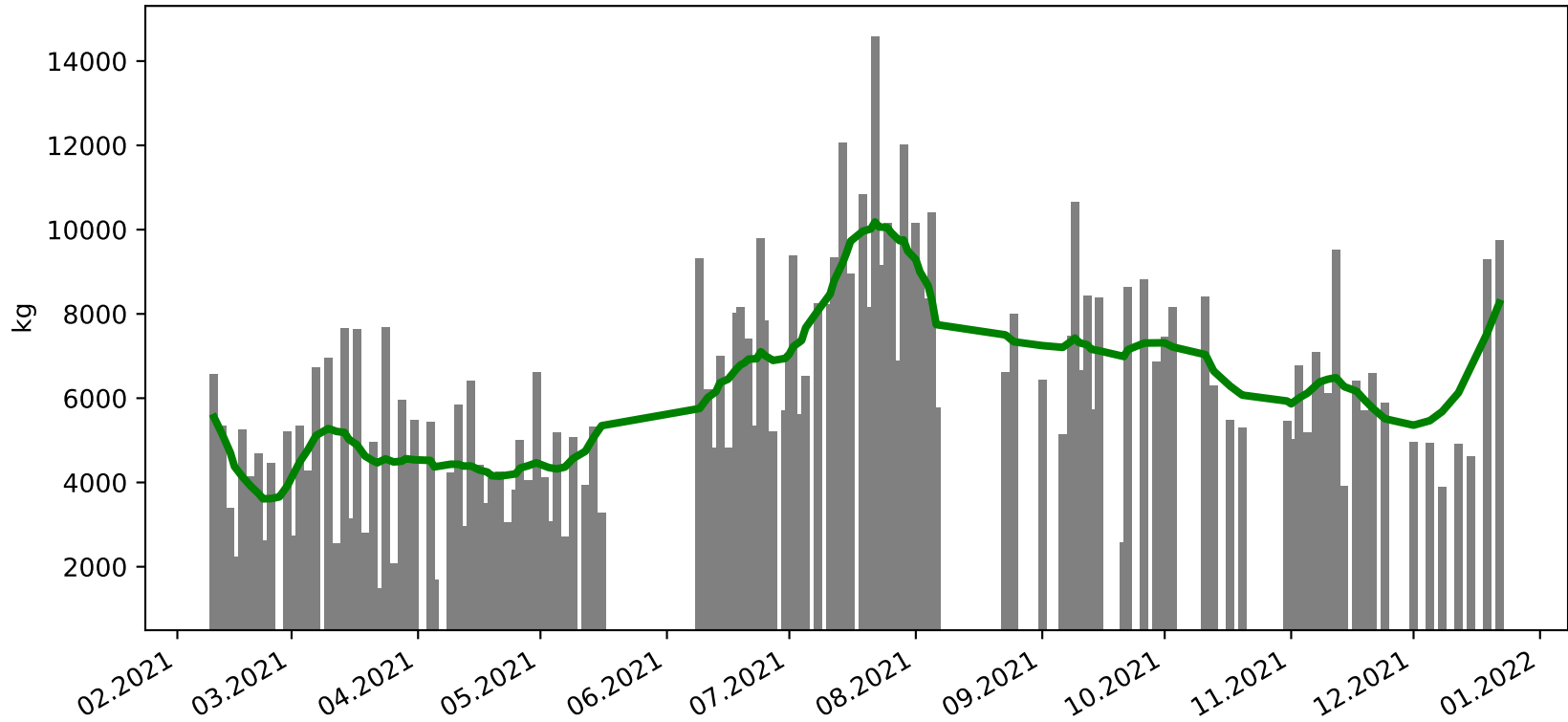
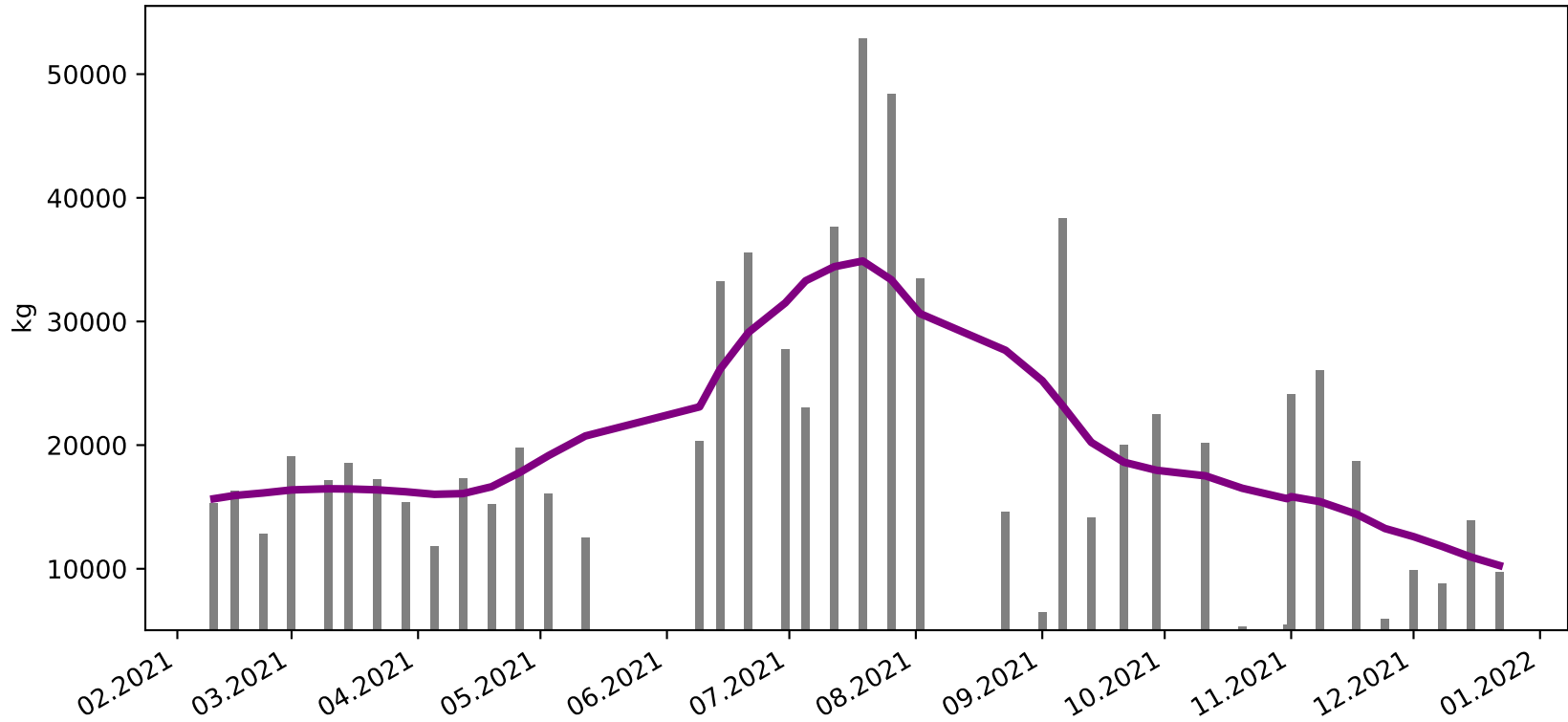


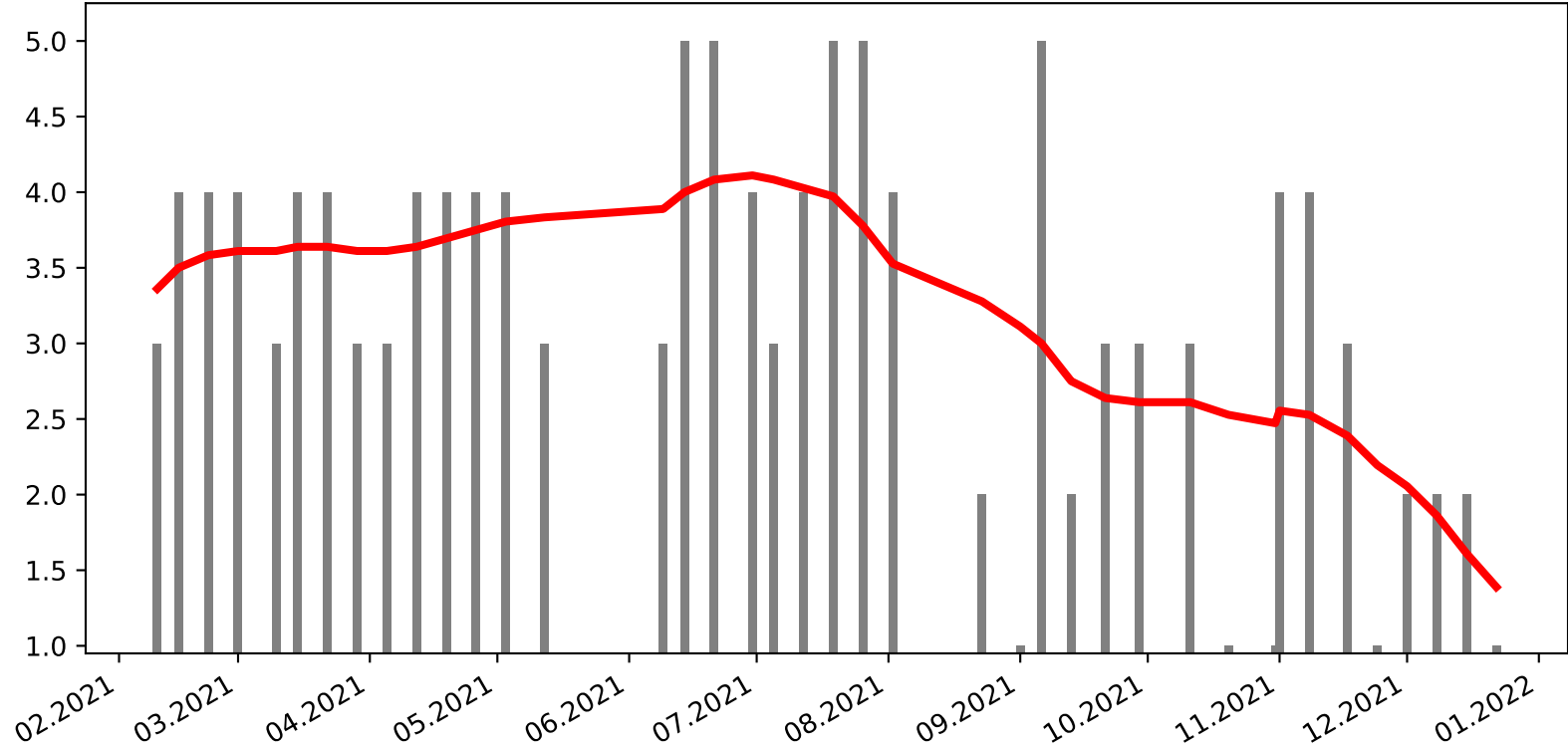
Total volume per training day



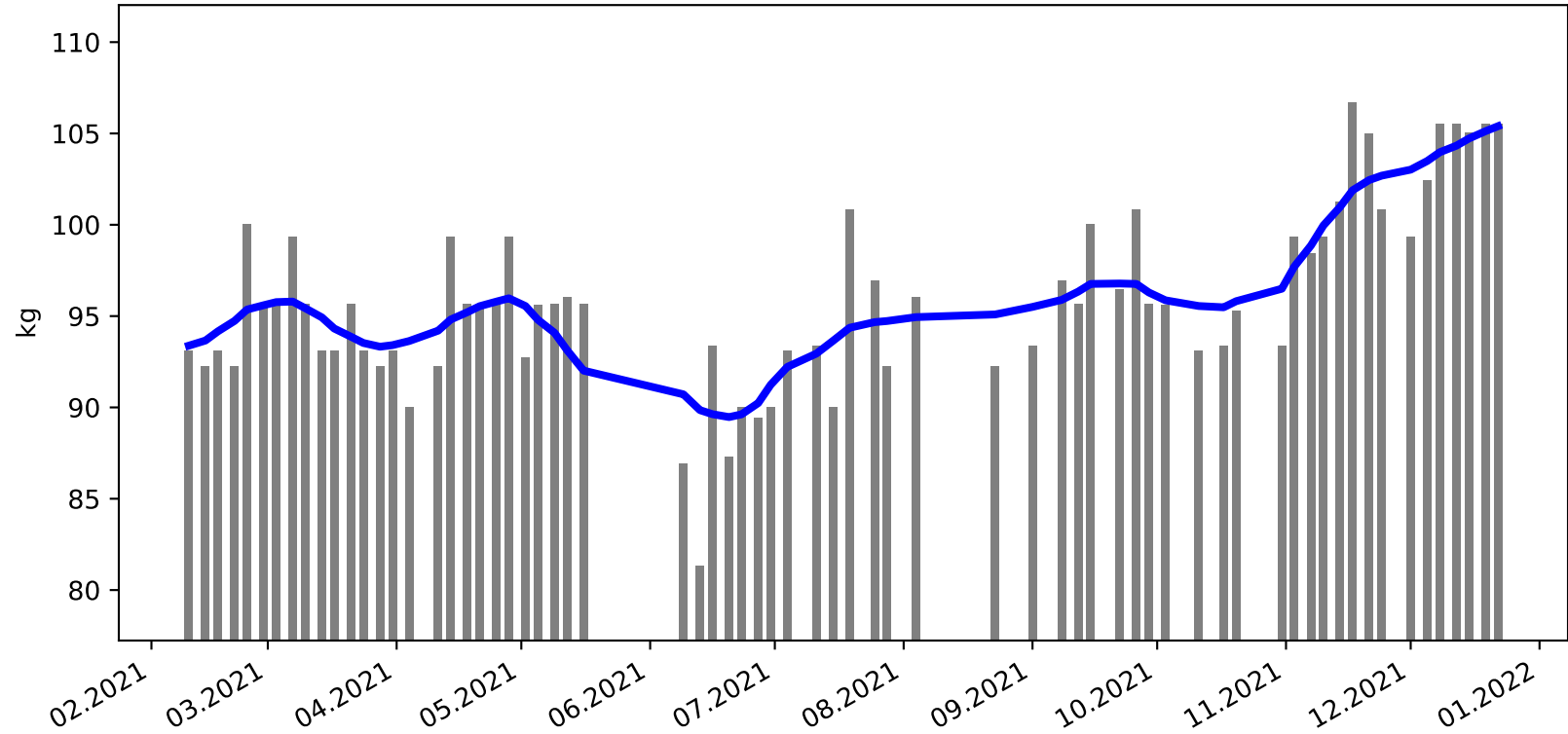
Weekly volume



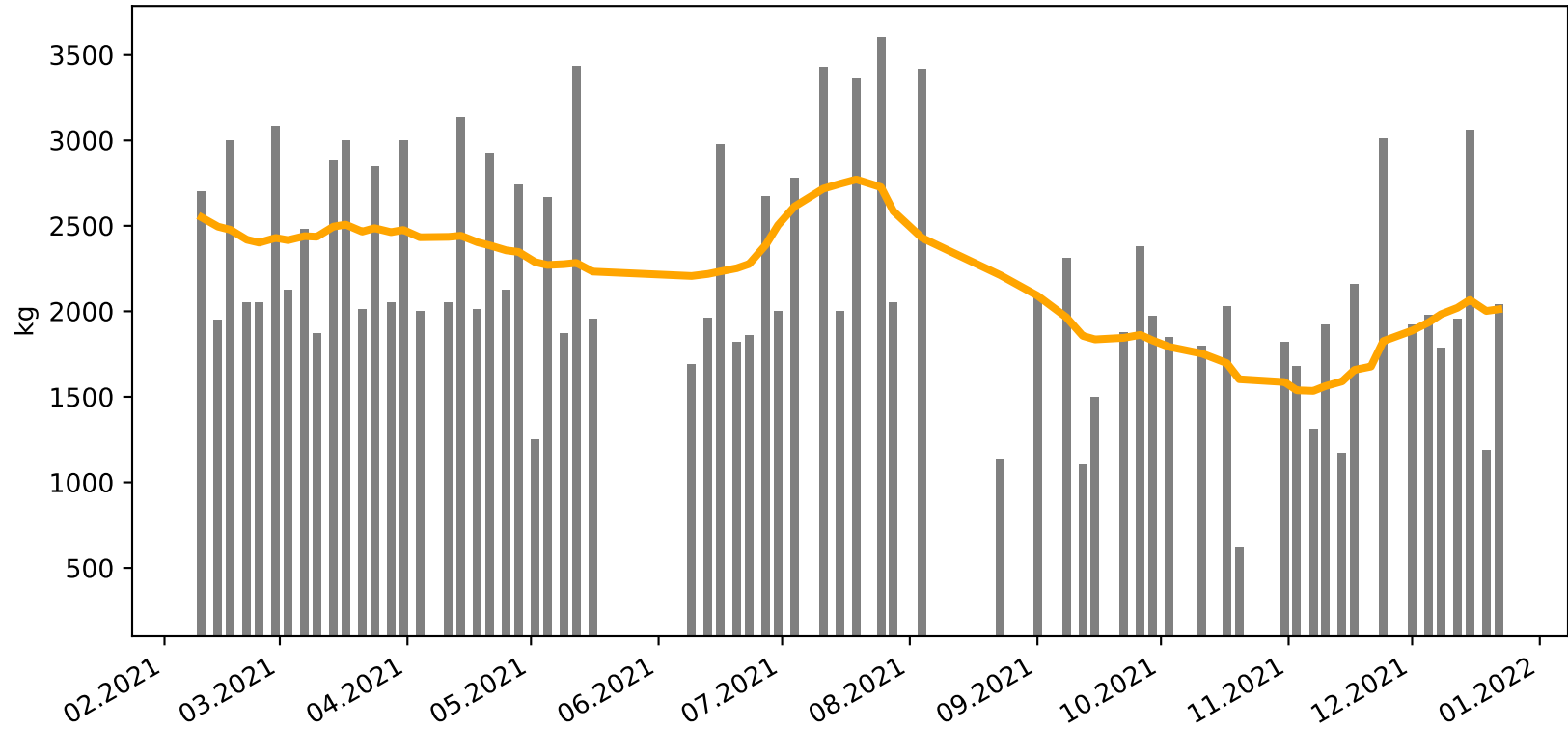
Weekly training days



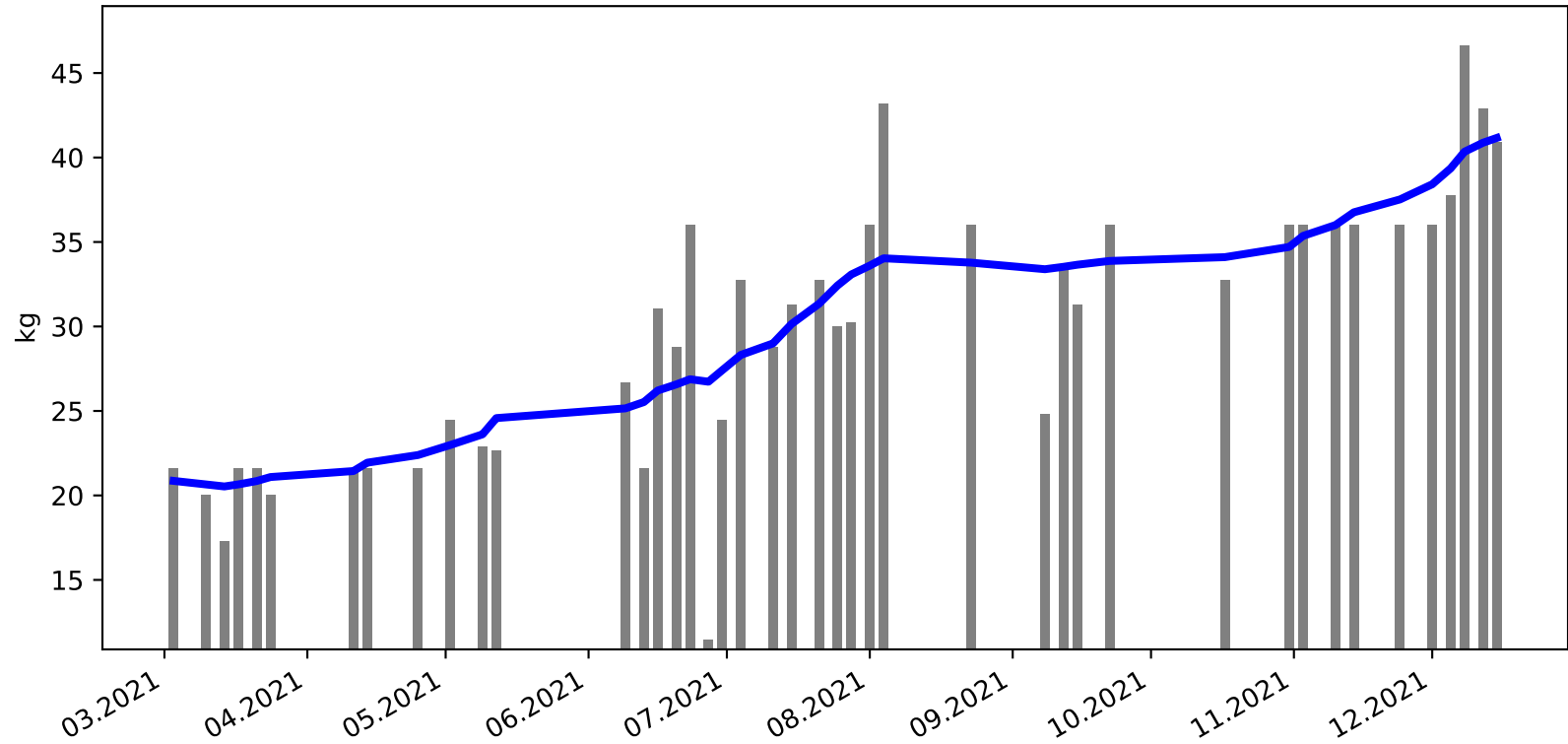
Bench Press (Barbell) estimated 1rm (best set)



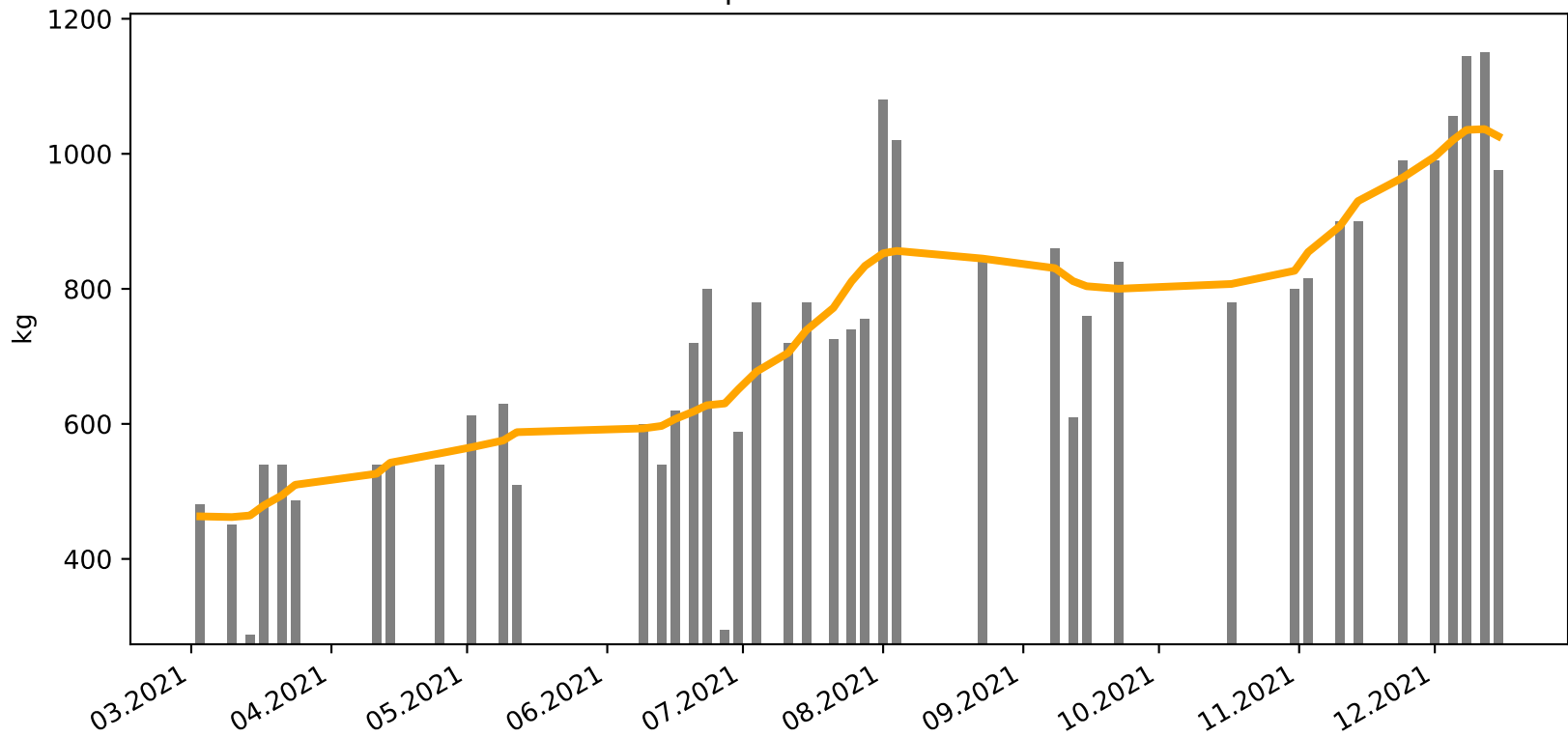
Bench Press (Barbell) volume



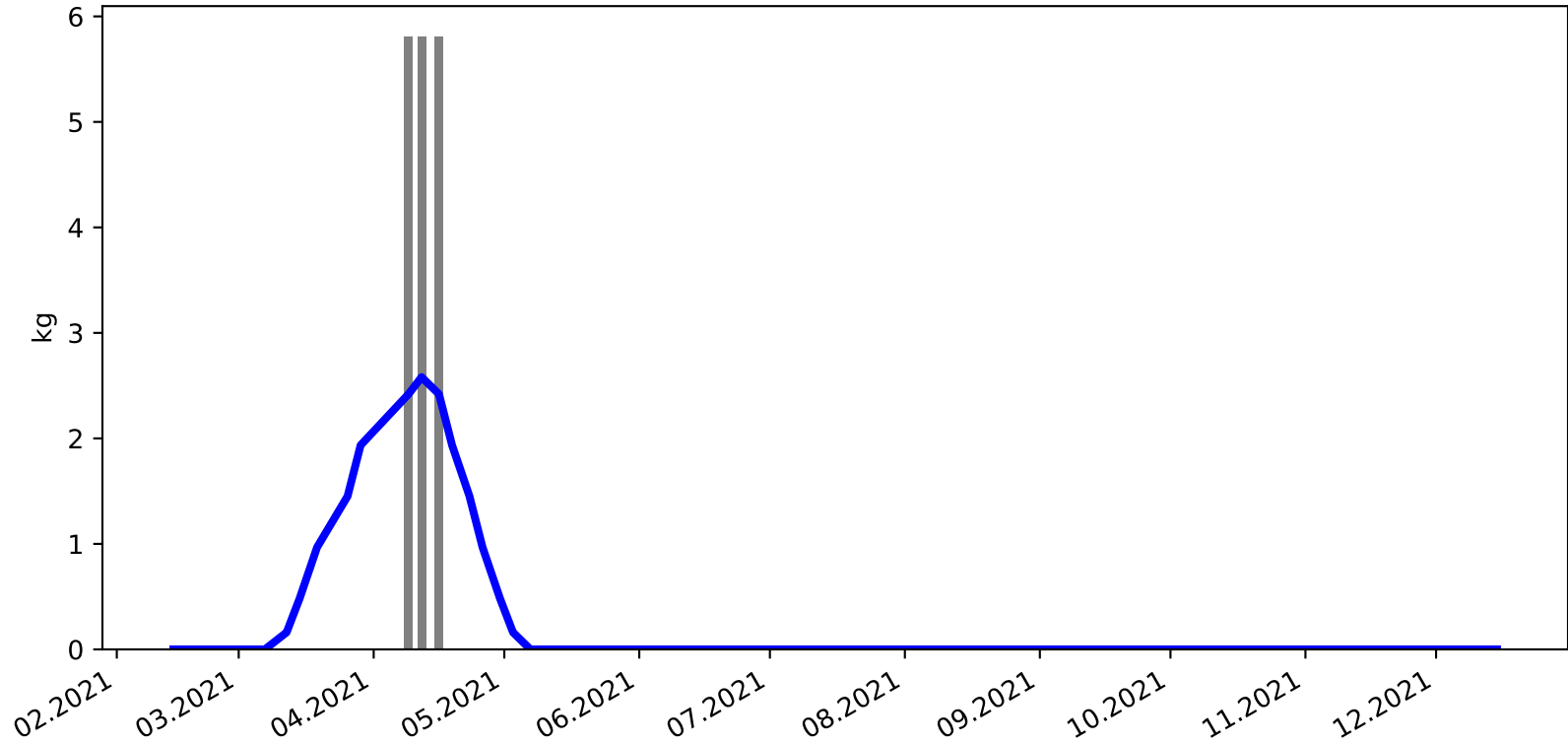
Triceps Extension estimated 1rm (best set)



