	2	Comp Bench TS3	1	1	5	{4}	5	97	102	{100}	Try to keep speed steady, up and down	free-form notes	133.5
13	2	3	Comp Bench TS5	1	1	5	{4}	5	97	102	{100}	Try to keep press even, up and down	free-form notes	133.5