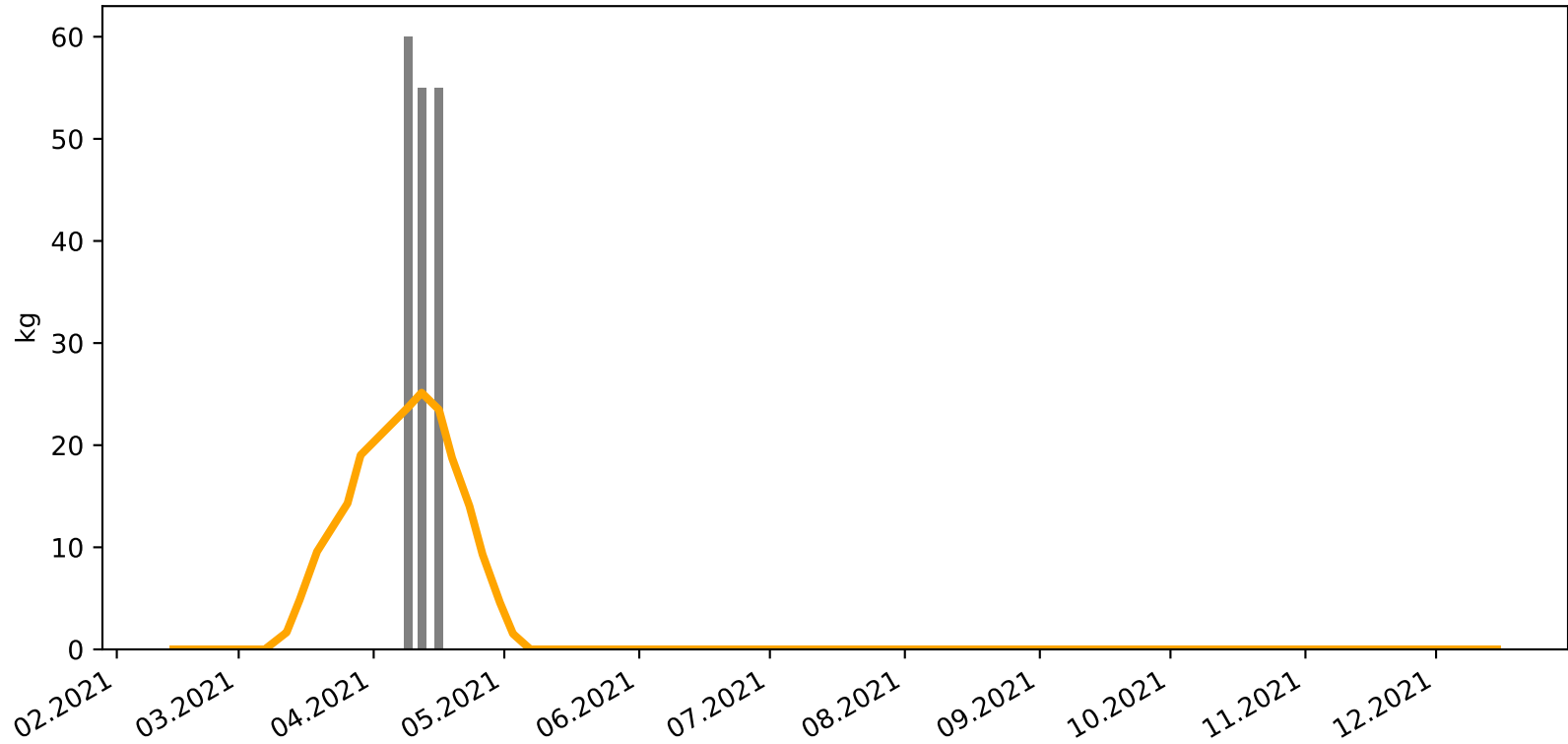
Triceps Extension volume



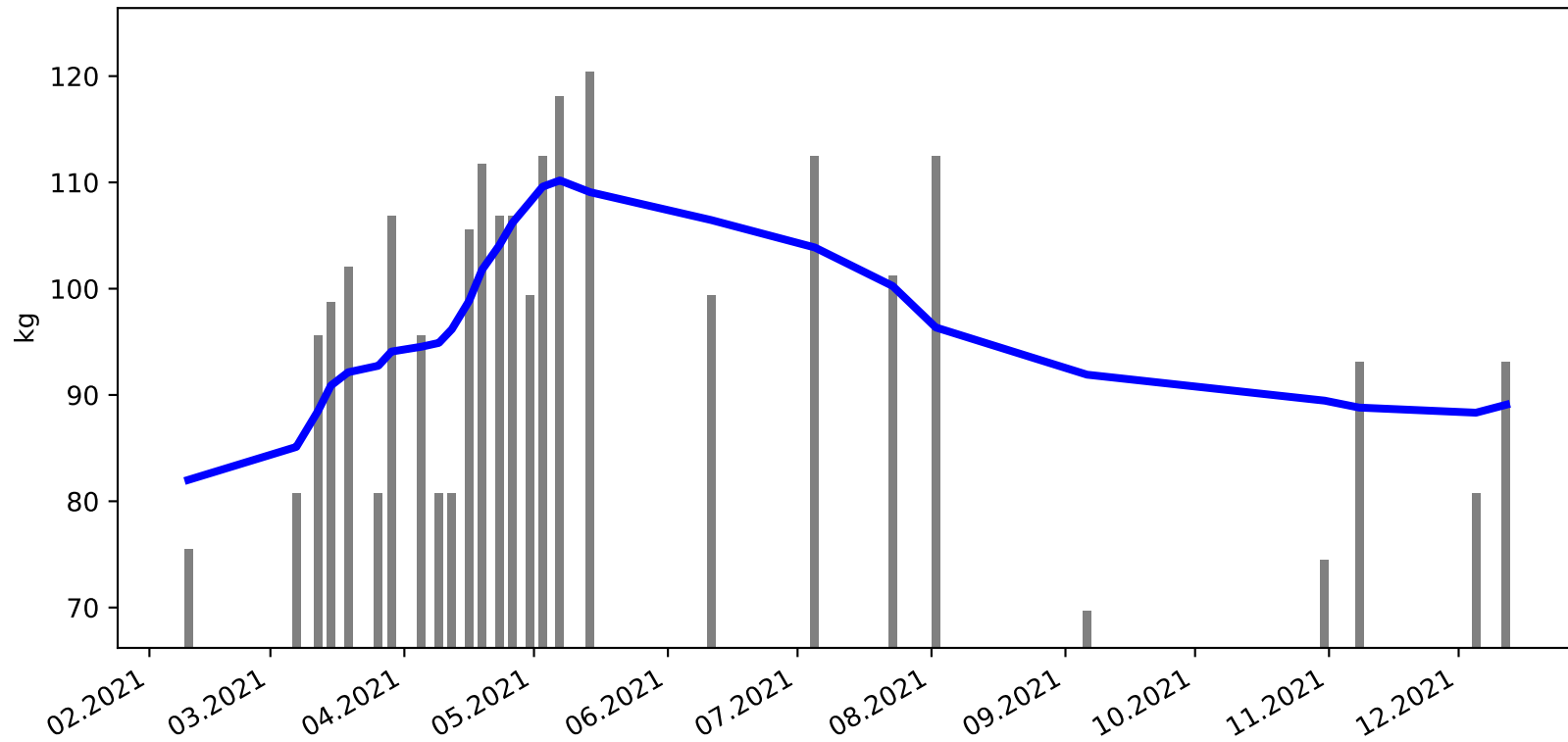
Pull Up estimated 1rm (best set)



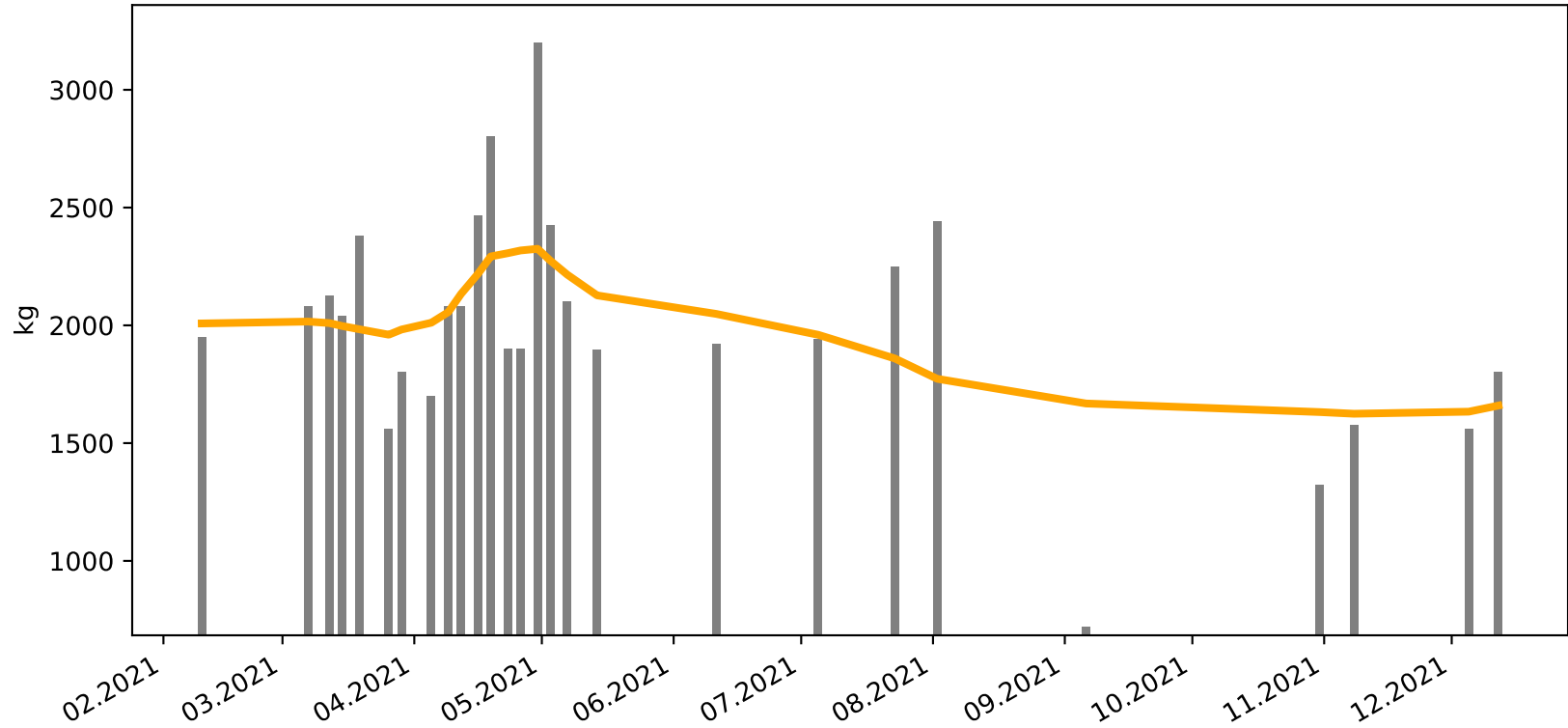
Pull Up volume



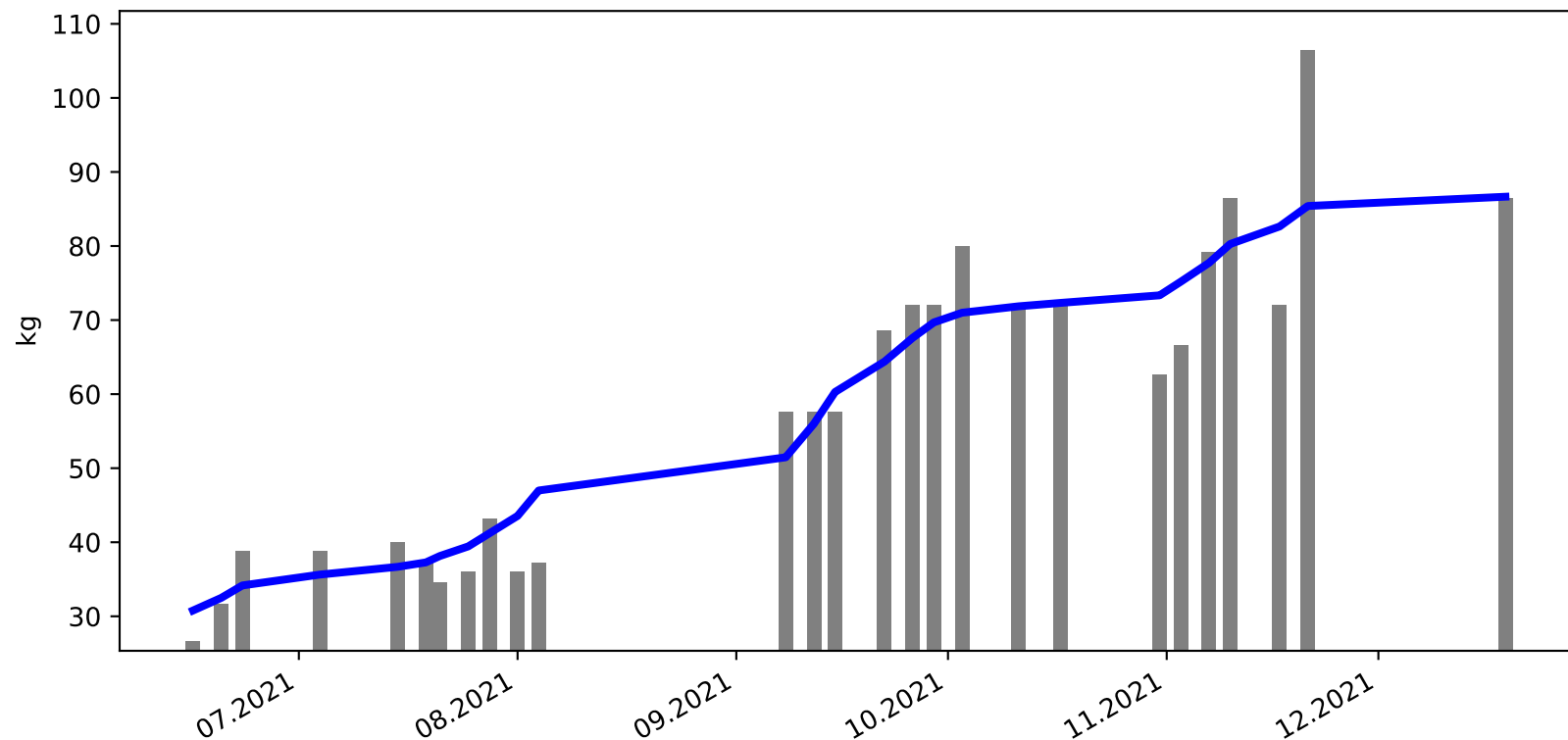
Deadlift (Barbell) estimated 1rm (best set)



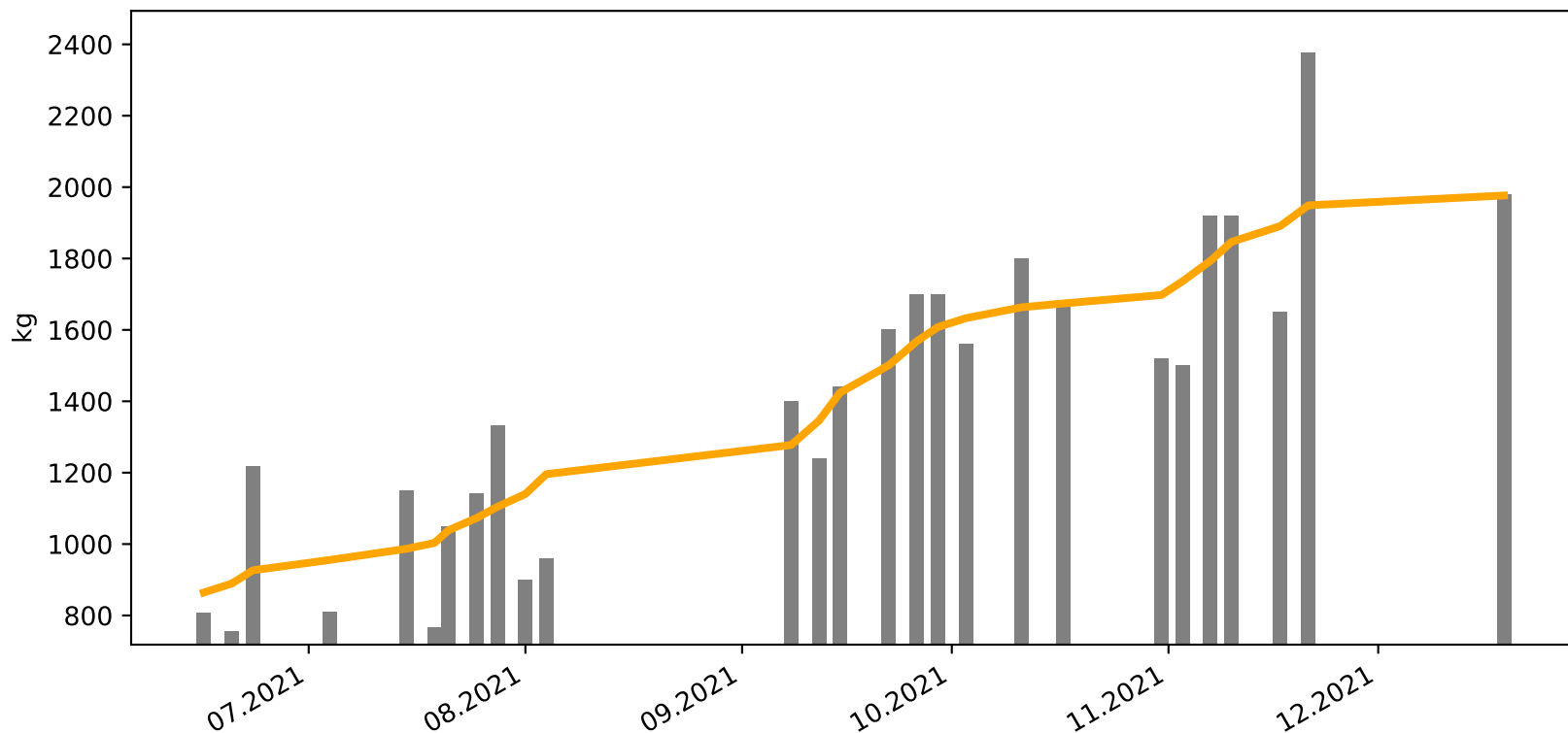
Deadlift (Barbell) volume



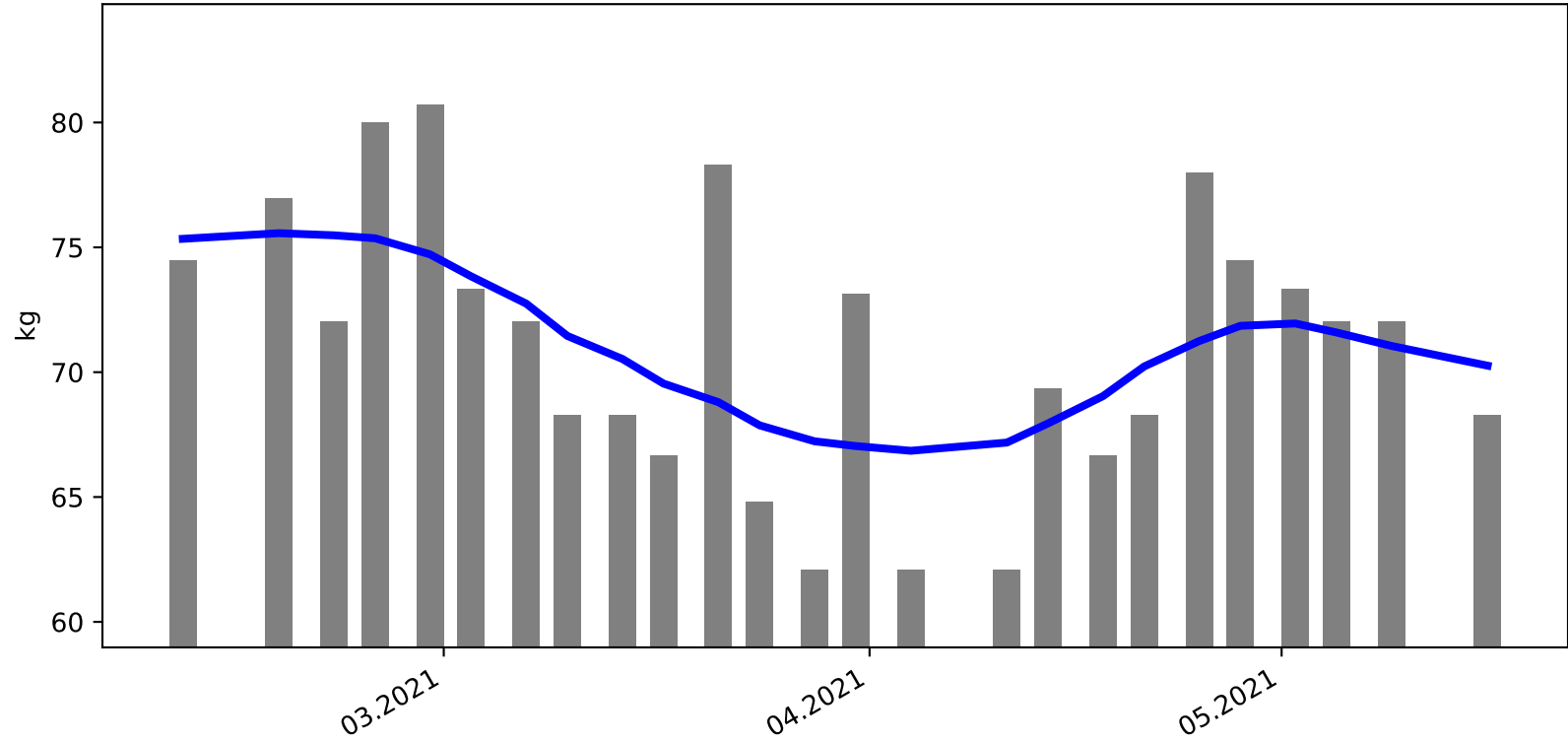
Shoulder Press (Plate Loaded) estimated 1rm (best set)



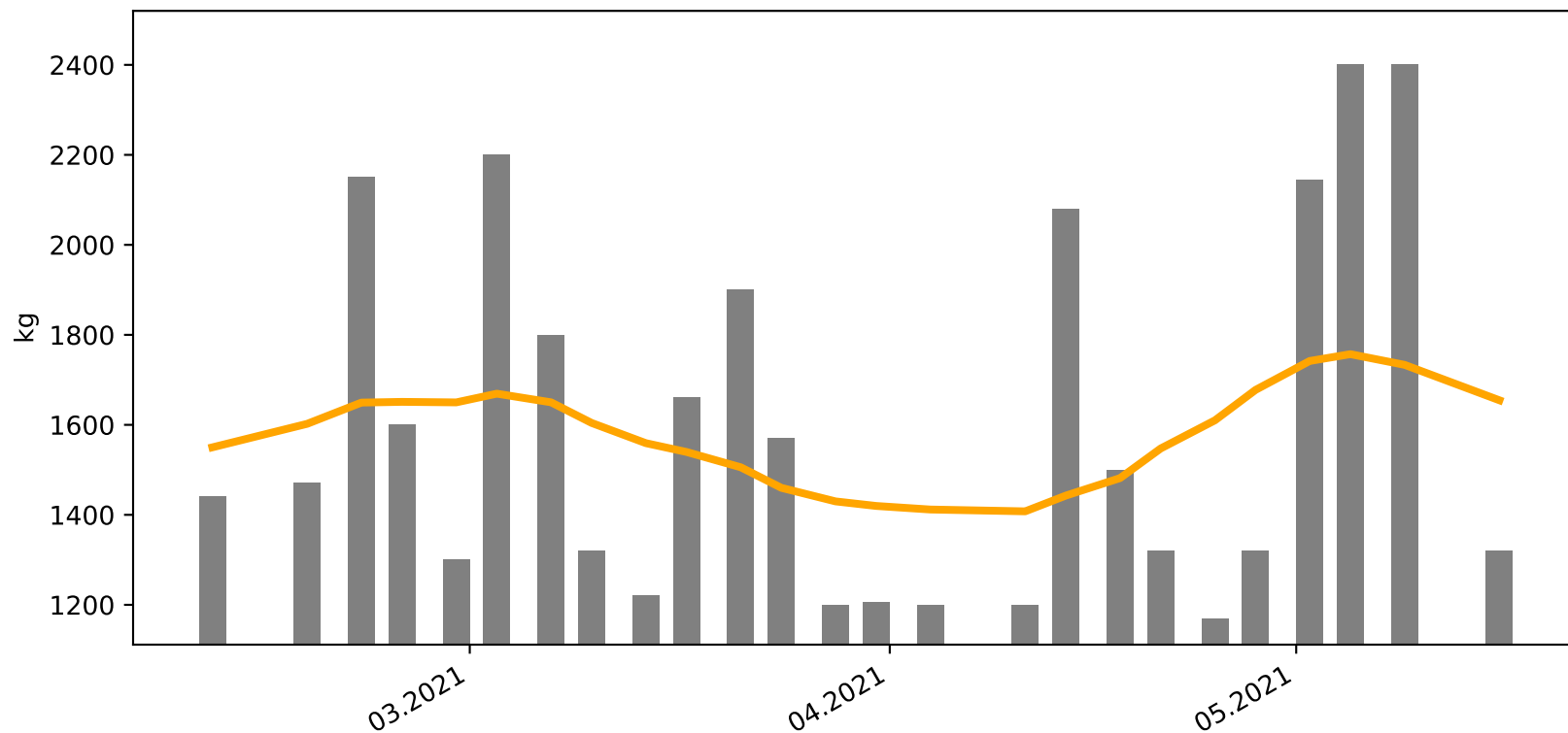
Shoulder Press (Plate Loaded) volume



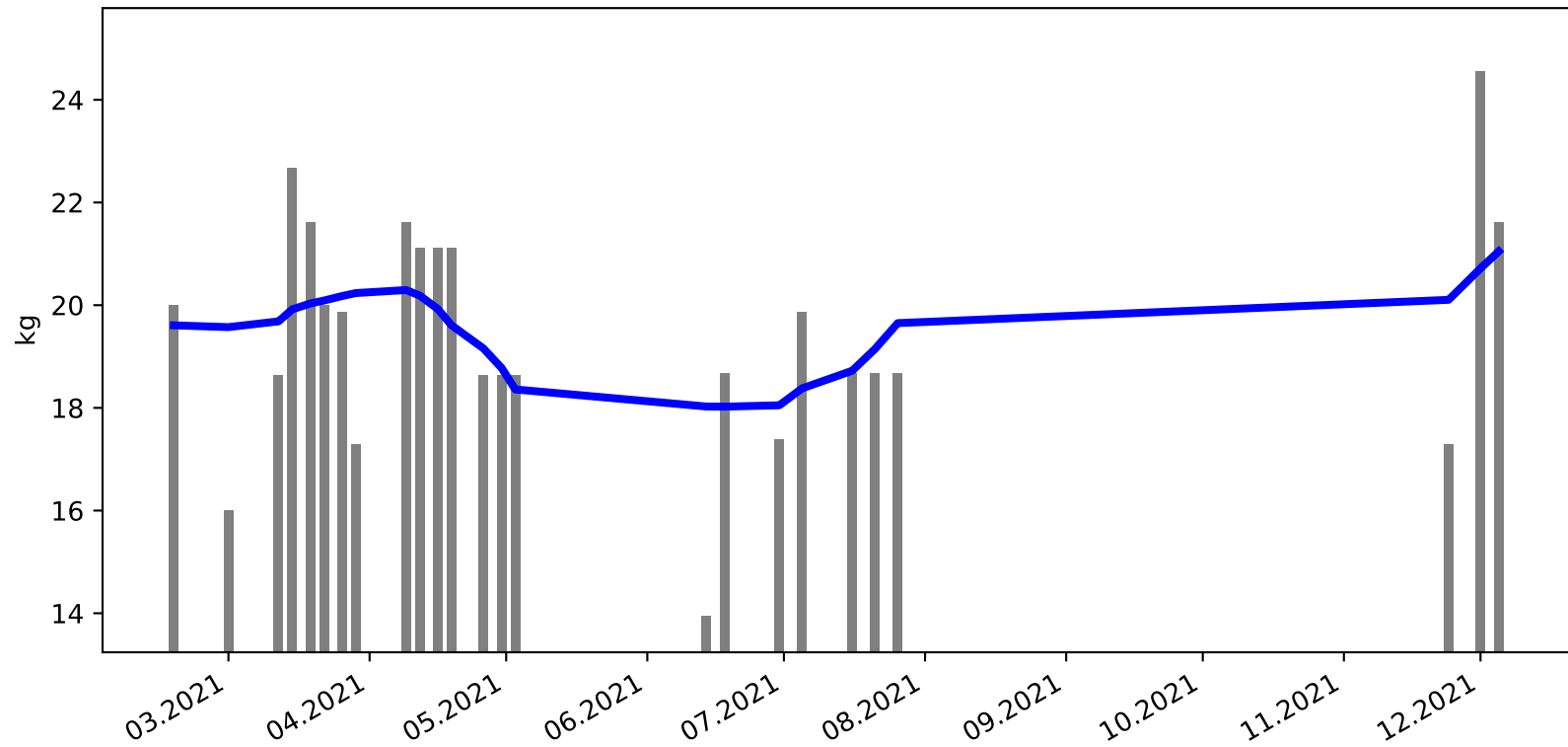
Incline Bench Press (Barbell) estimated 1rm (best set)



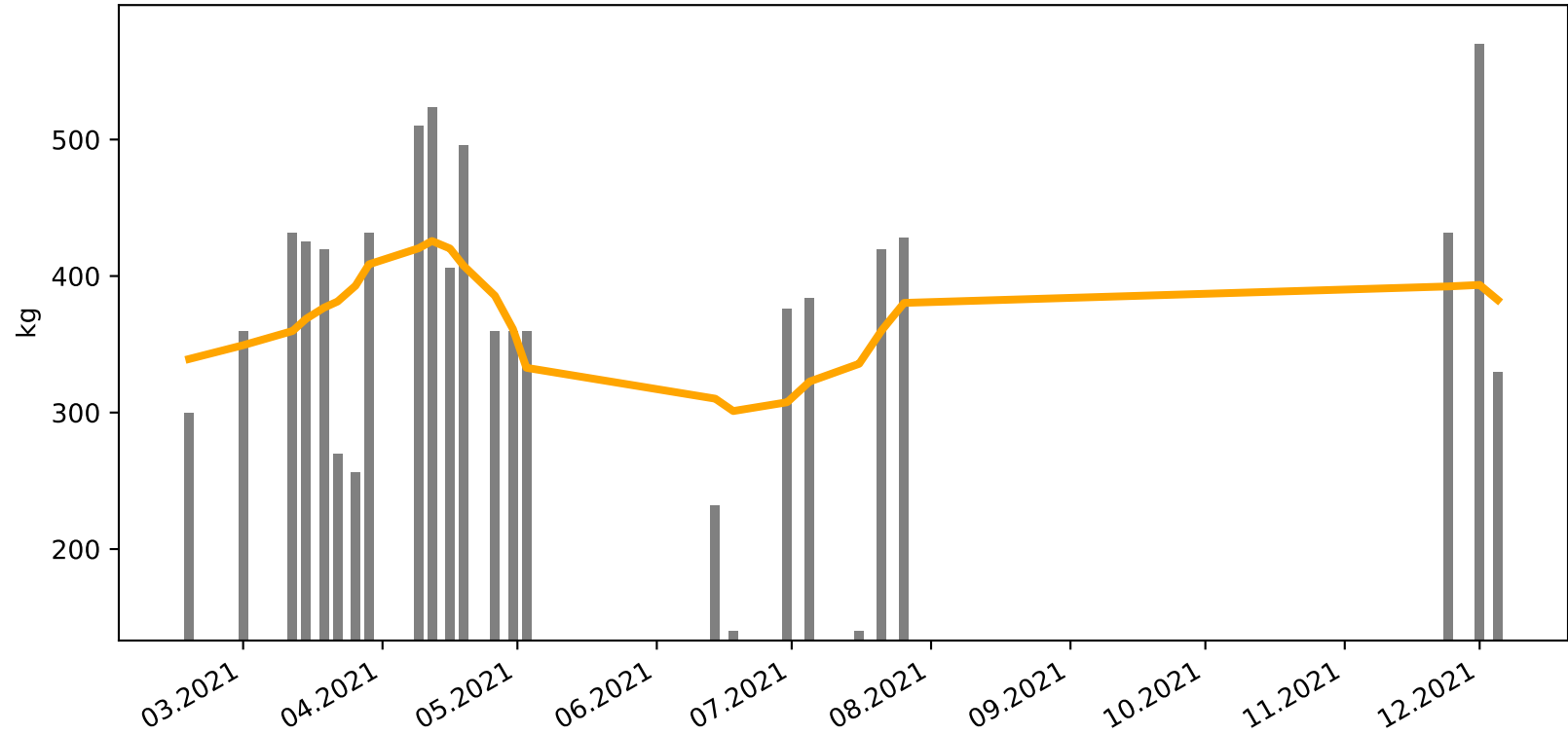
Incline Bench Press (Barbell) volume



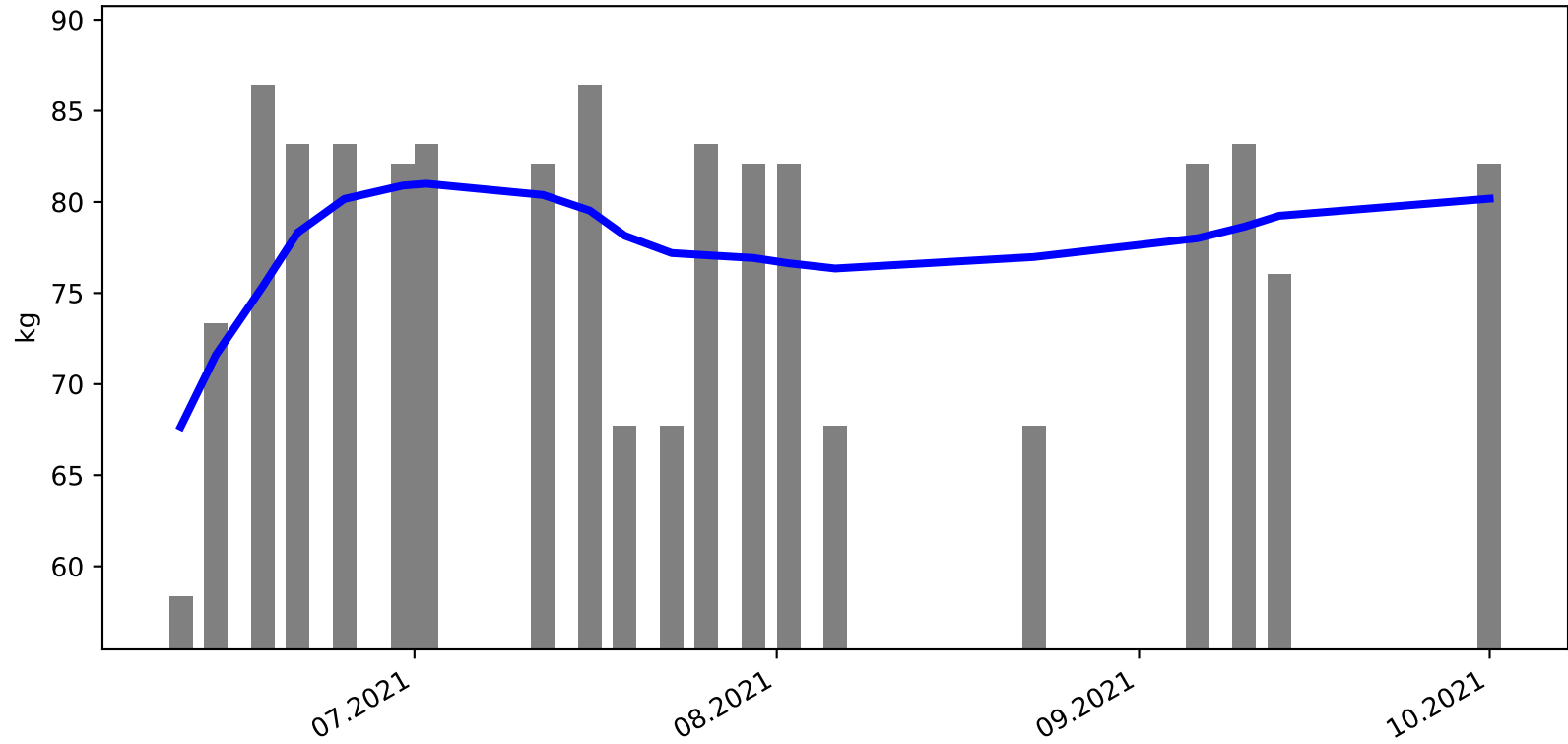
Bicep Curl (Dumbbell) estimated 1rm (best set)



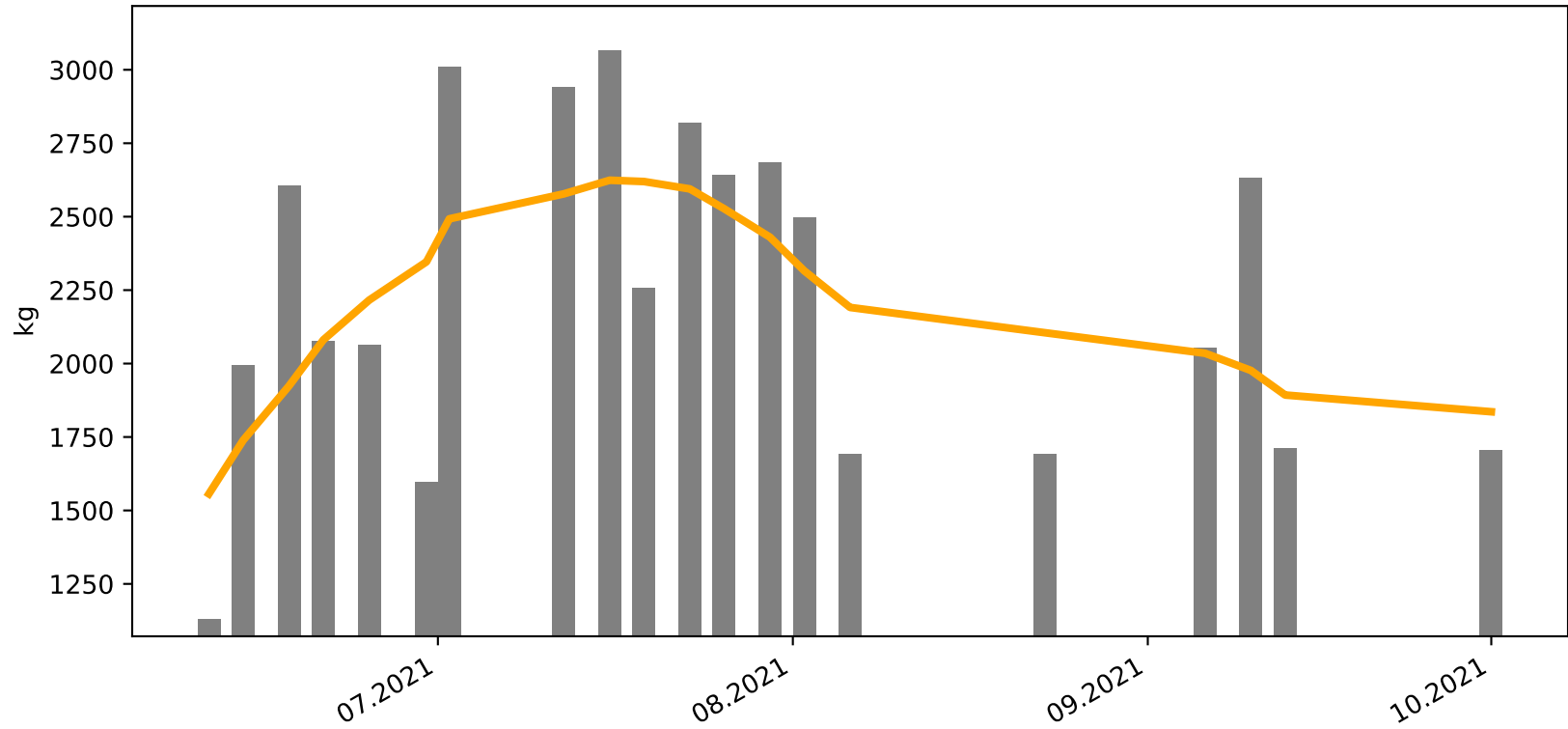
Bicep Curl (Dumbbell) volume



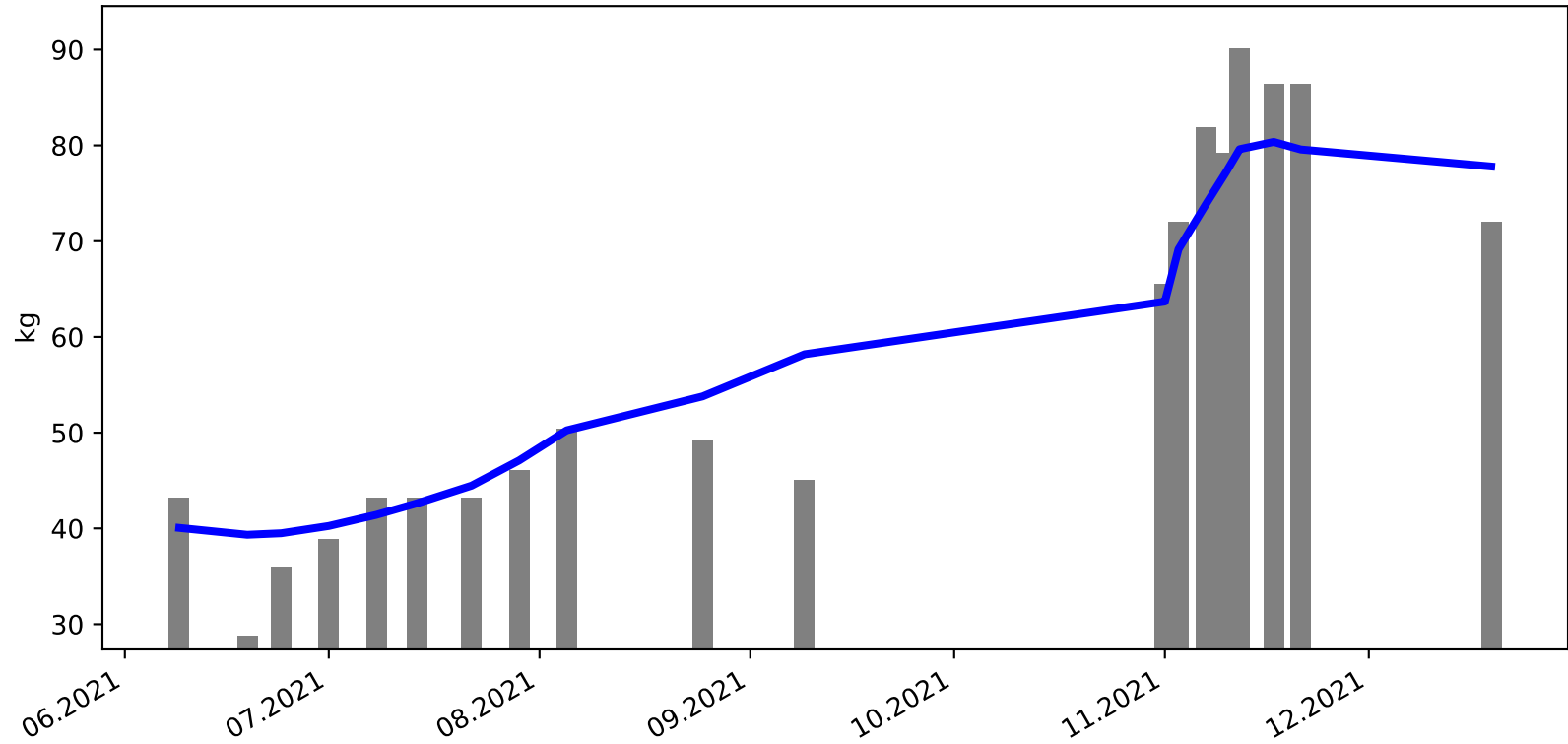
Lat Pulldown (Cable) estimated 1rm (best set)



Lat Pulldown (Cable) volume



Leg Extension (Machine) estimated 1rm (best set)



07.2021

08.2021

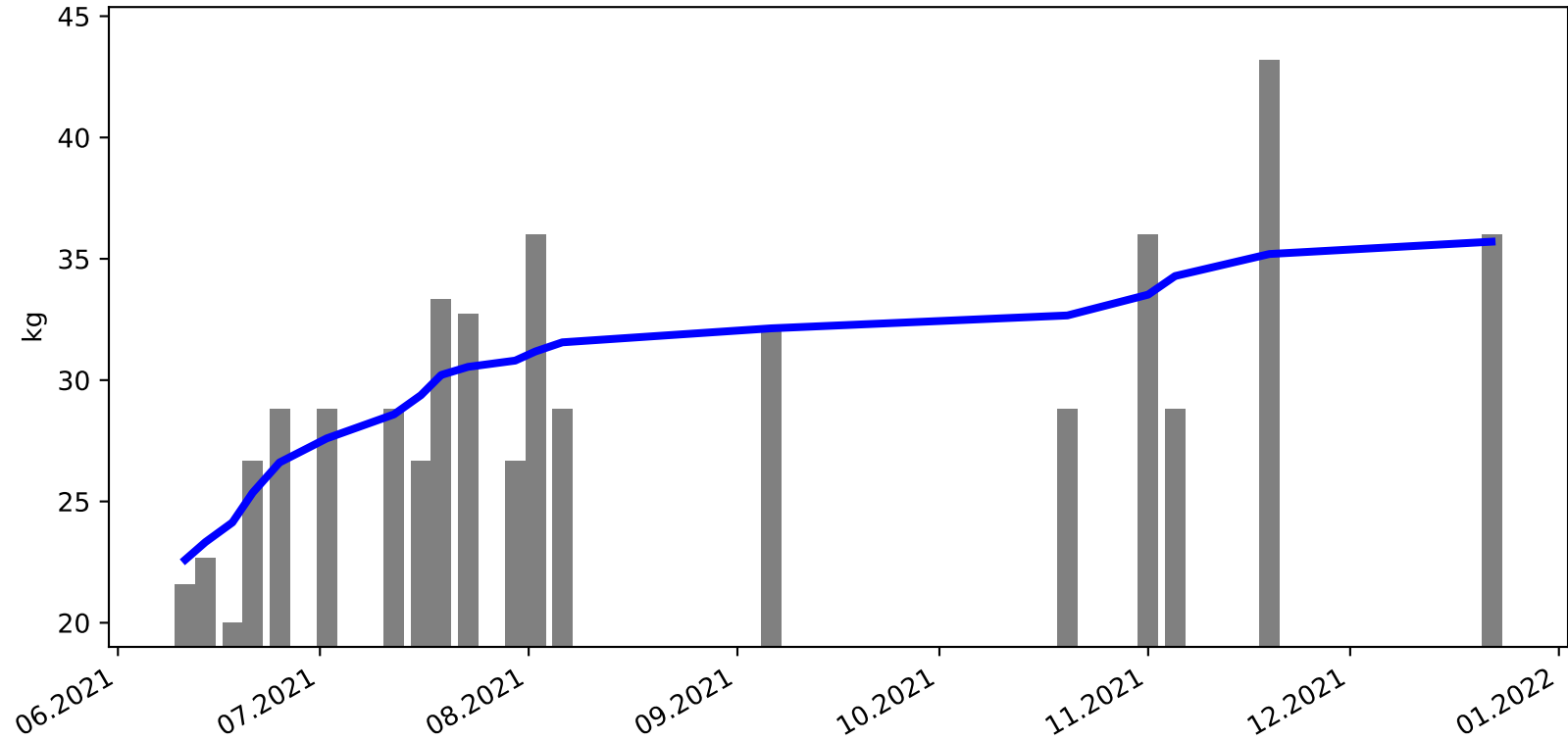
09.2021

10.2021

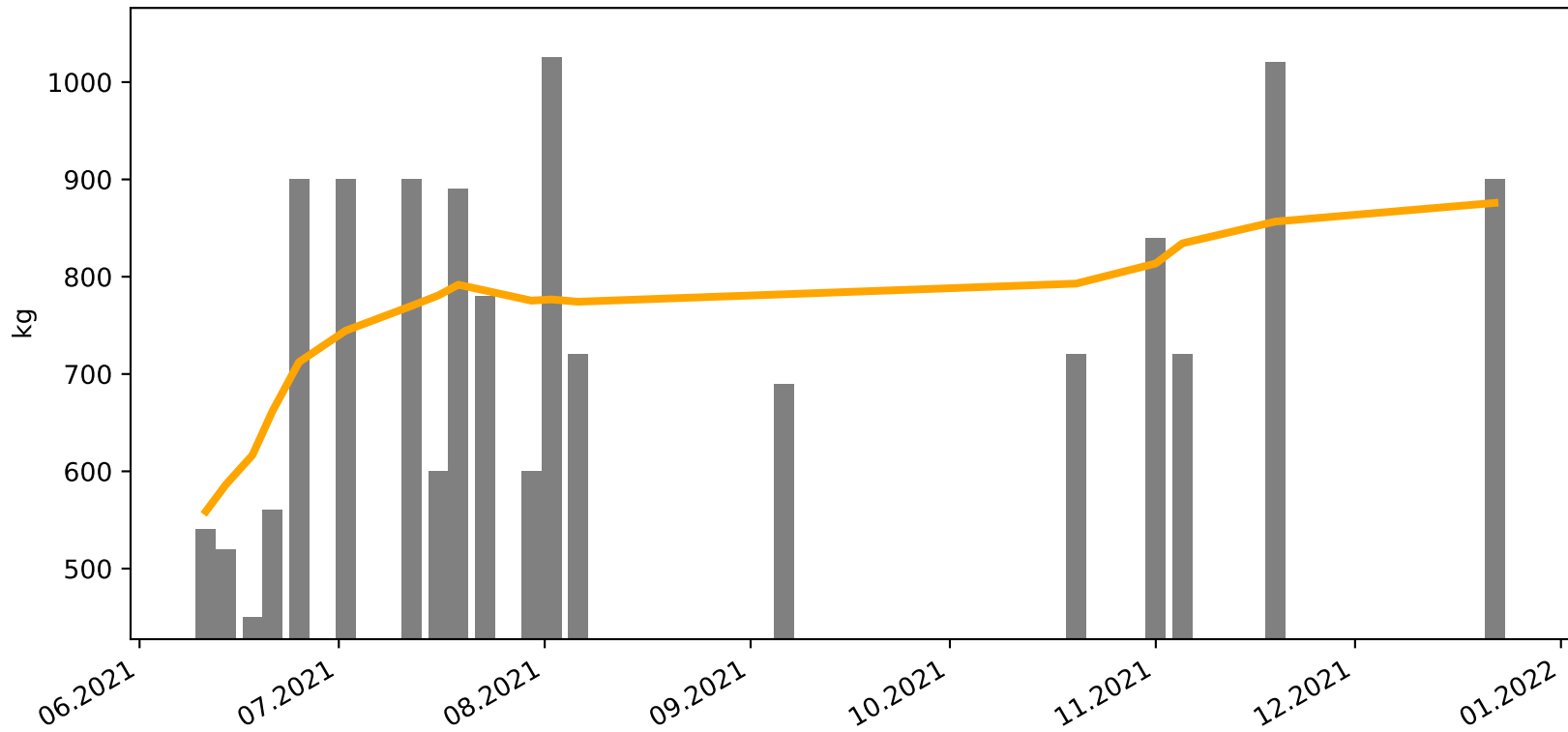
11.2021

12.2021

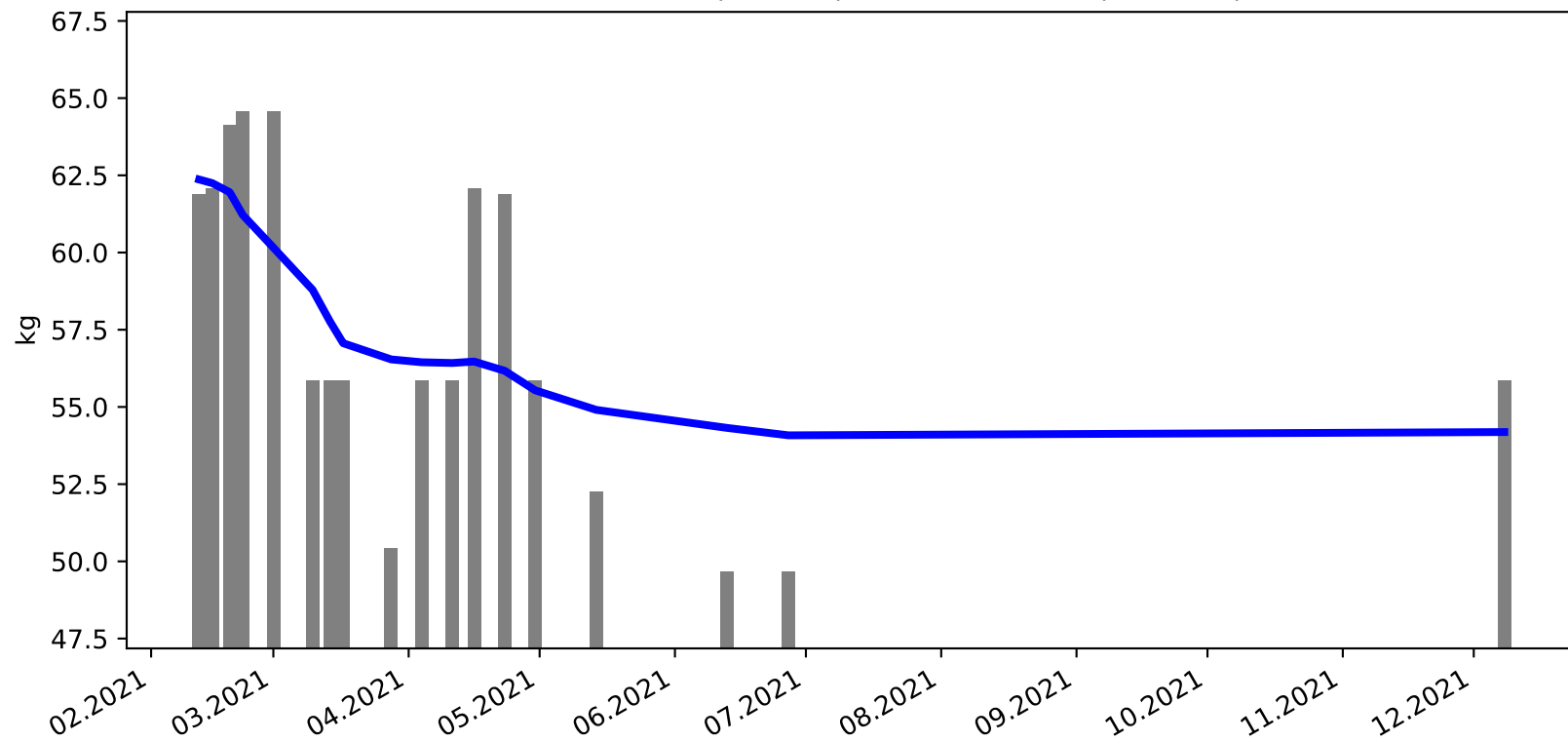
Bicep Curl (Machine) estimated 1rm (best set)



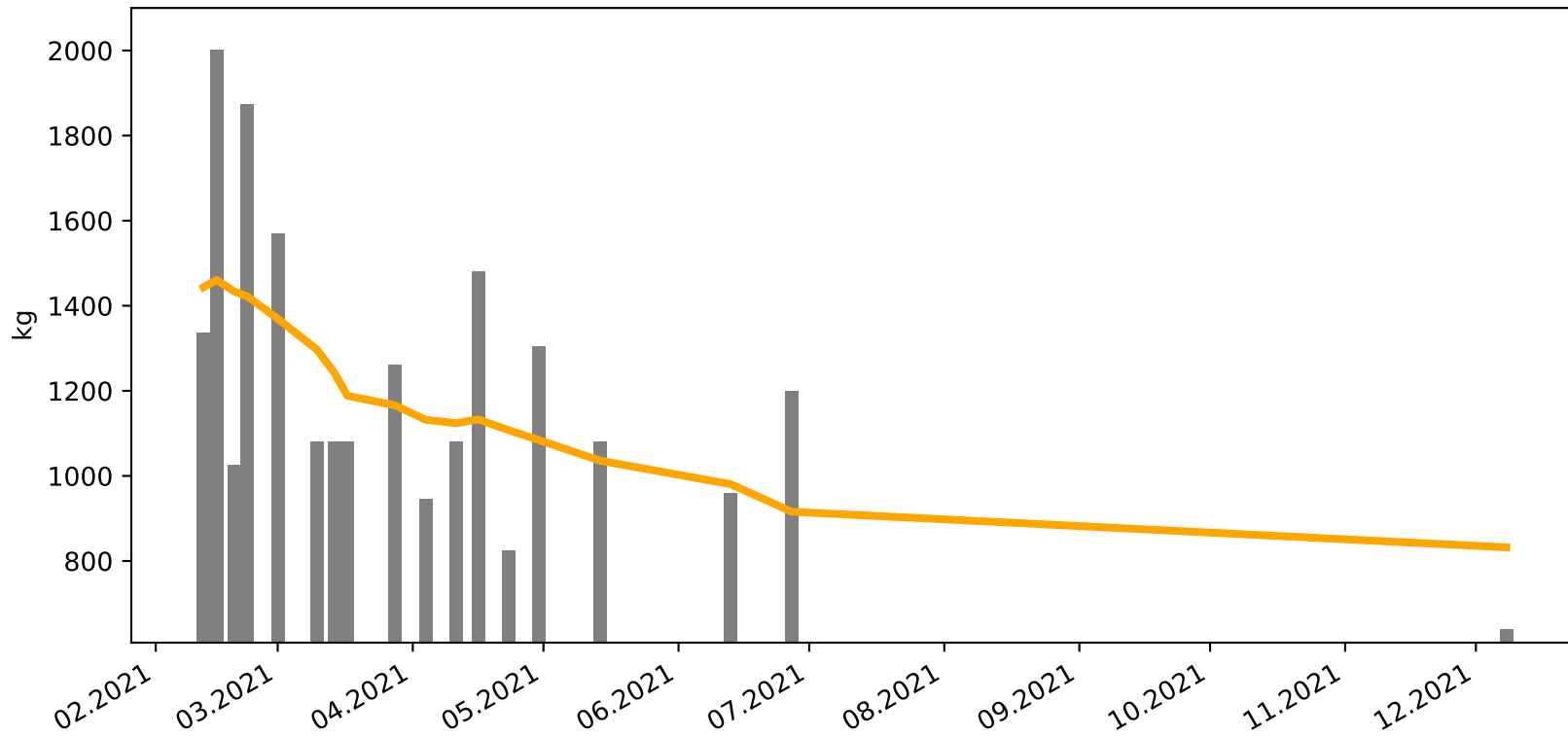
Bicep Curl (Machine) volume



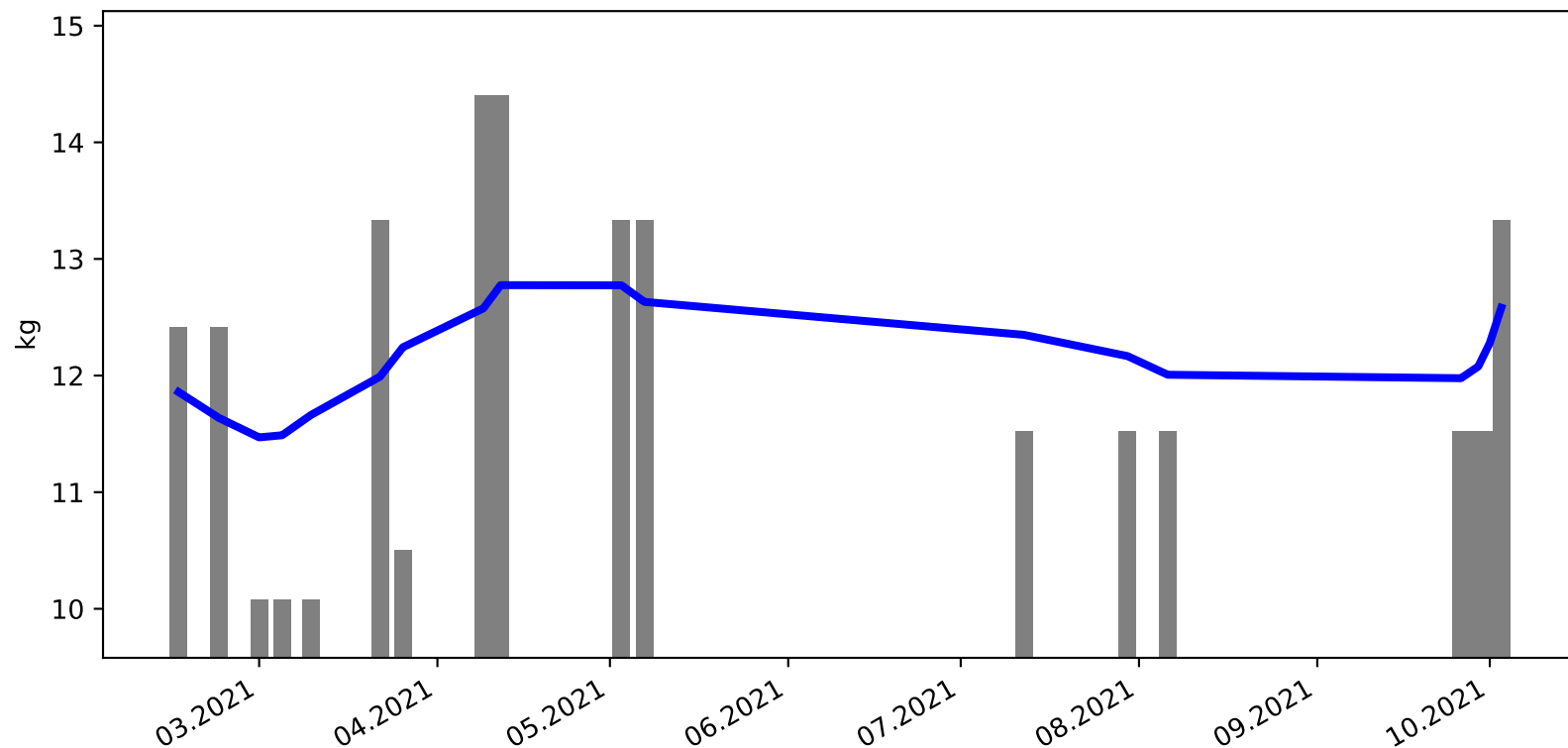
Overhead Press (Barbell) estimated 1rm (best set)



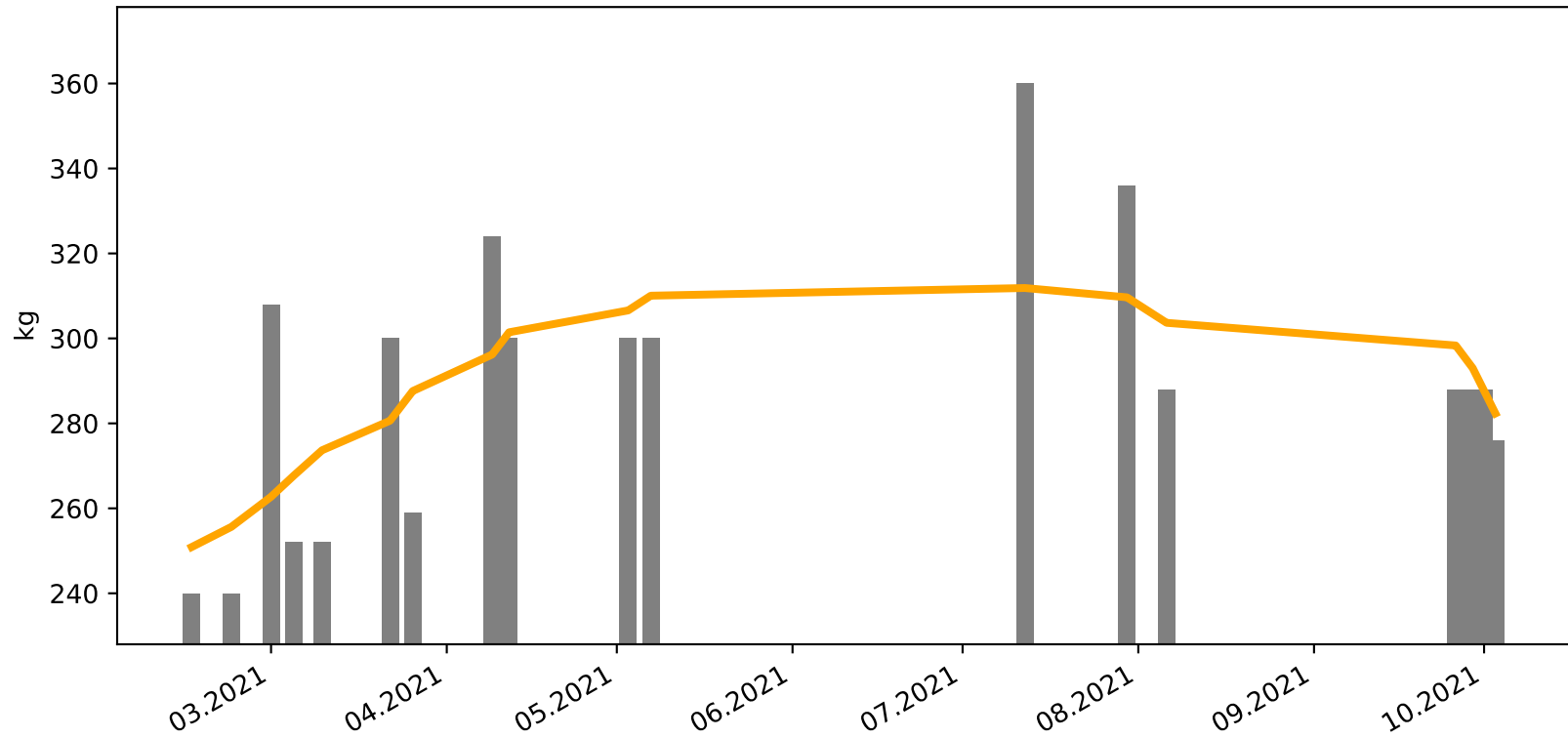
Overhead Press (Barbell) volume



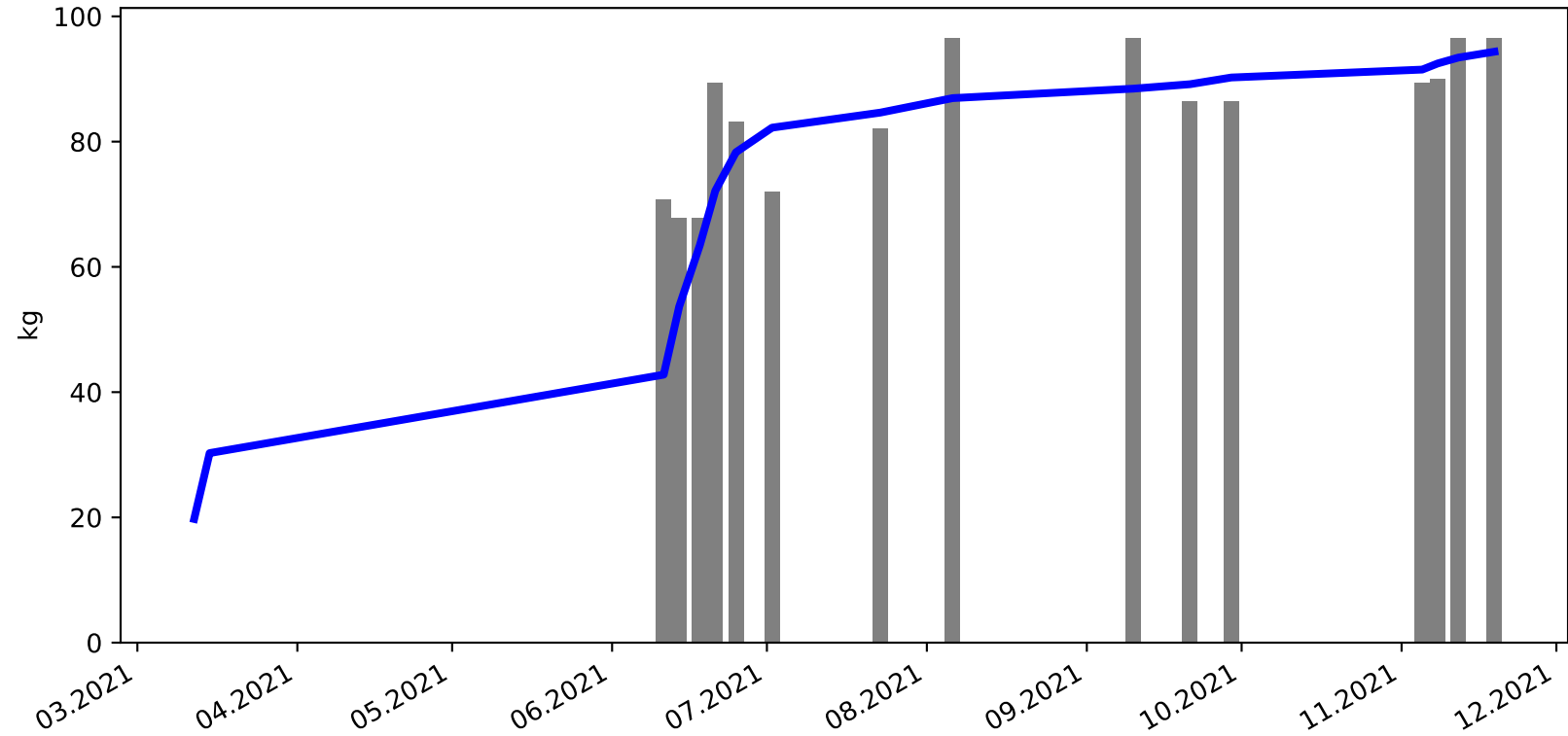
Lateral Raise (Dumbbell) estimated 1rm (best set)



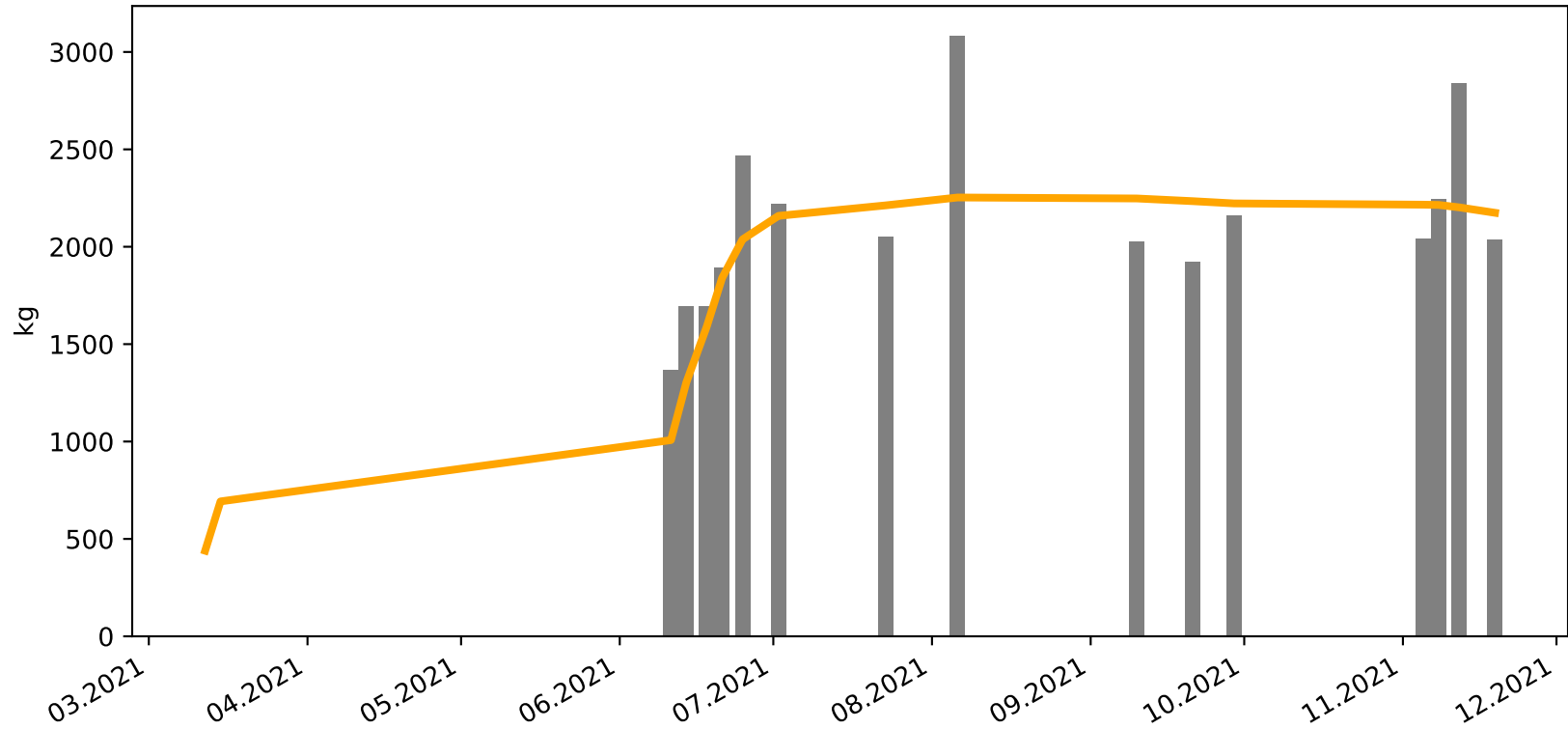
Lateral Raise (Dumbbell) volume



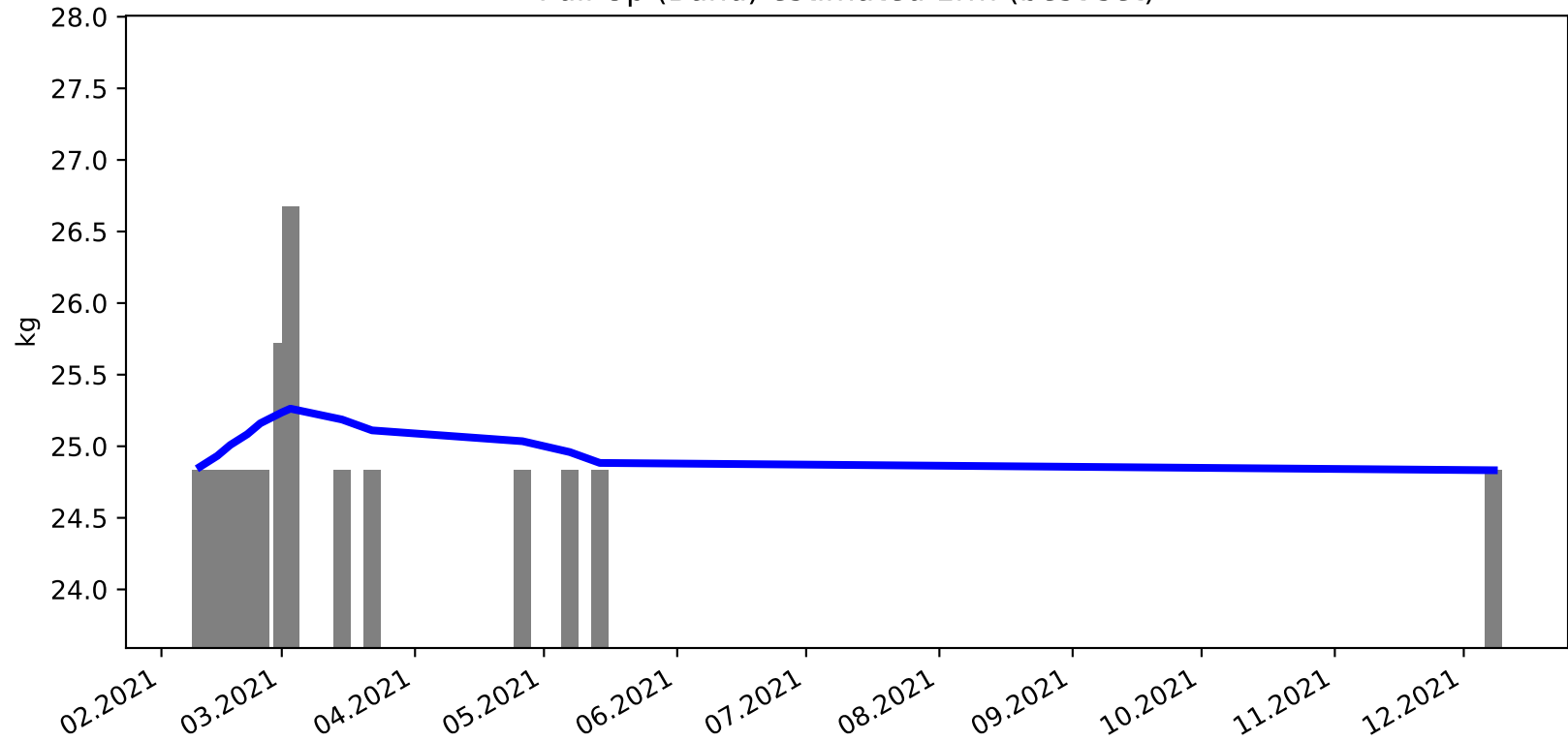
Seated Row (Cable) estimated 1rm (best set)



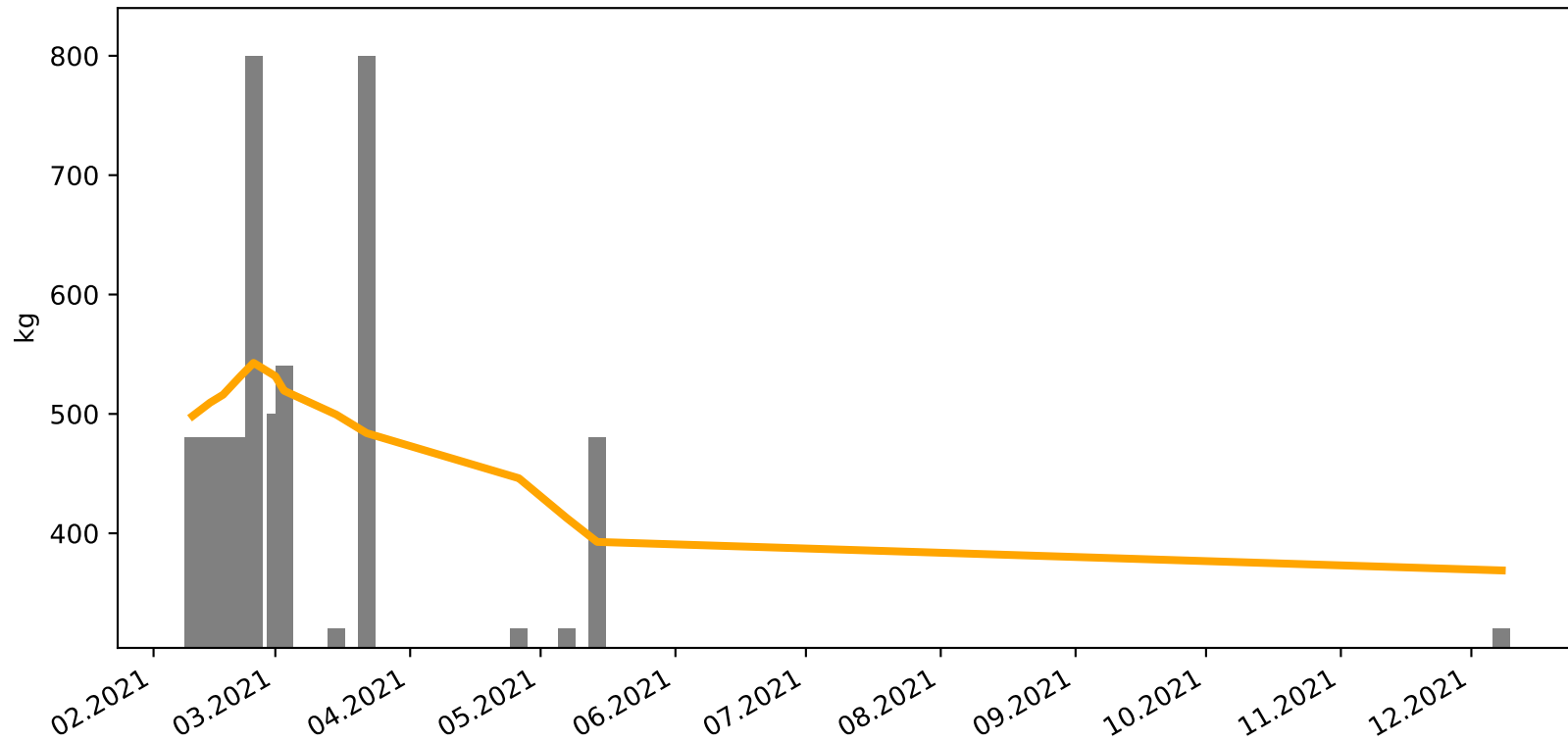
Seated Row (Cable) volume



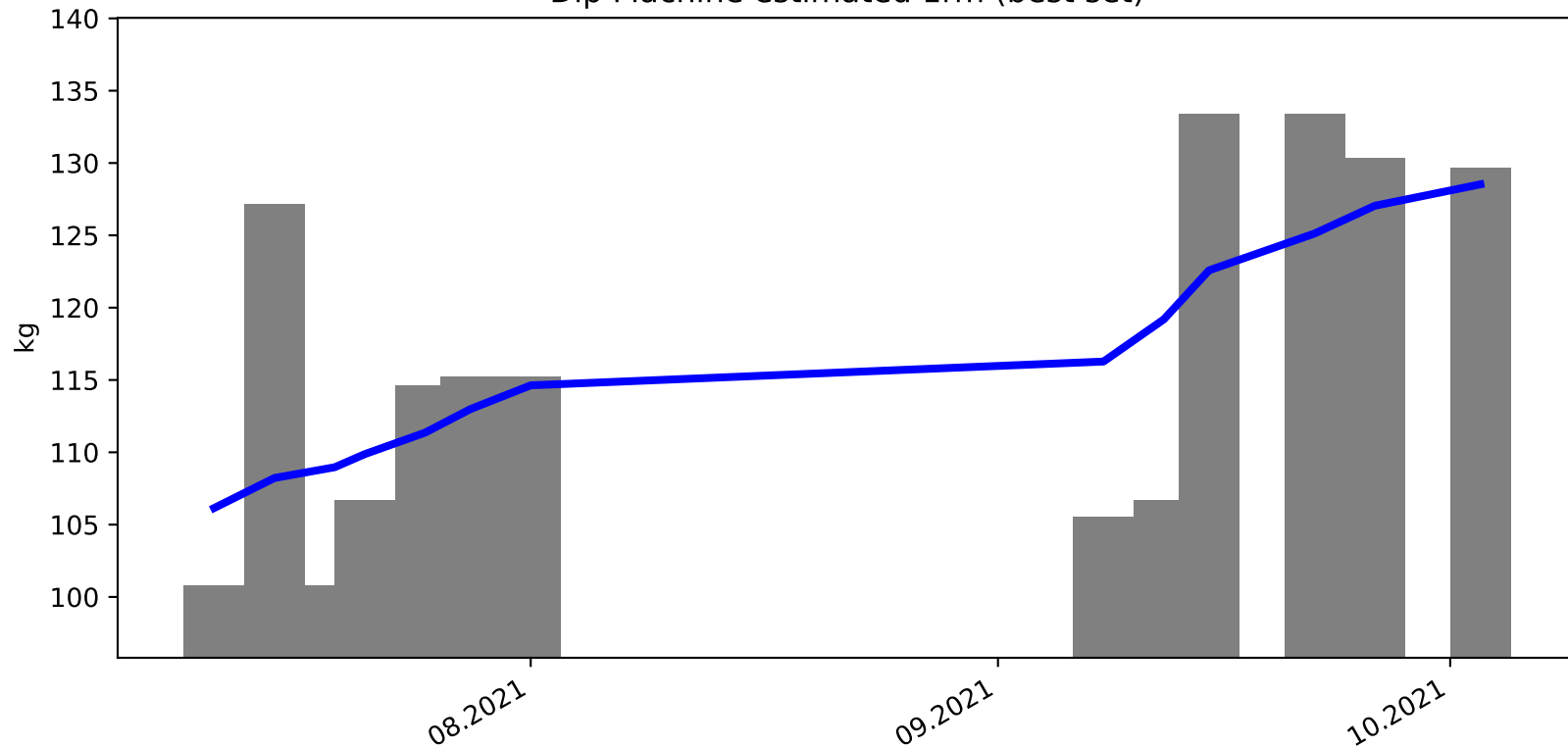
Pull Up (Band) estimated 1rm (best set)



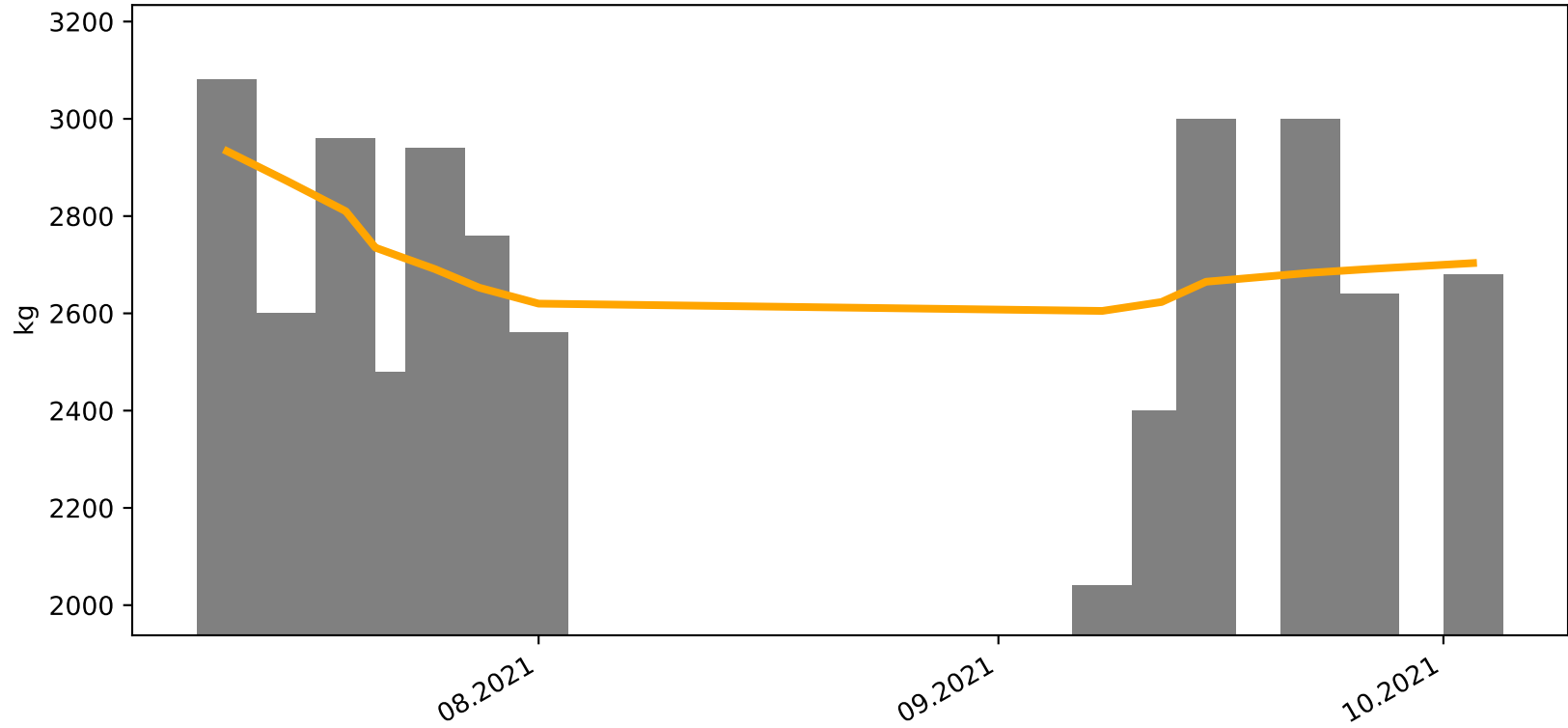
Pull Up (Band) volume



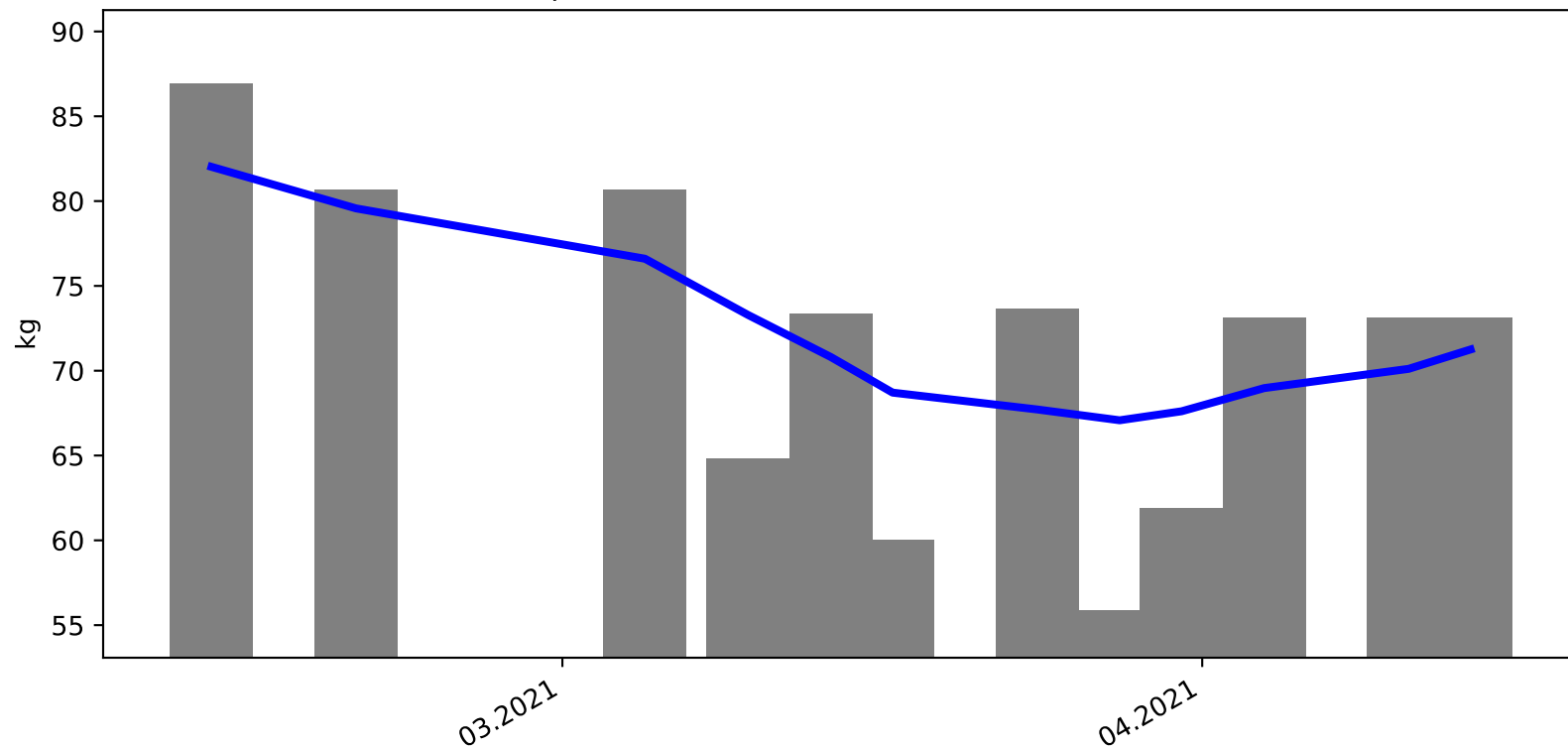
Dip Machine estimated 1rm (best set)



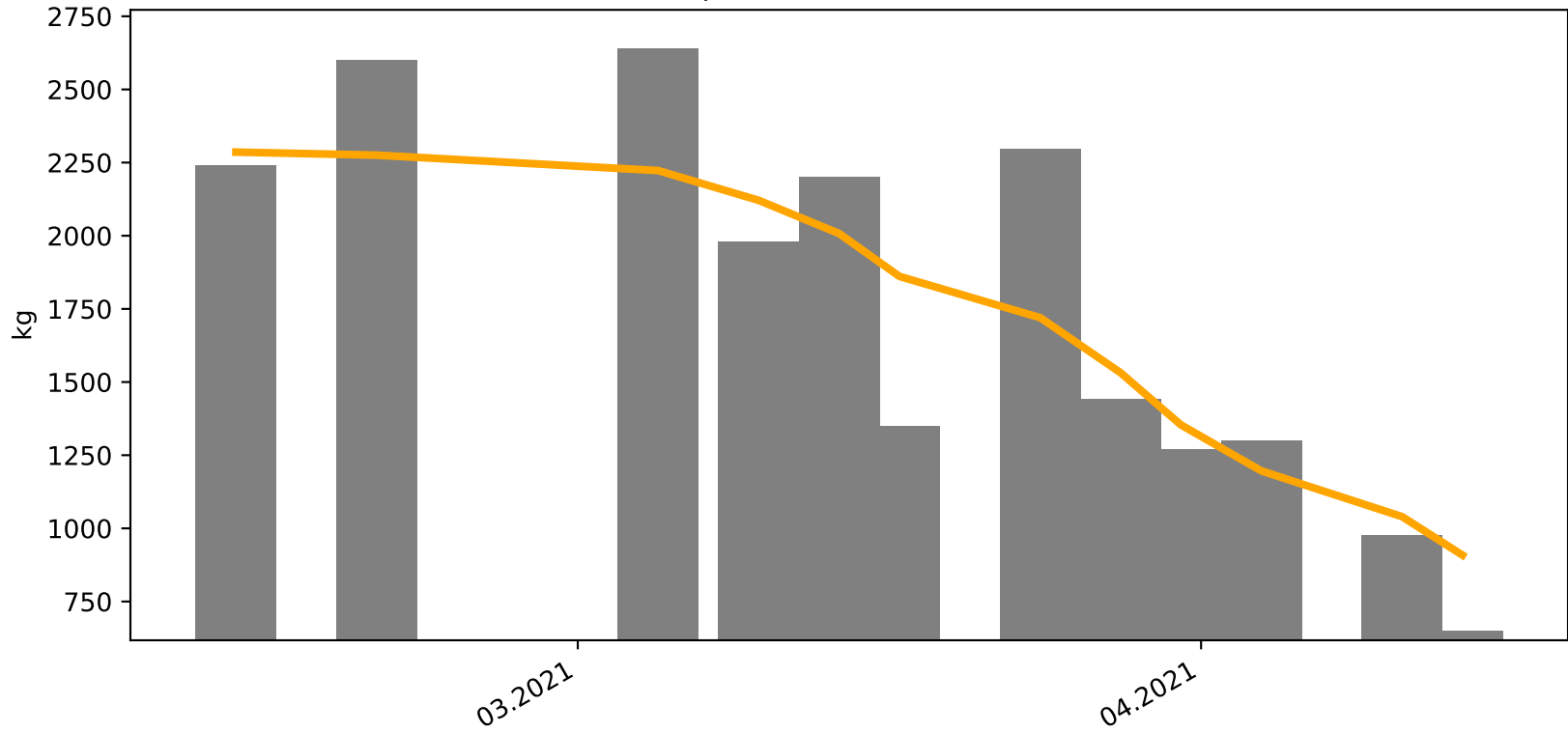
Dip Machine volume



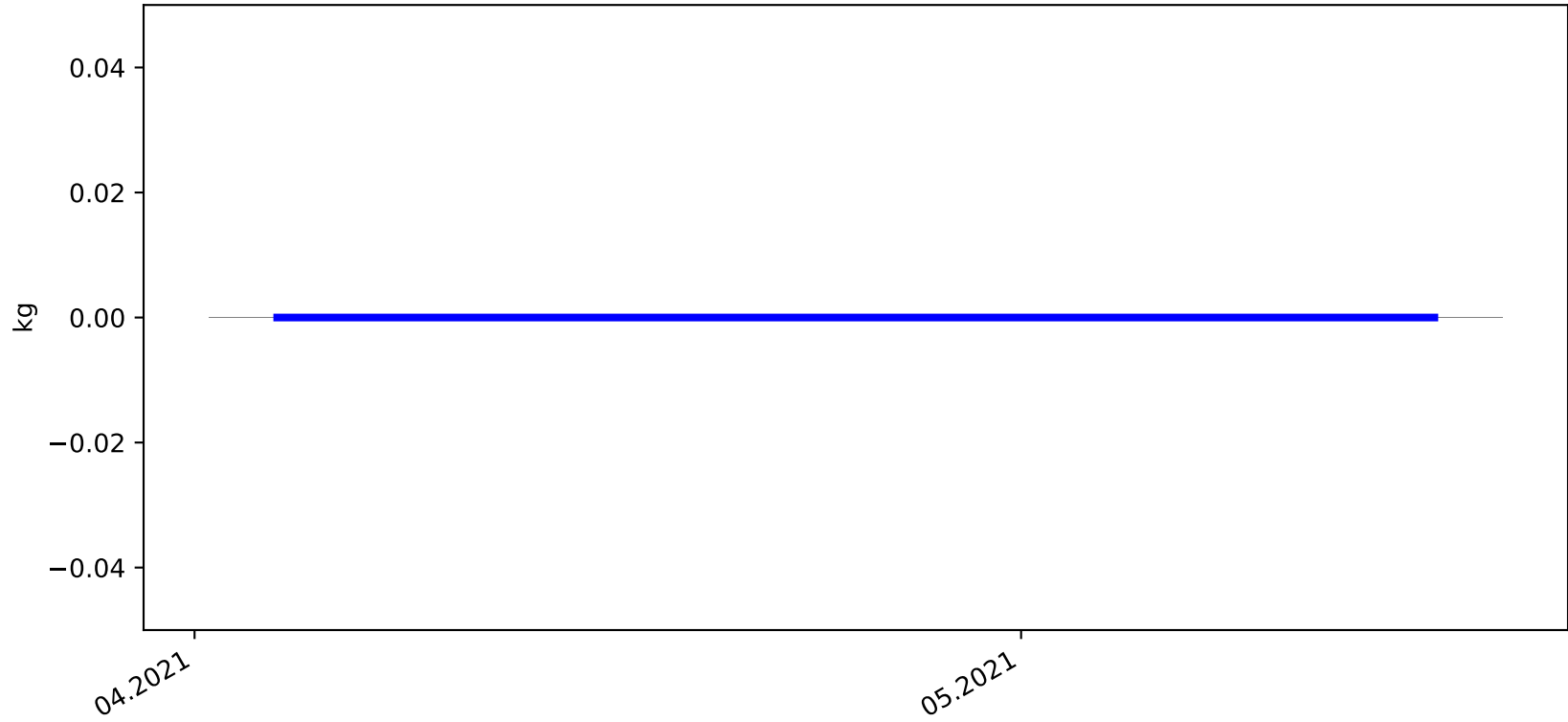
Squat (Barbell) estimated 1rm (best set)



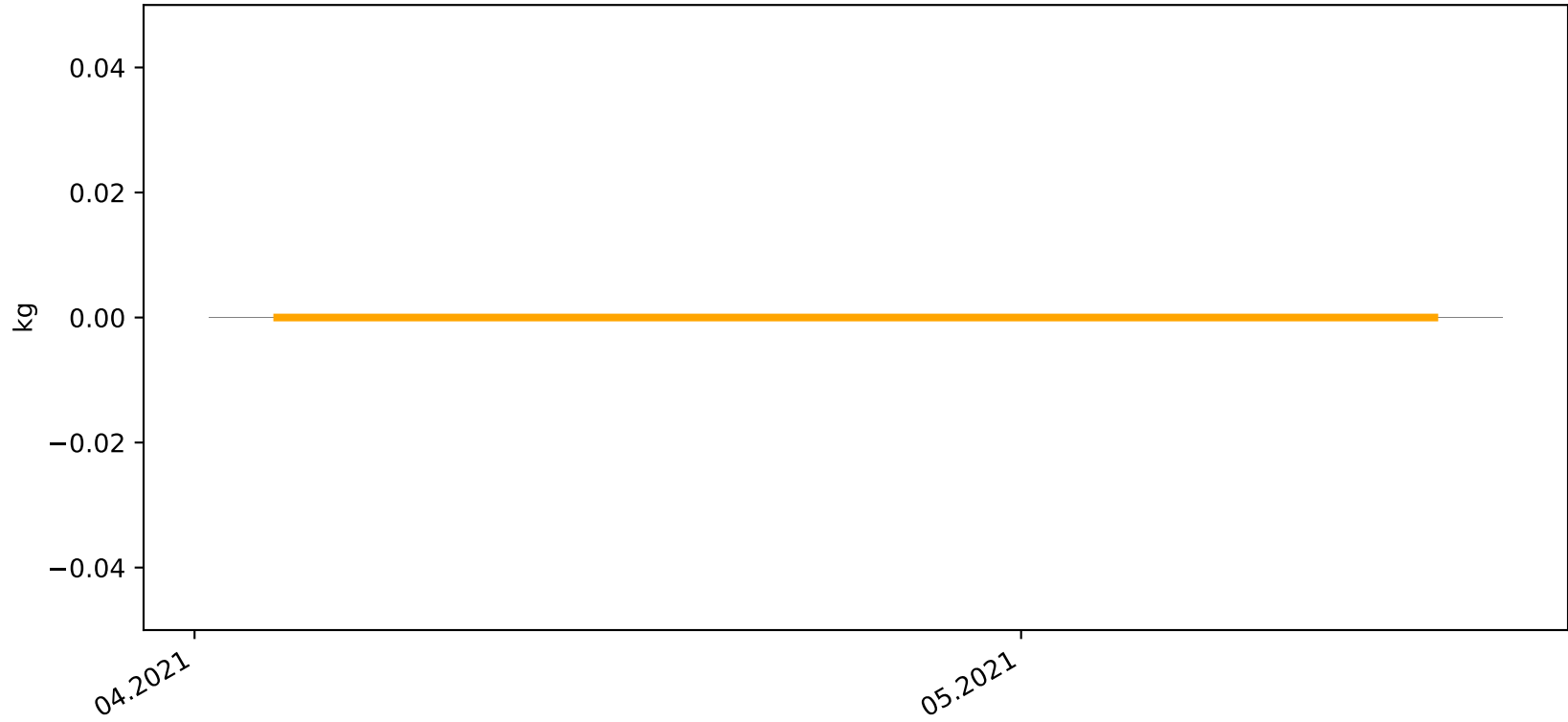
Squat (Barbell) volume



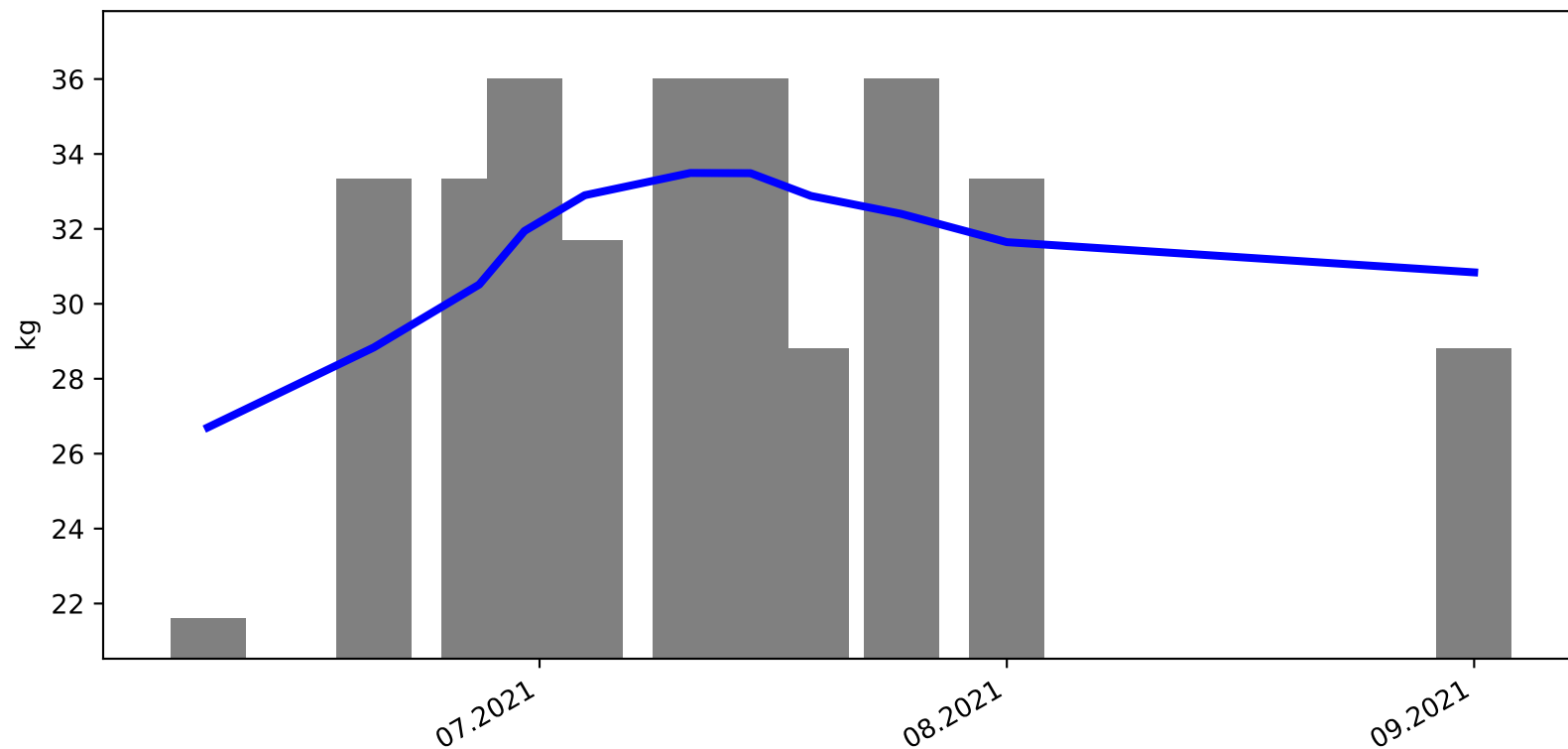
Hanging Leg Raise estimated 1rm (best set)



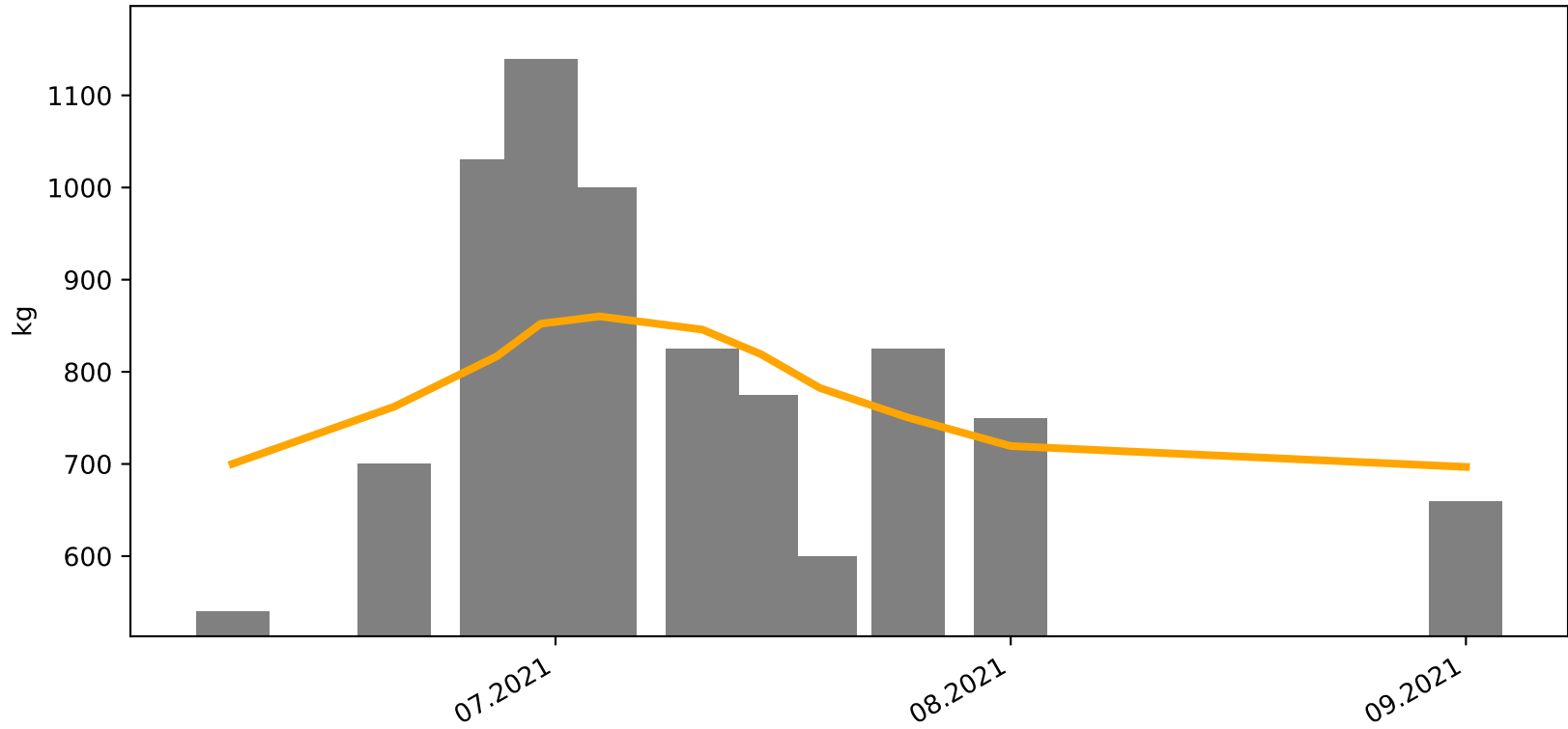
Hanging Leg Raise volume



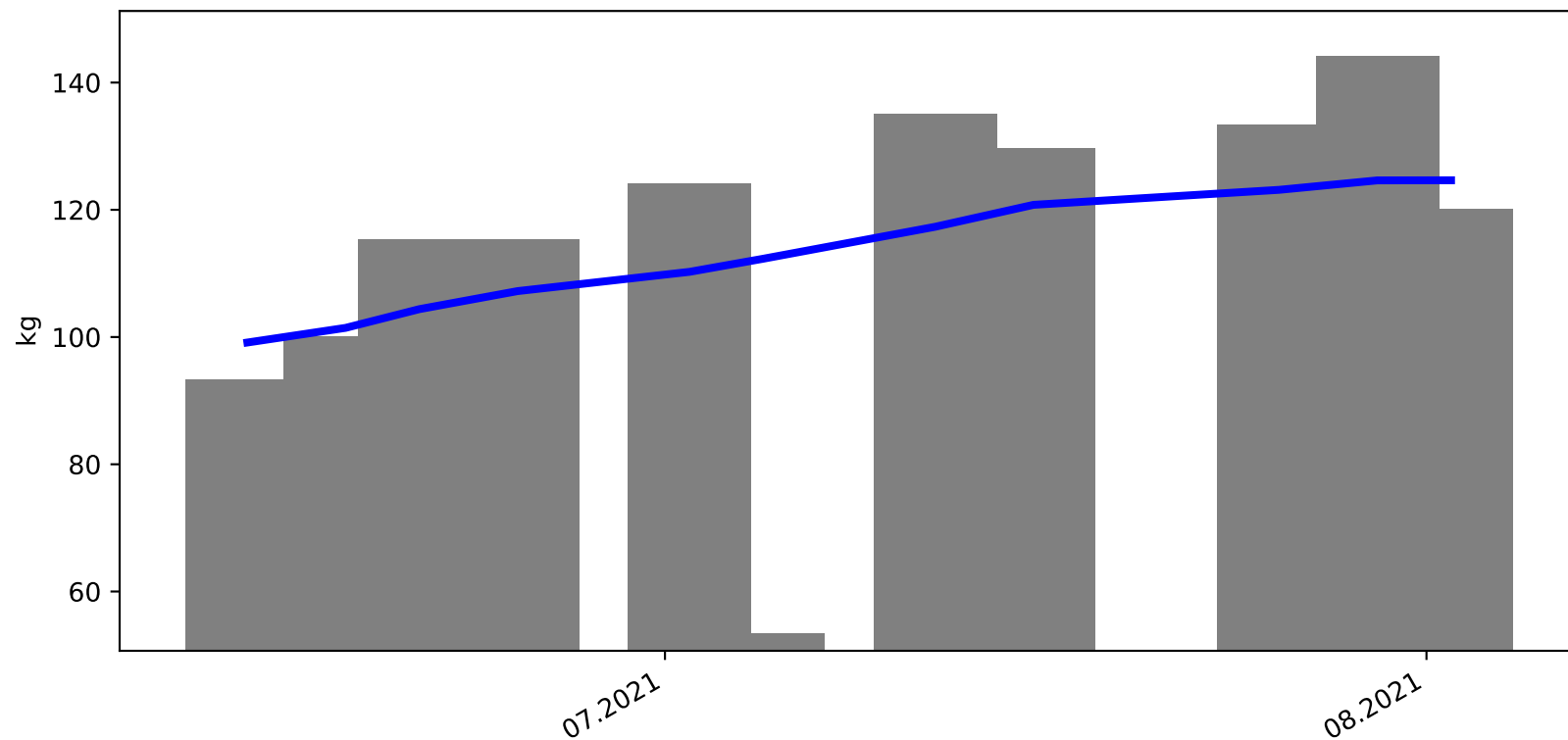
Incline Chest Press (Machine) estimated 1rm (best set)



Incline Chest Press (Machine) volume



Seated Row (Machine) estimated 1rm (best set)

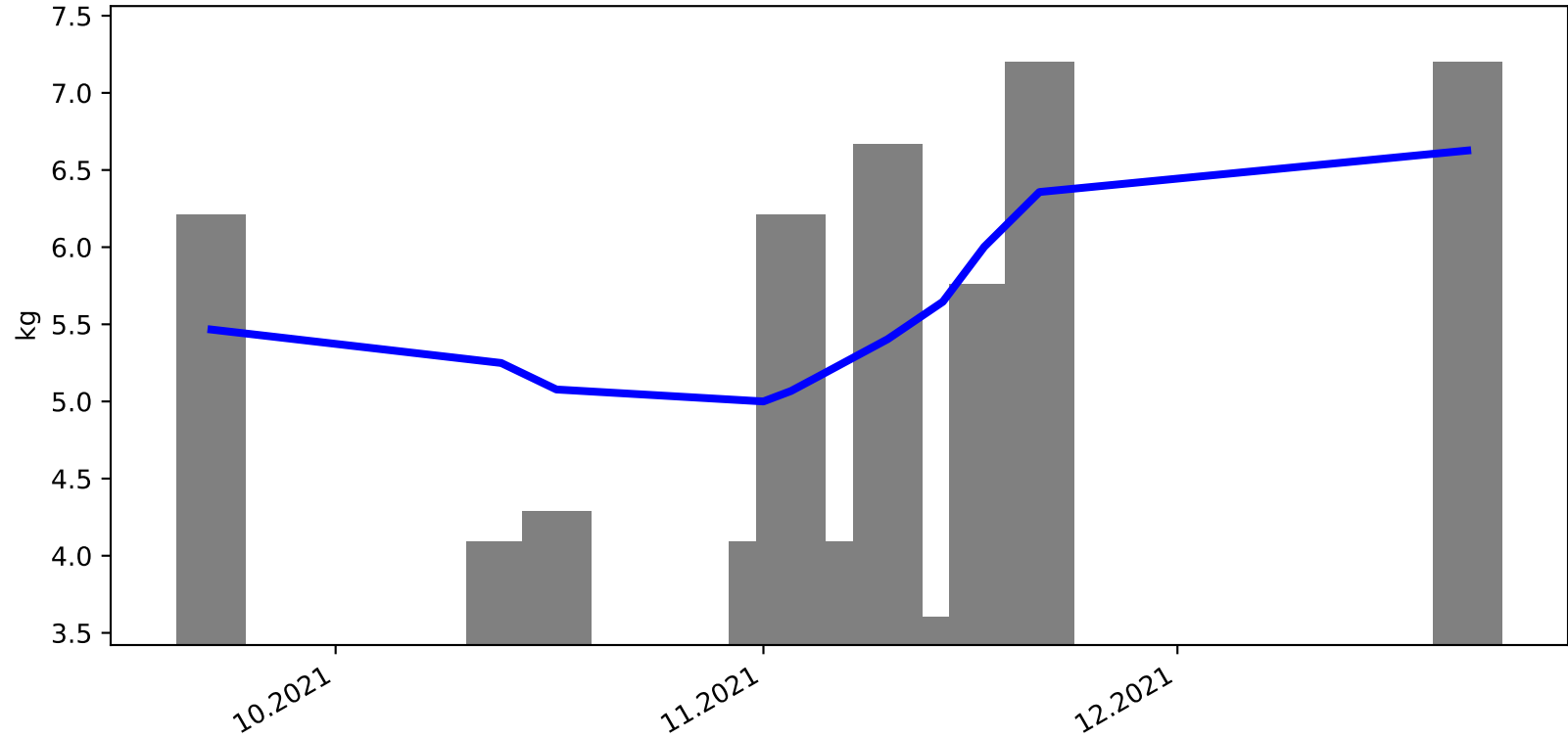


The histogram displays the frequency of children per family. The x-axis represents the number of children (0 to 6), and the y-axis represents the frequency (0 to 10). The bars are dark gray. An orange line is overlaid, representing a normal distribution curve that fits the data.

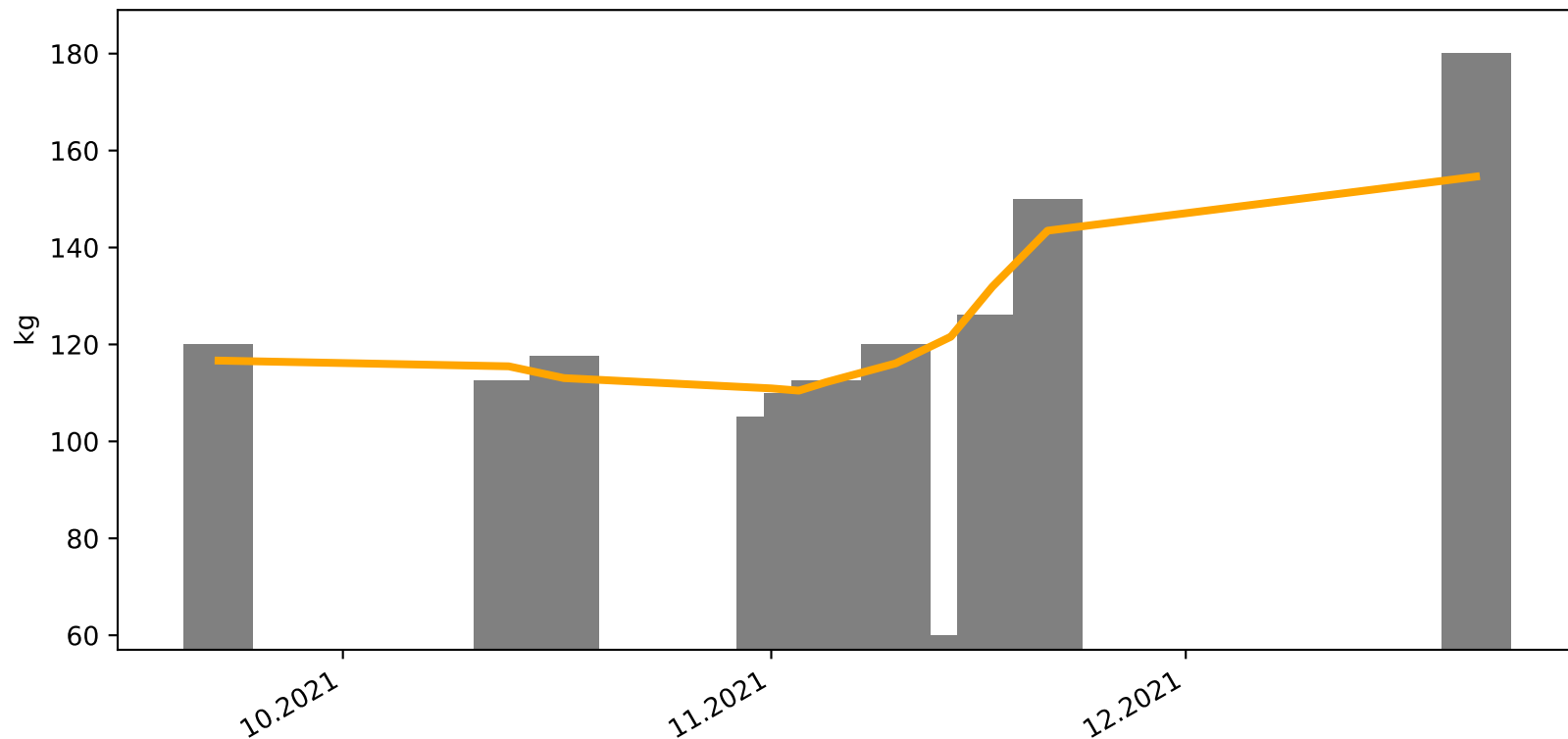
Number of Children	Frequency
0	4
1	5
2	4
3	6
4	1
5	10
6	6

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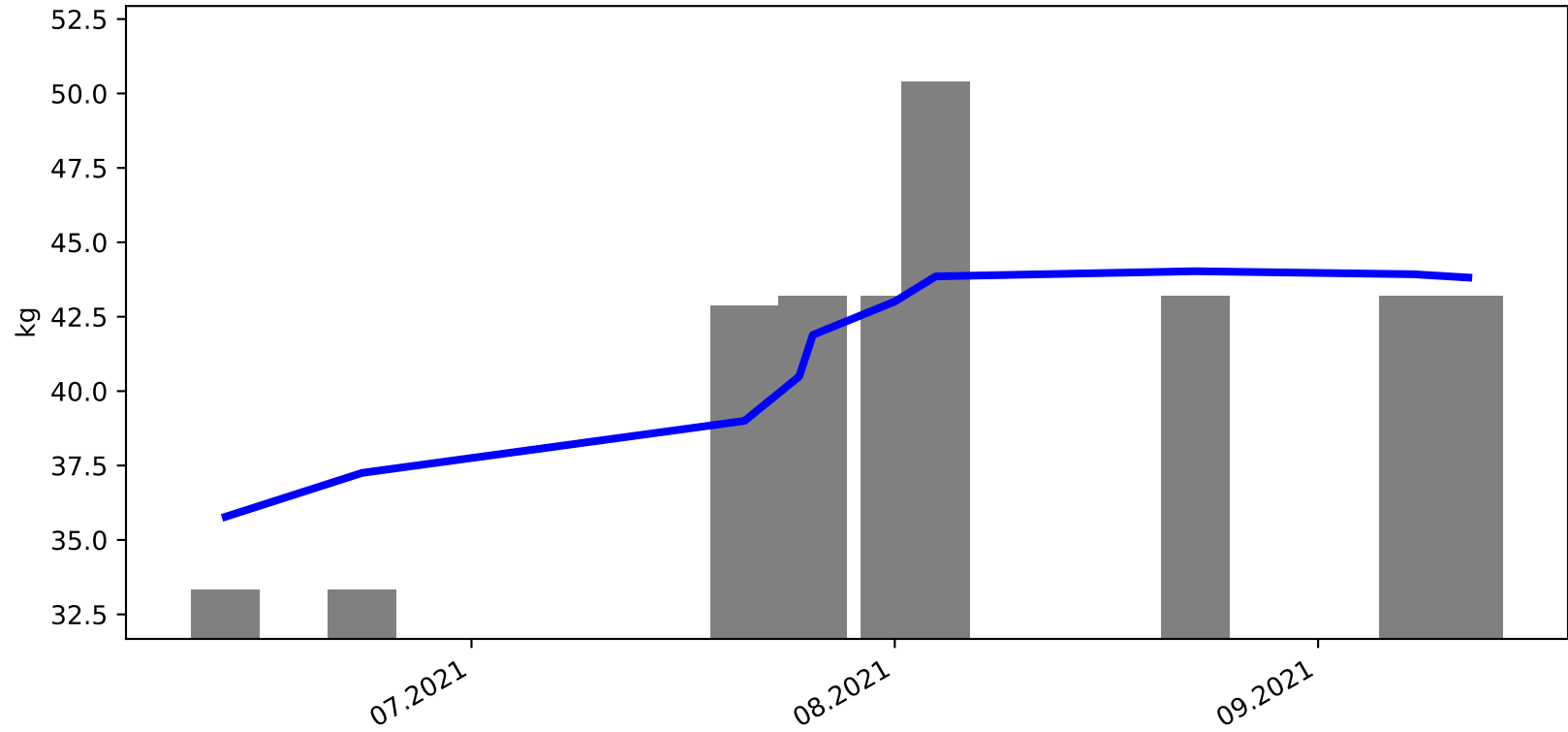
Lateral Raise (Cable) estimated 1rm (best set)



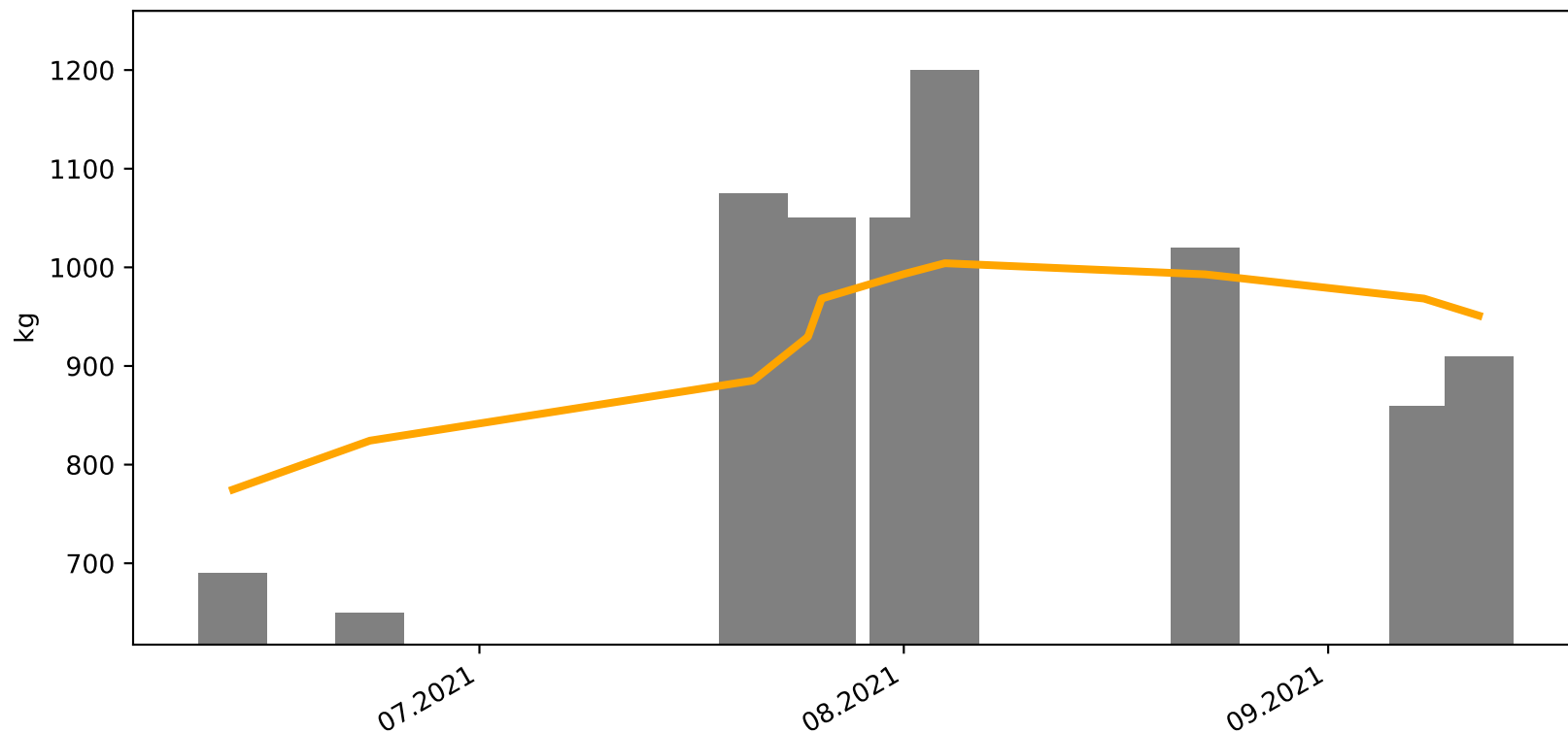
Lateral Raise (Cable) volume



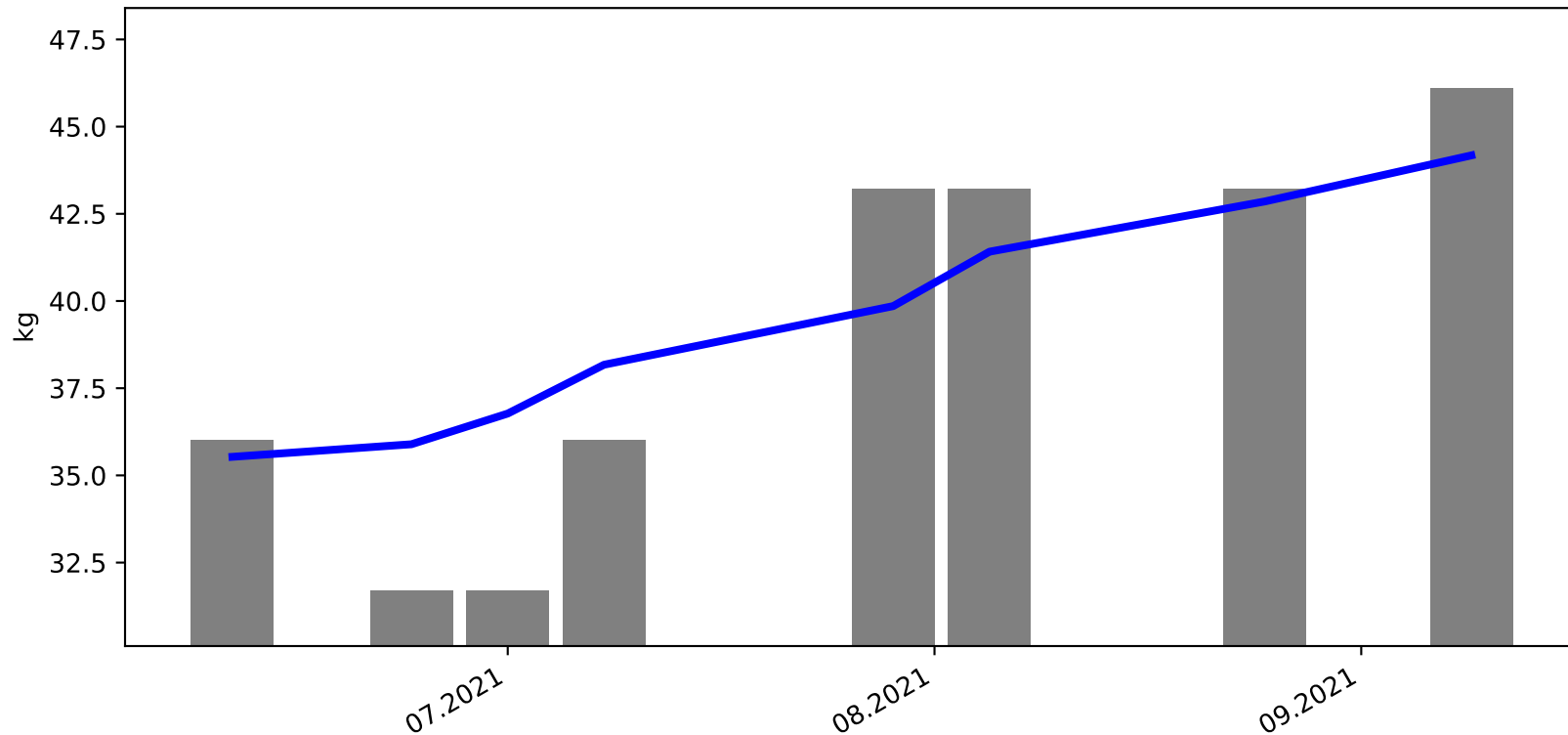
Lateral Raise (Machine) estimated 1rm (best set)



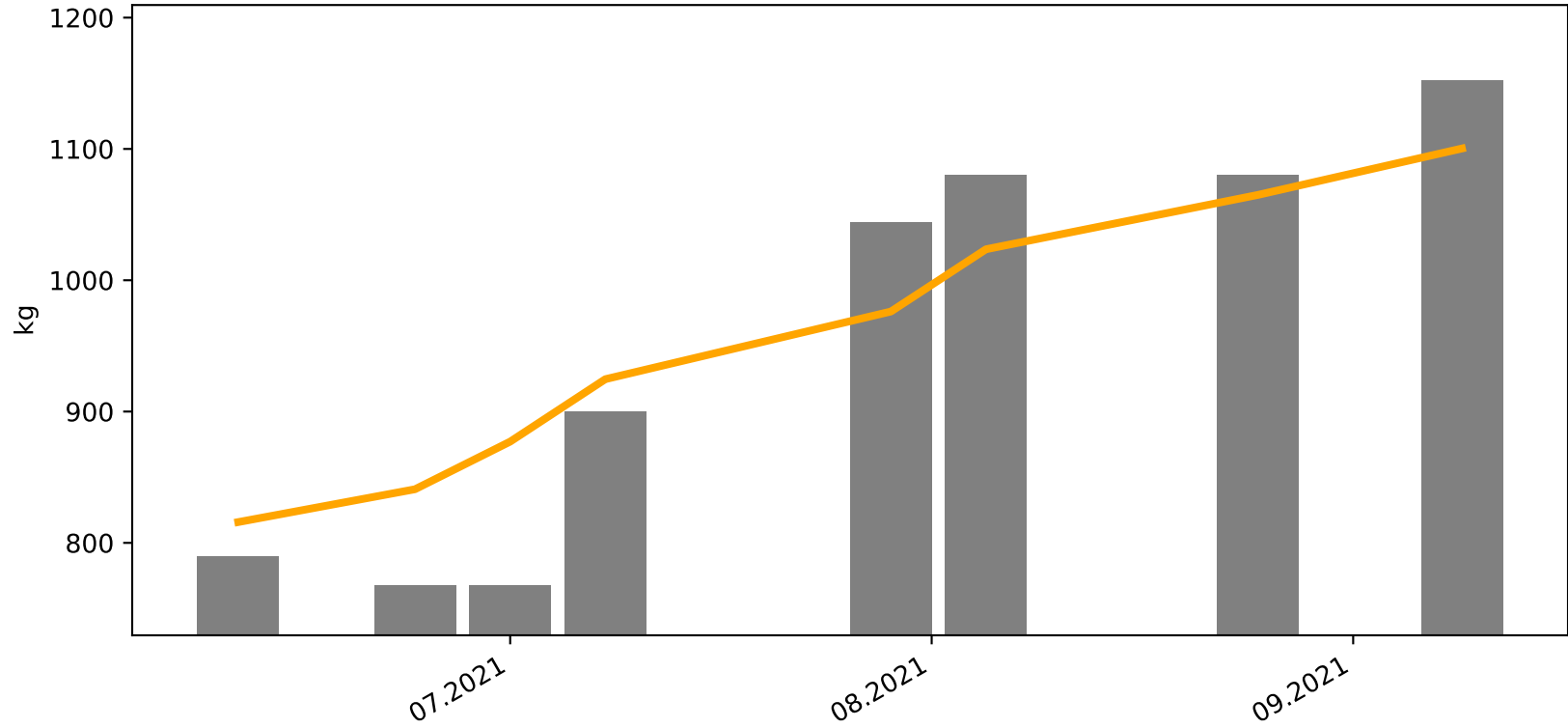
Lateral Raise (Machine) volume



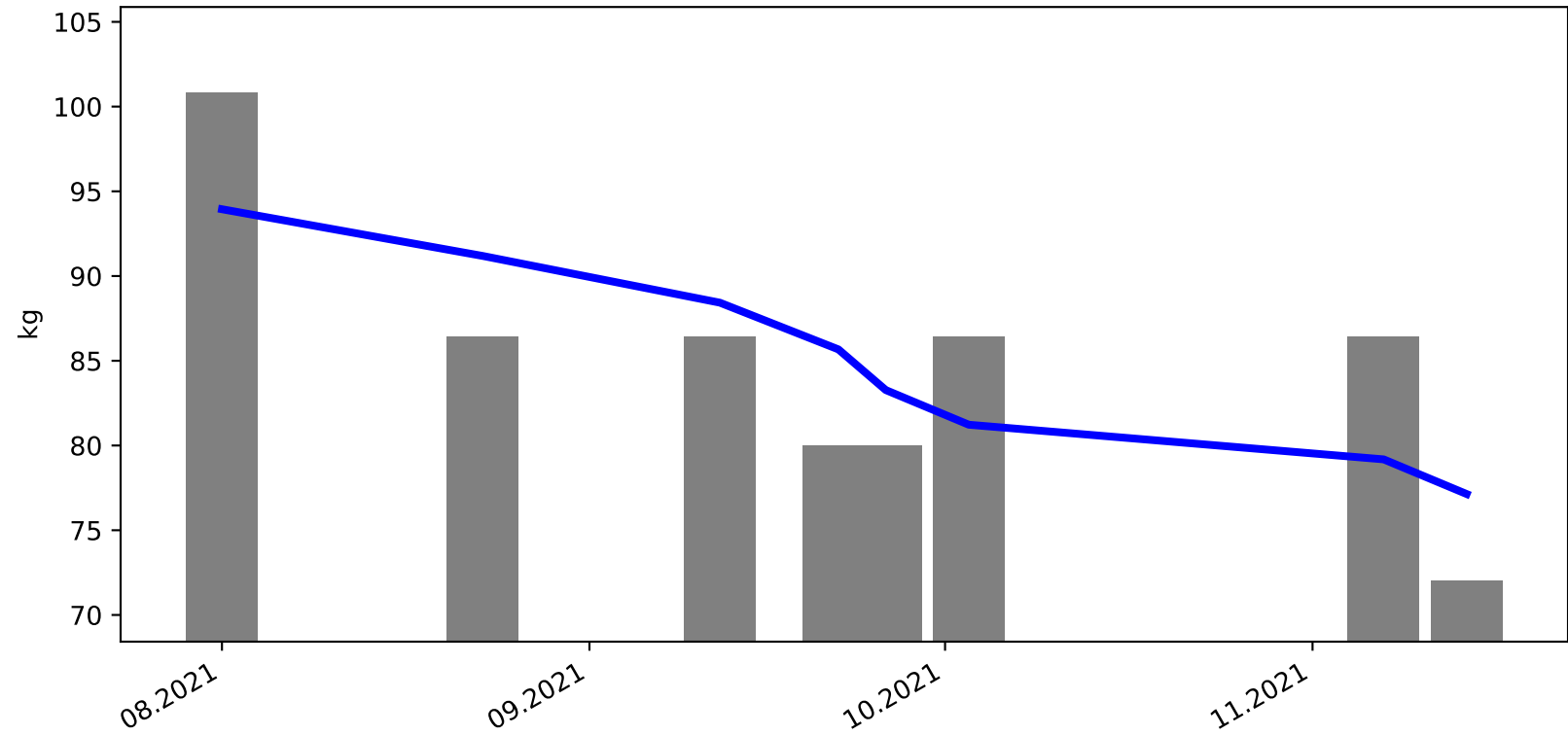
Seated Leg Curl (Machine) estimated 1rm (best set)



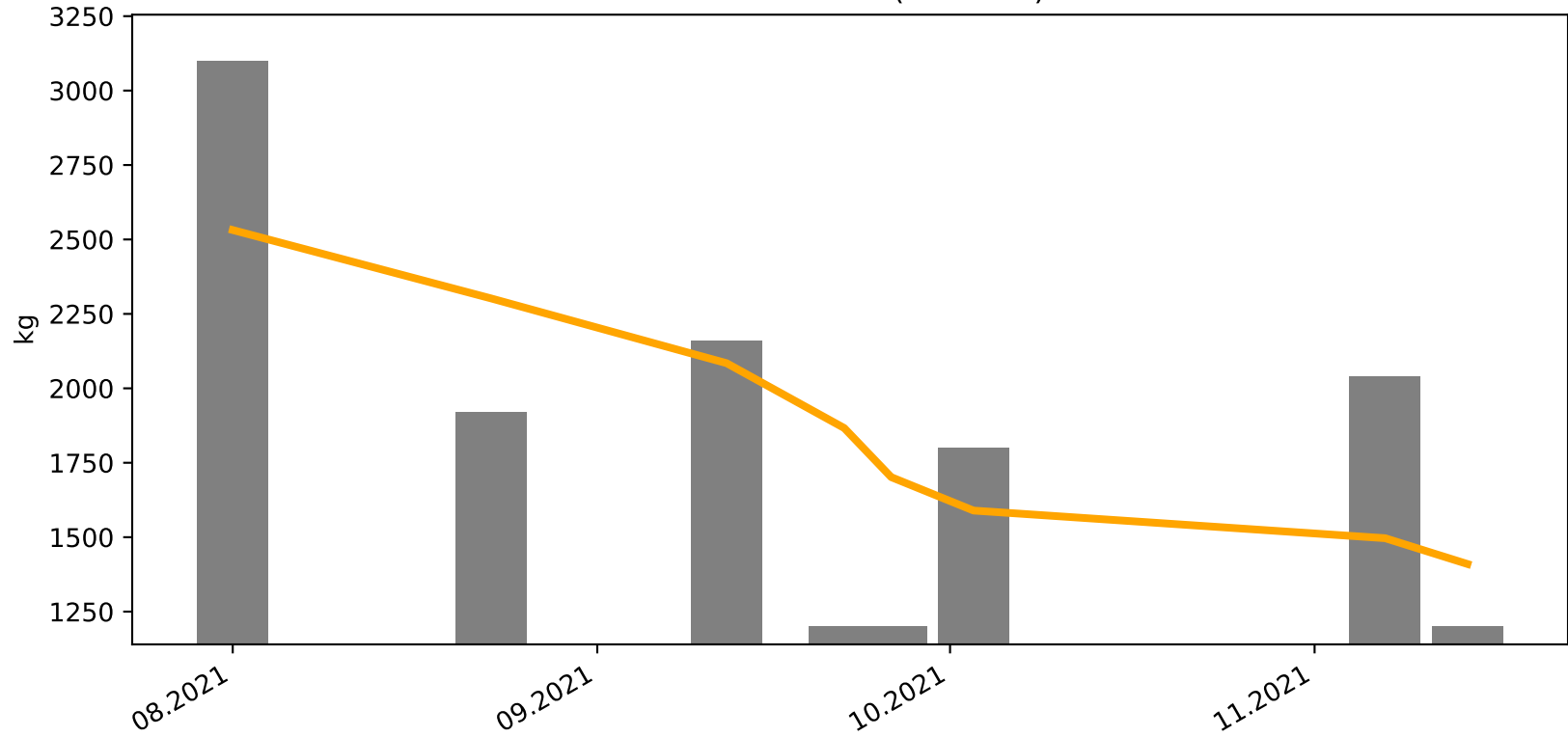
Seated Leg Curl (Machine) volume



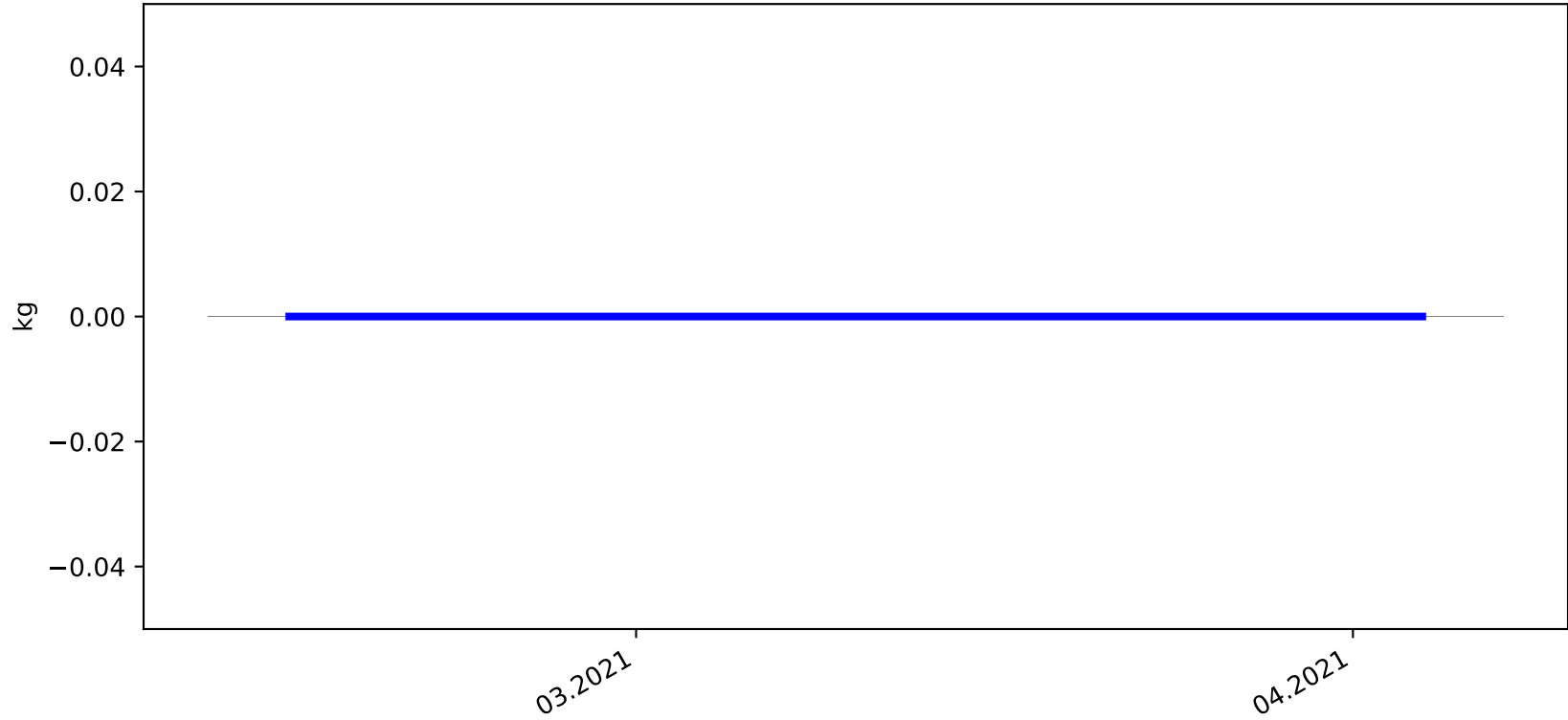
Iso-Lateral Chest Press (Machine) estimated 1rm (best set)



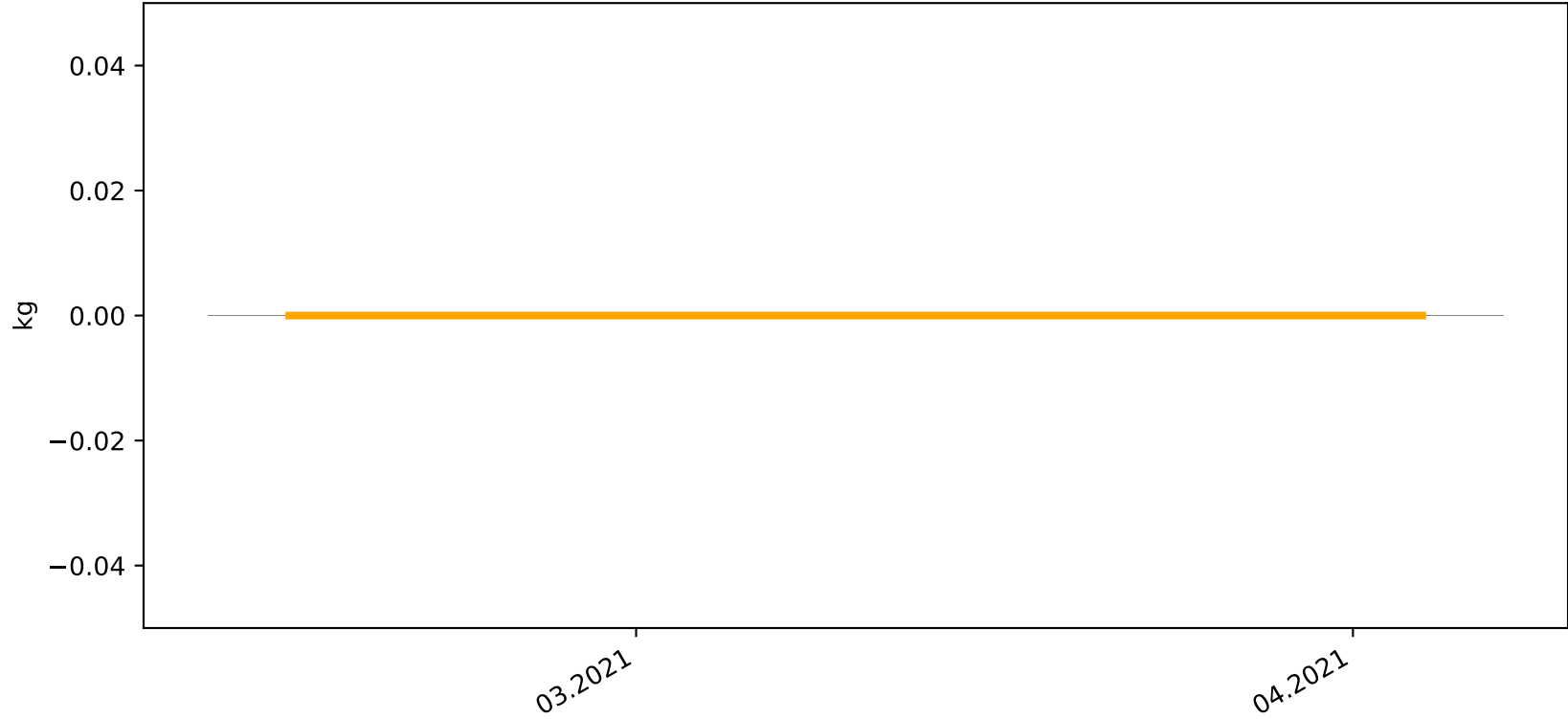
Iso-Lateral Chest Press (Machine) volume



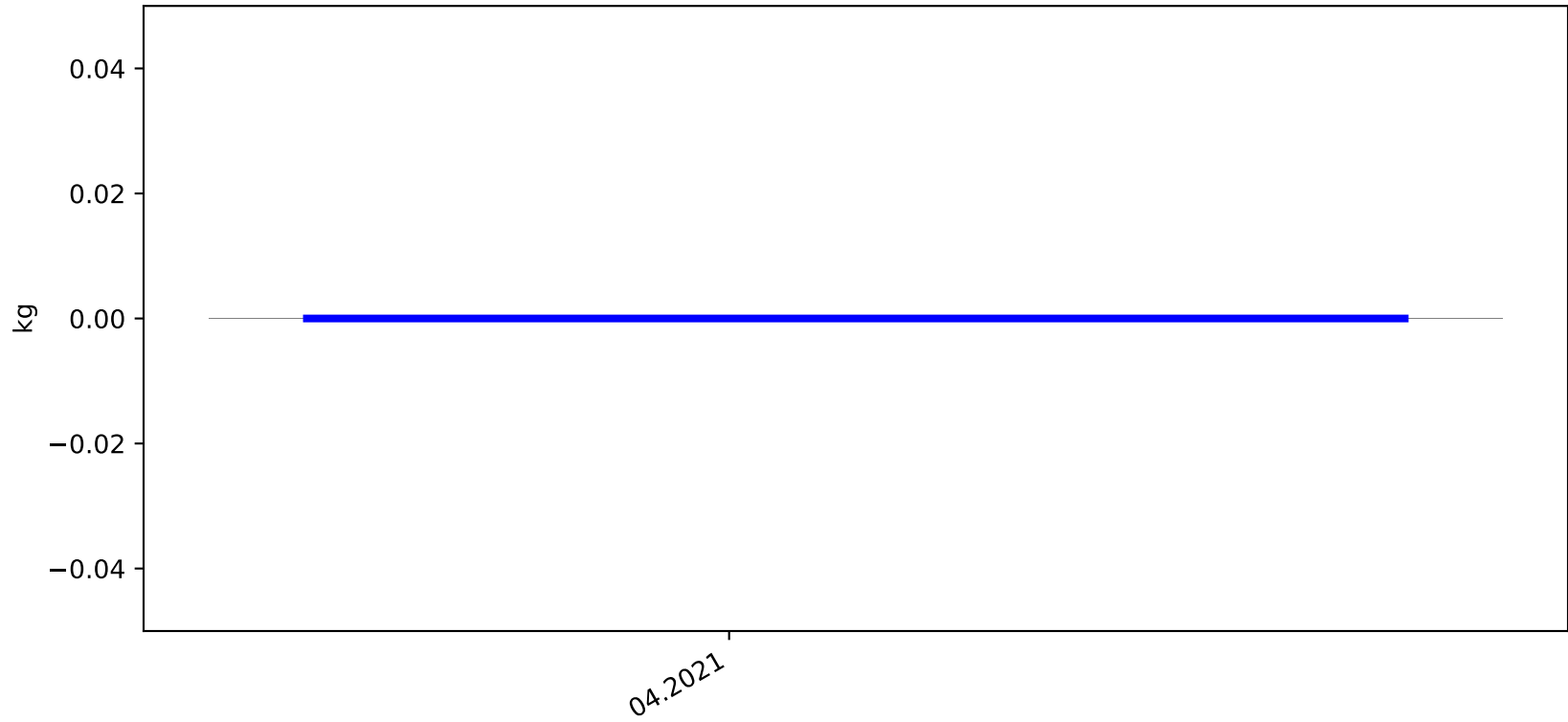
Flat Leg Raise estimated 1rm (best set)



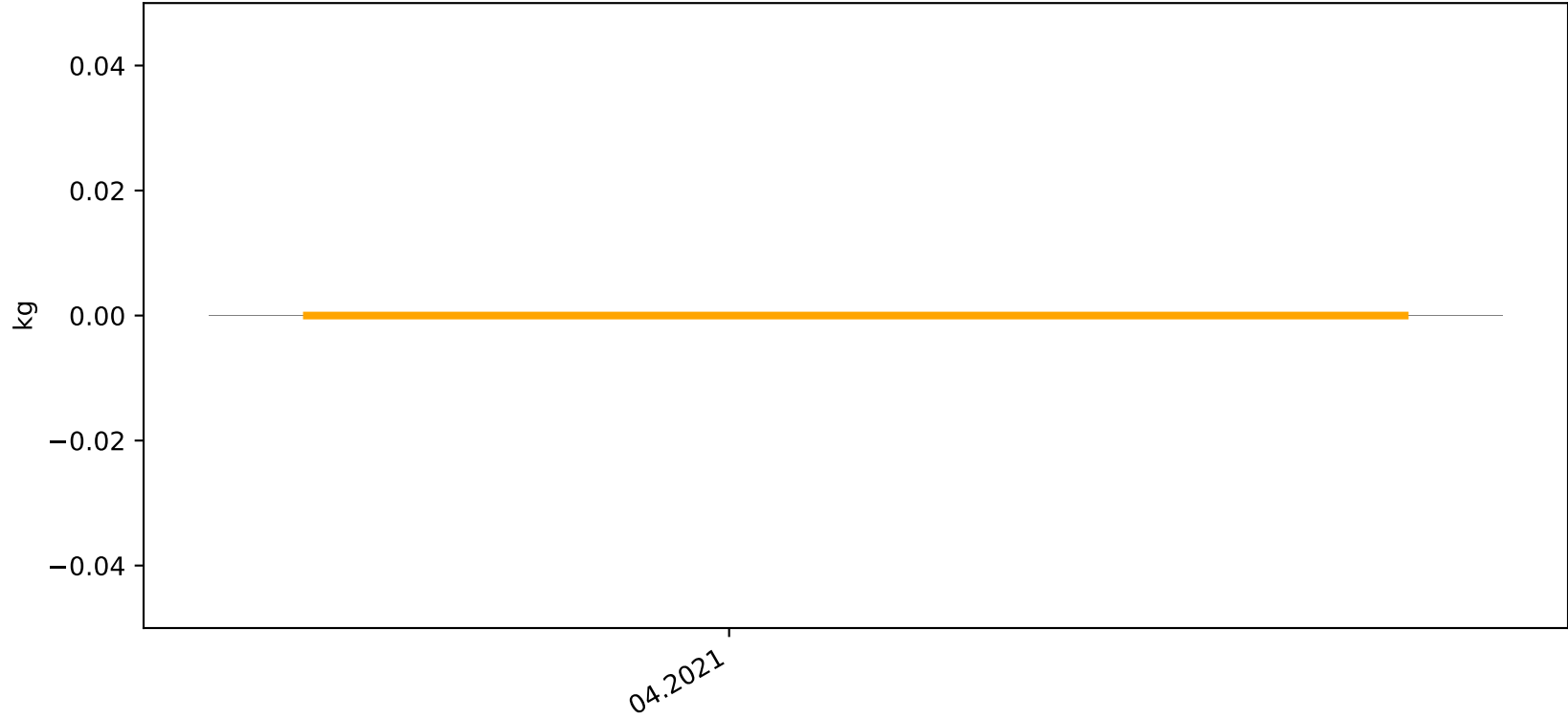
Flat Leg Raise volume



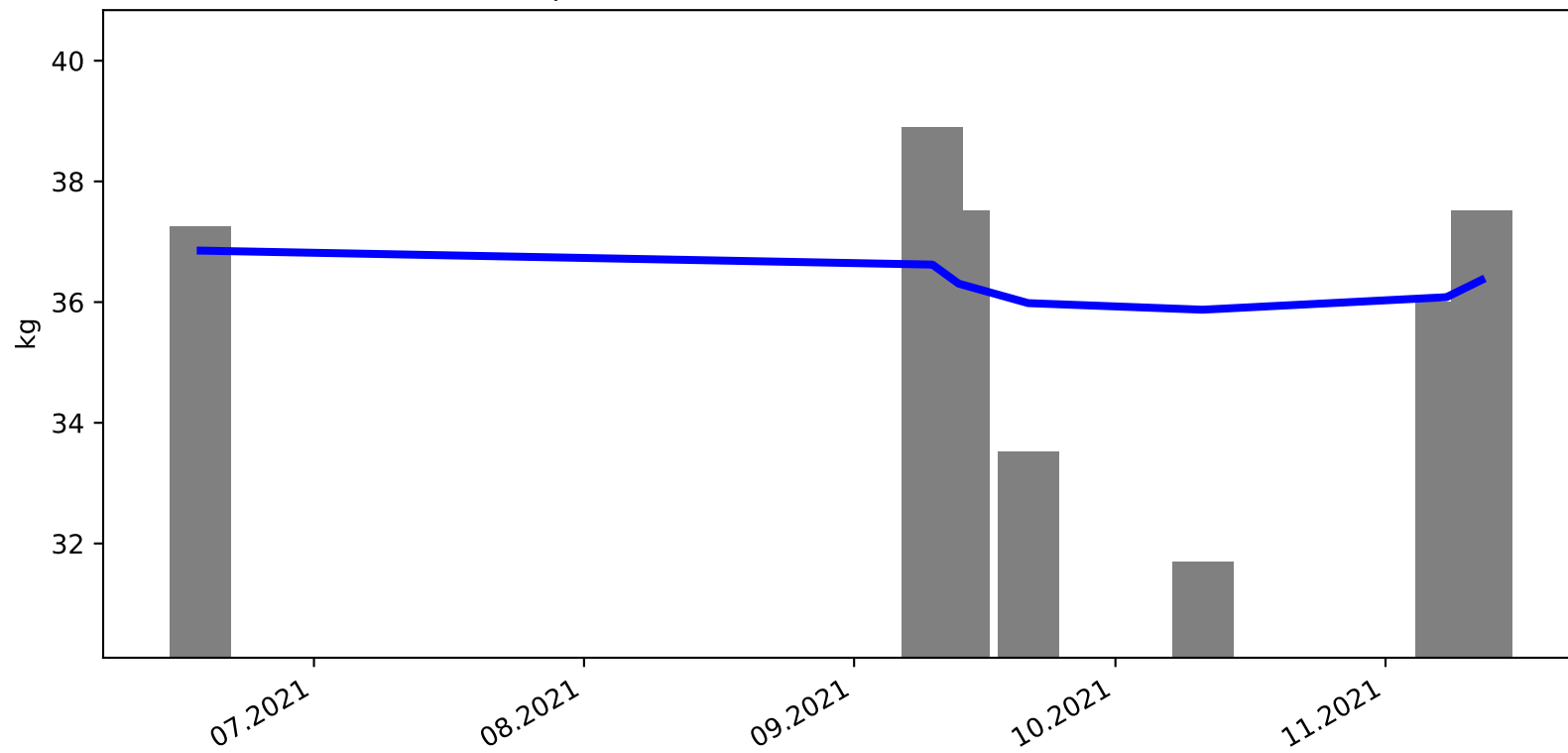
Russian Twist estimated 1rm (best set)



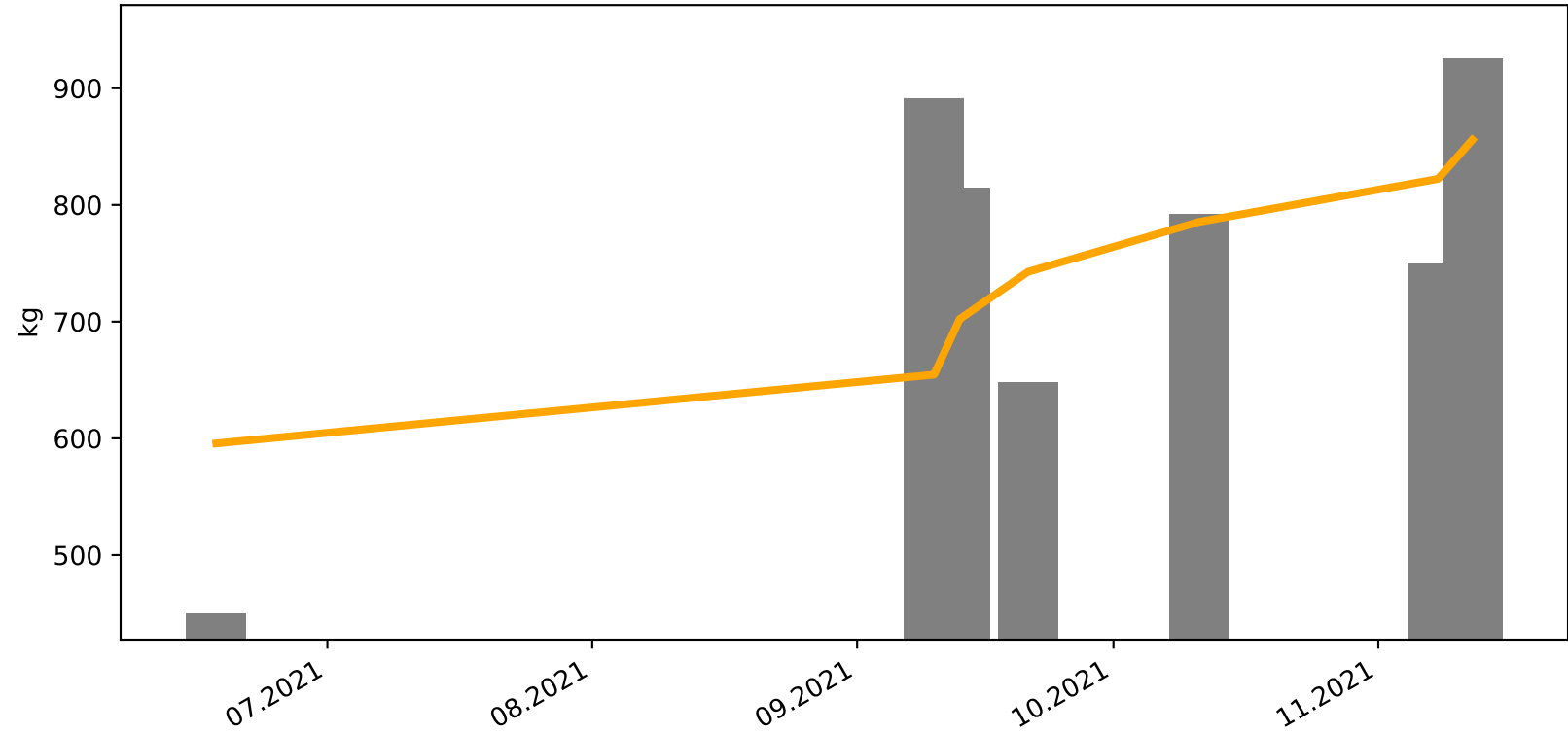
Russian Twist volume



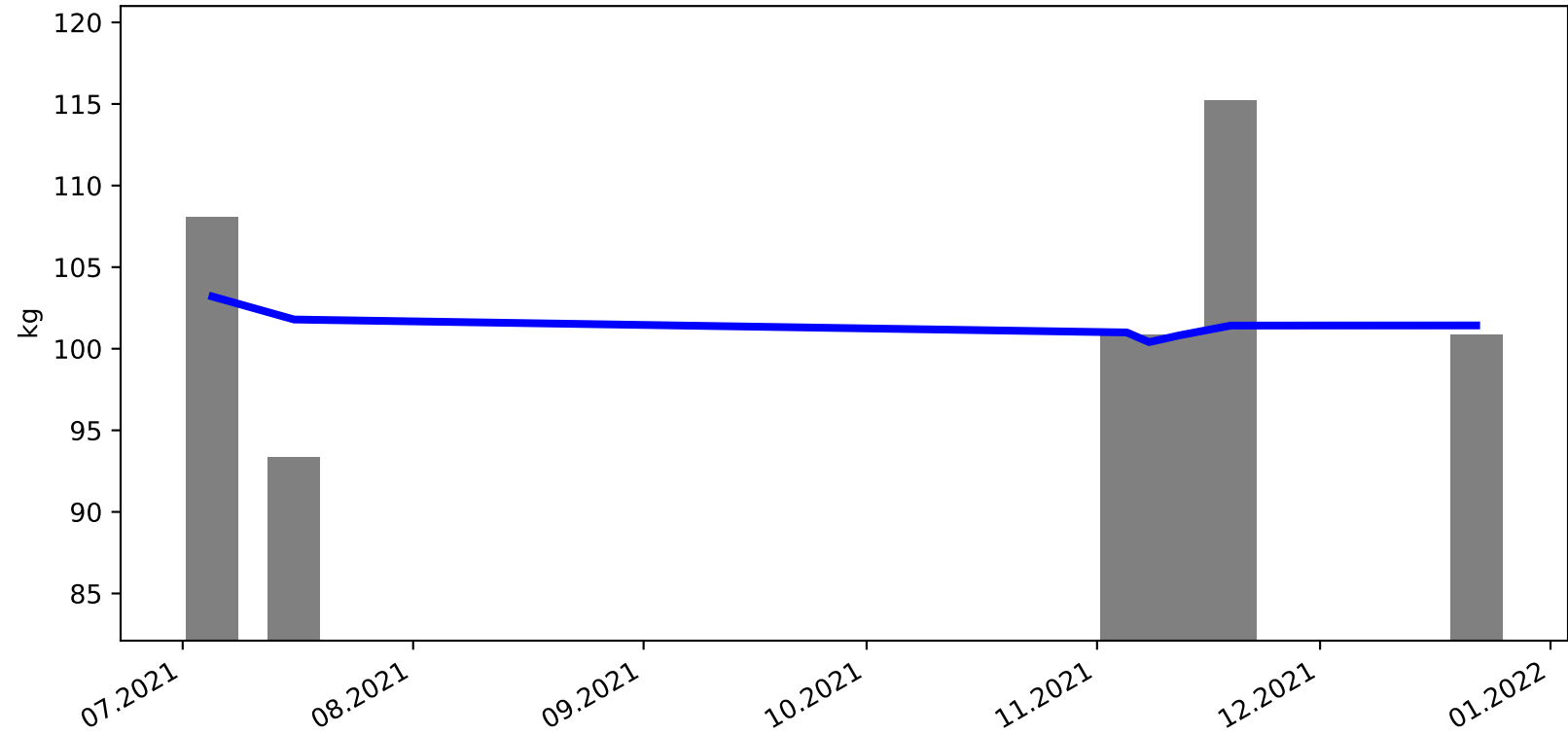
Bicep Curl (Barbell) estimated 1rm (best set)



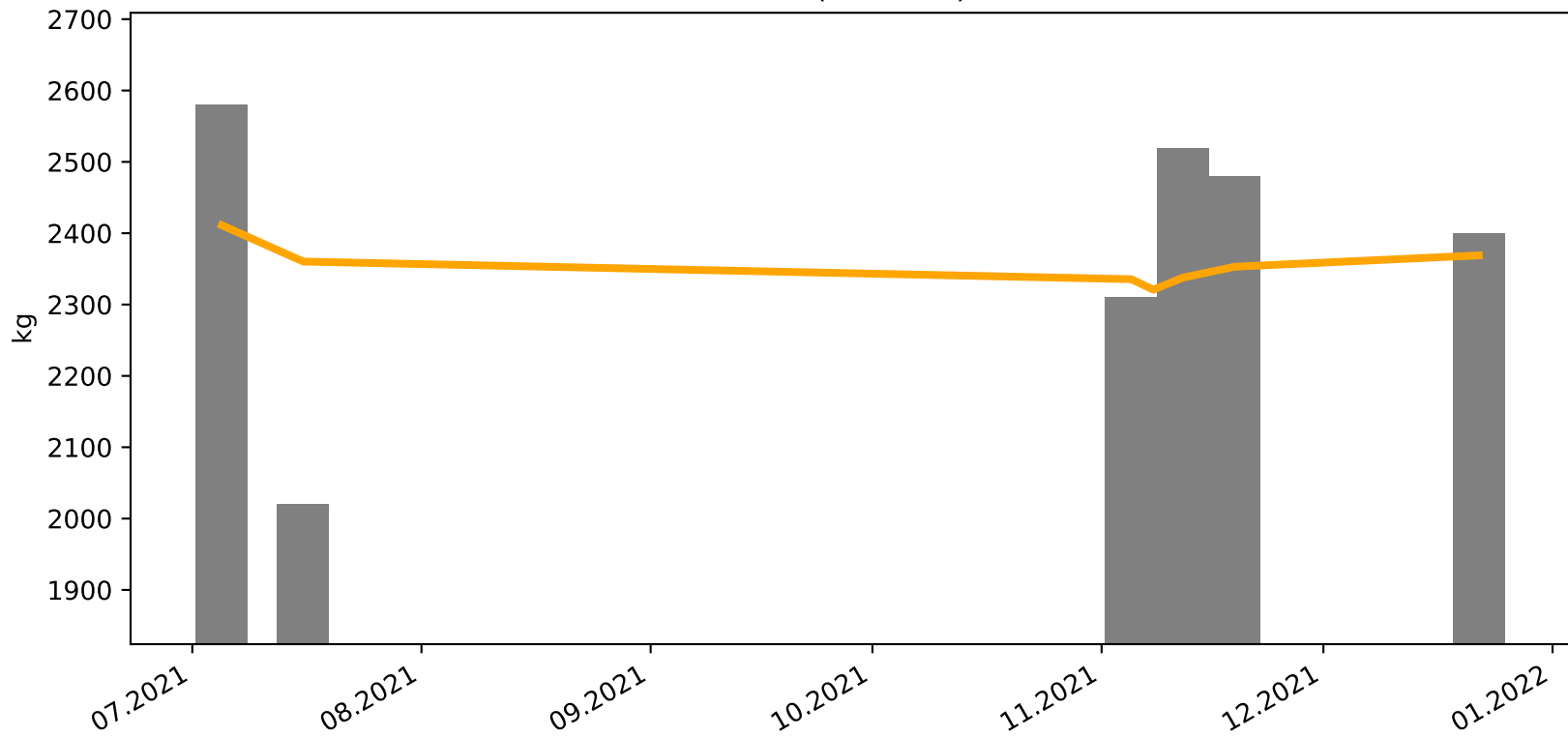
Bicep Curl (Barbell) volume



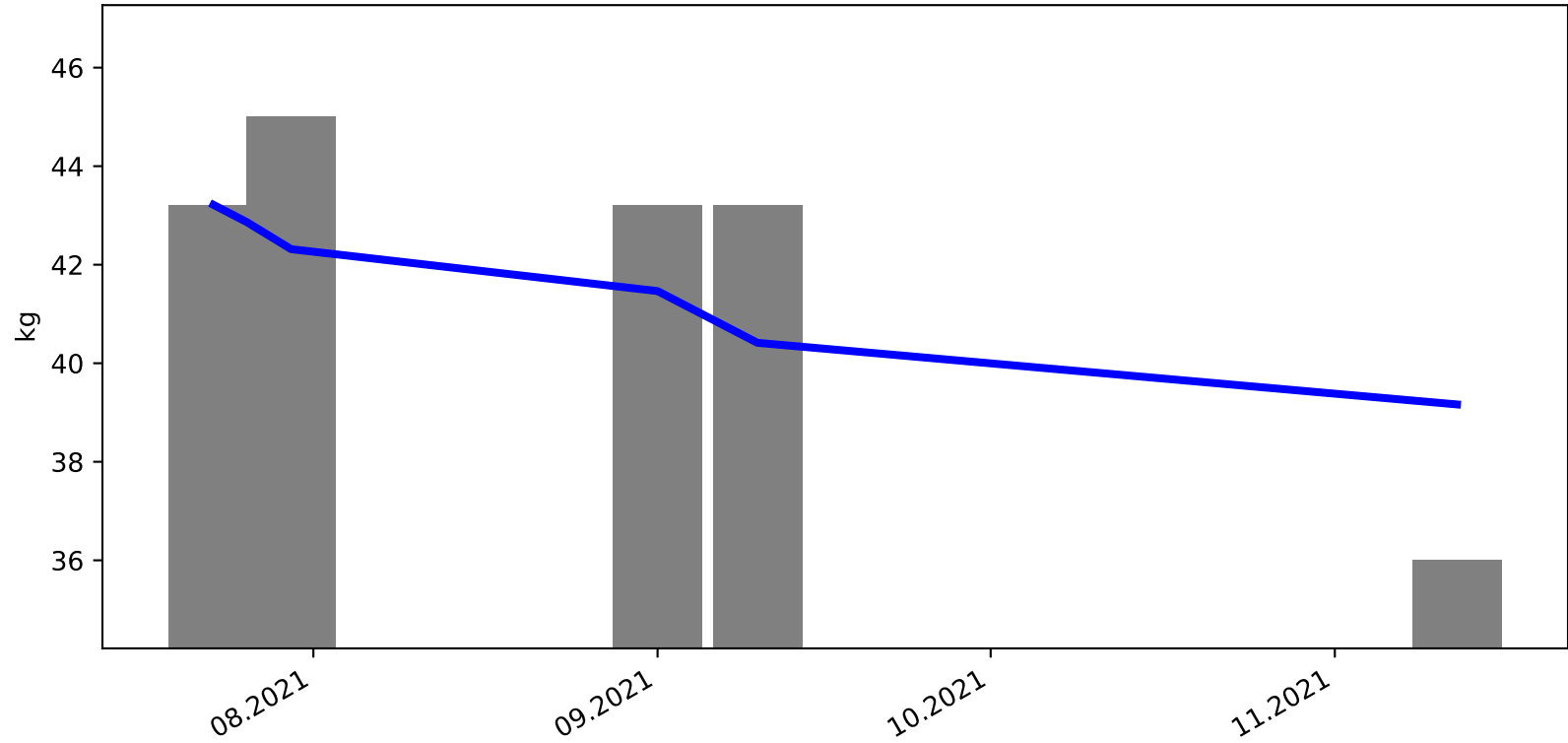
Lat Pulldown (Machine) estimated 1rm (best set)



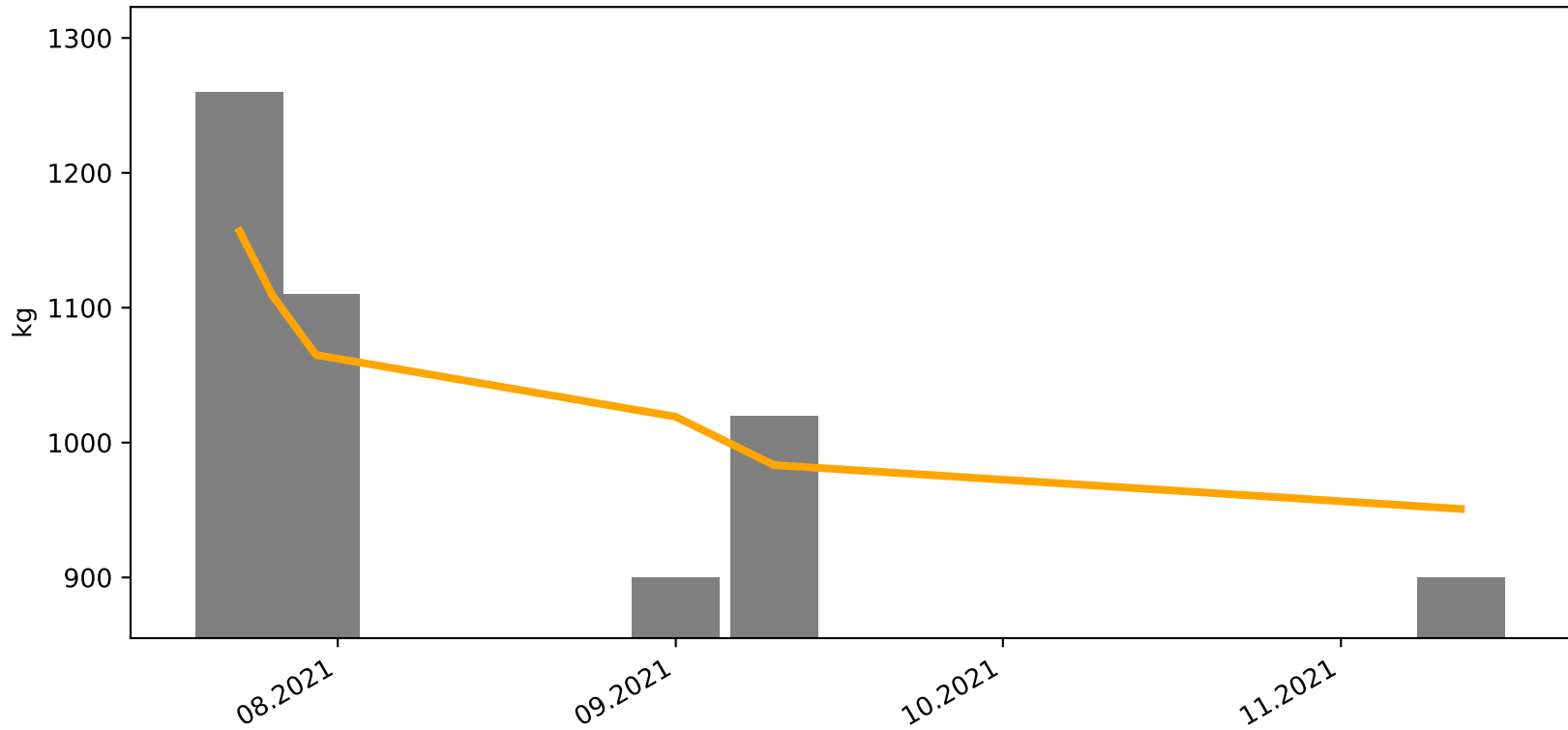
Lat Pulldown (Machine) volume



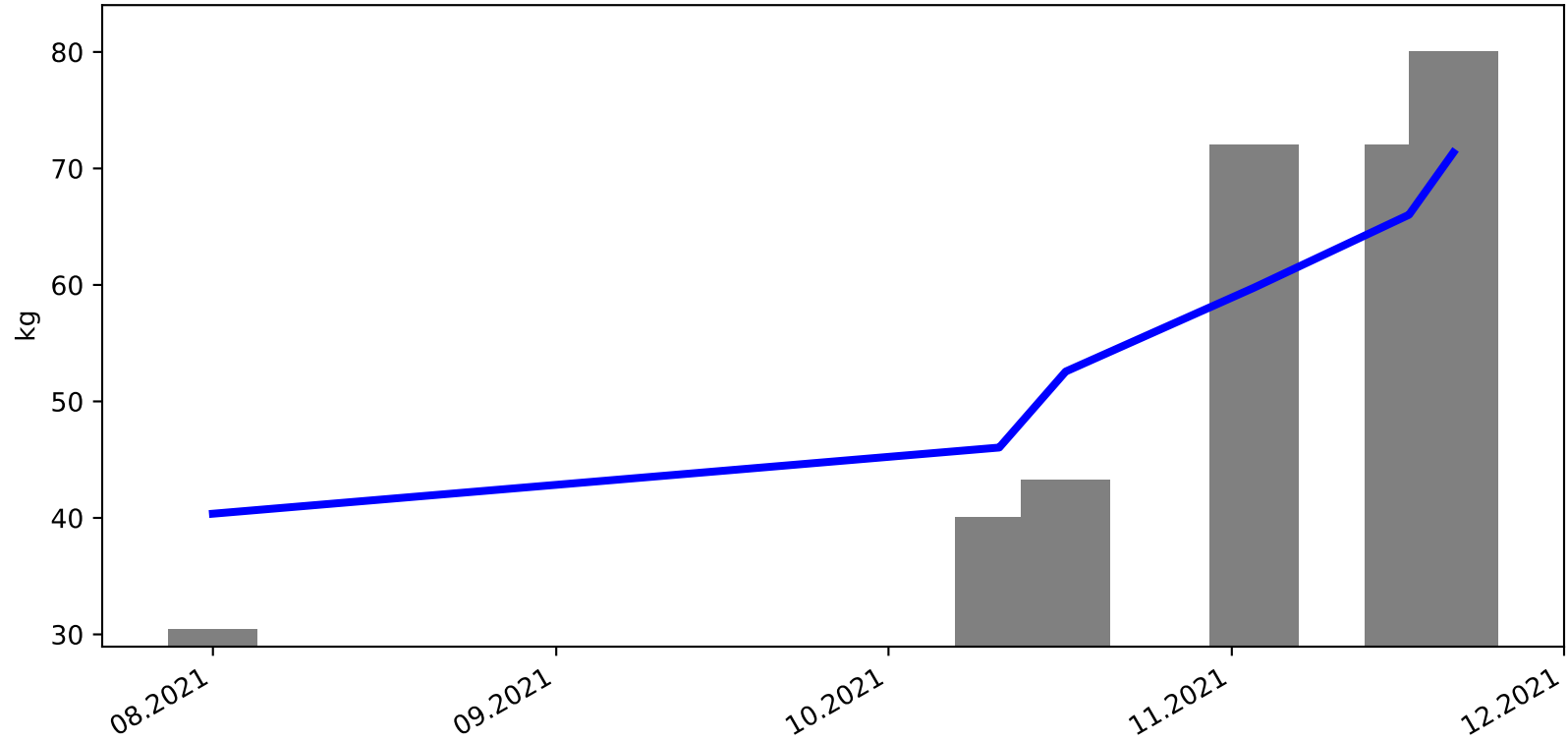
Low Row estimated 1rm (best set)



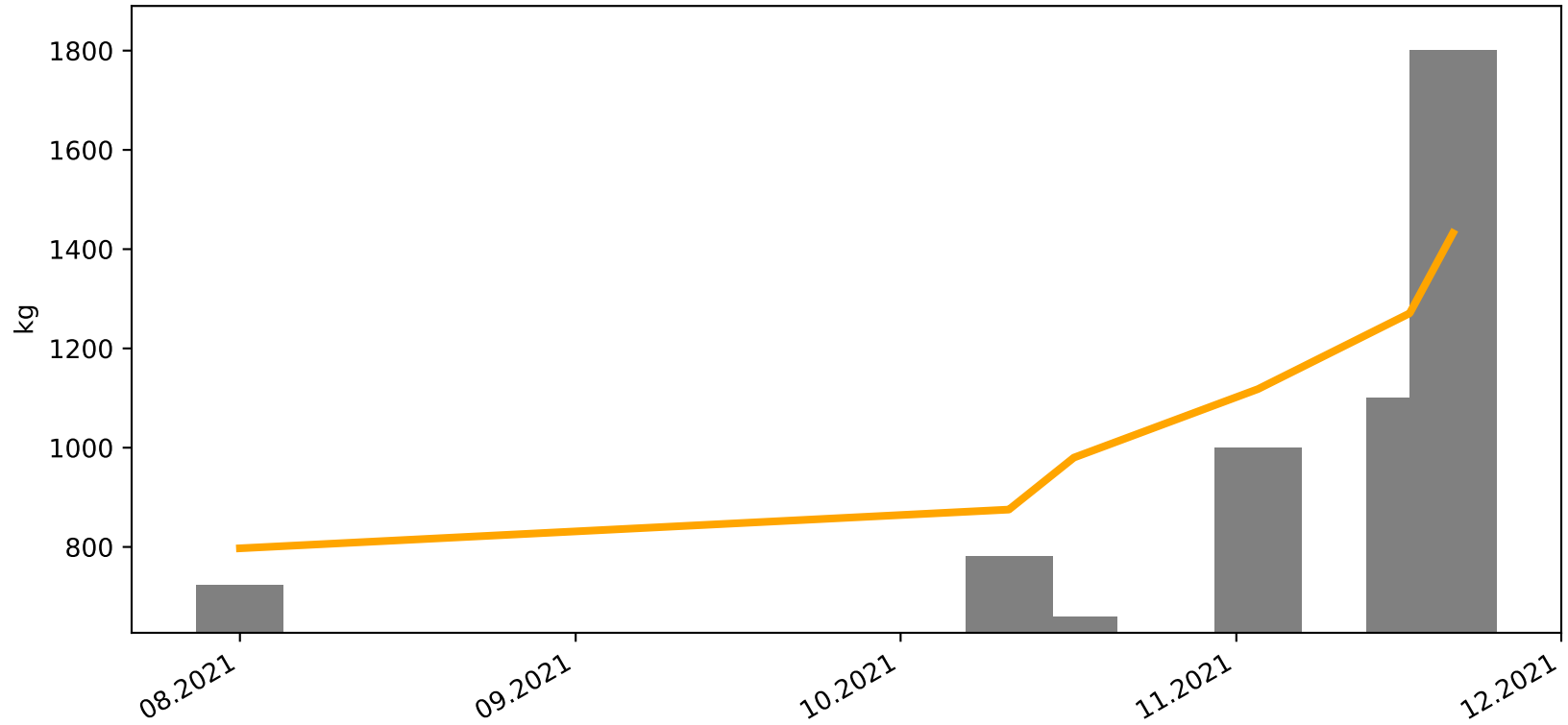
Low Row volume



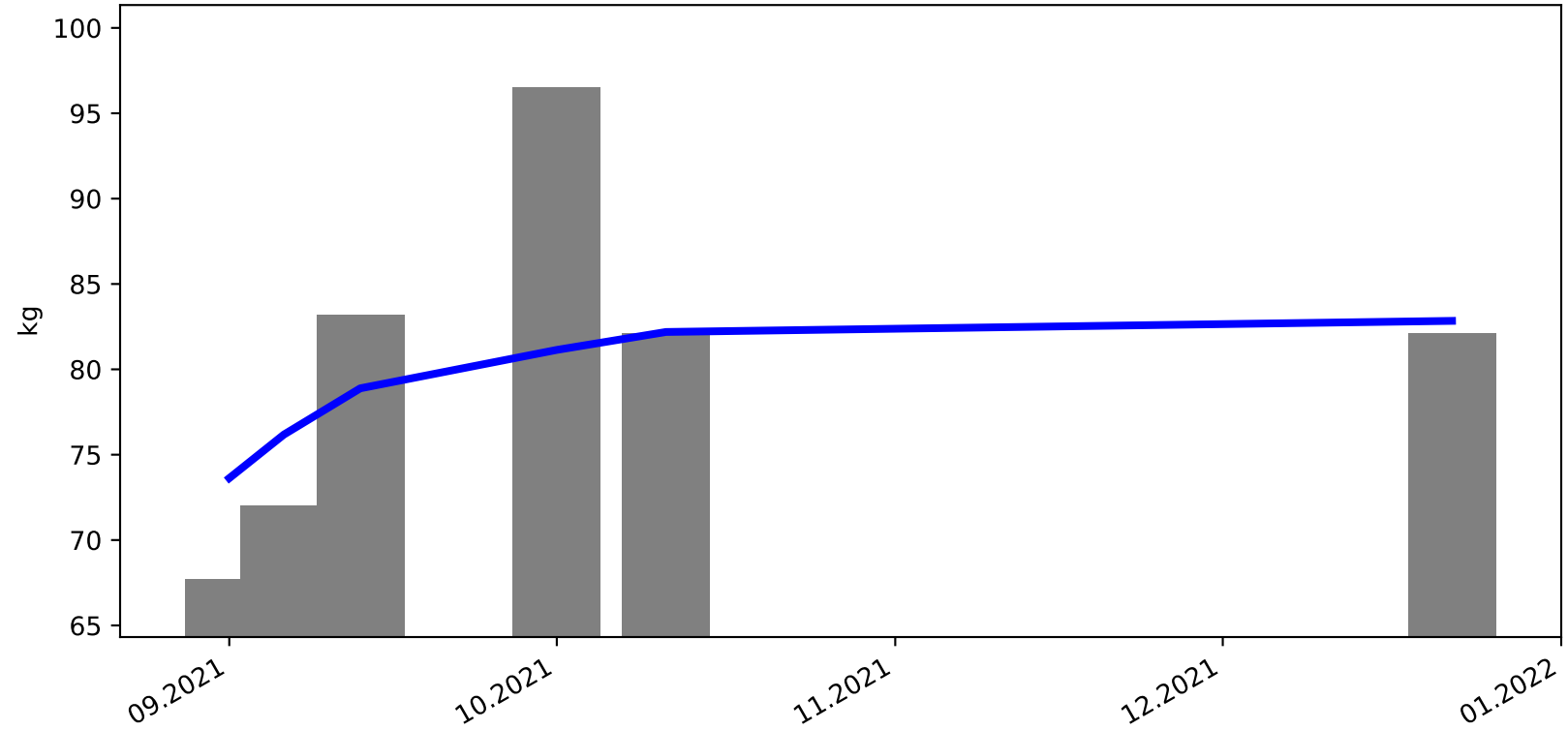
Decline Chest Press estimated 1rm (best set)



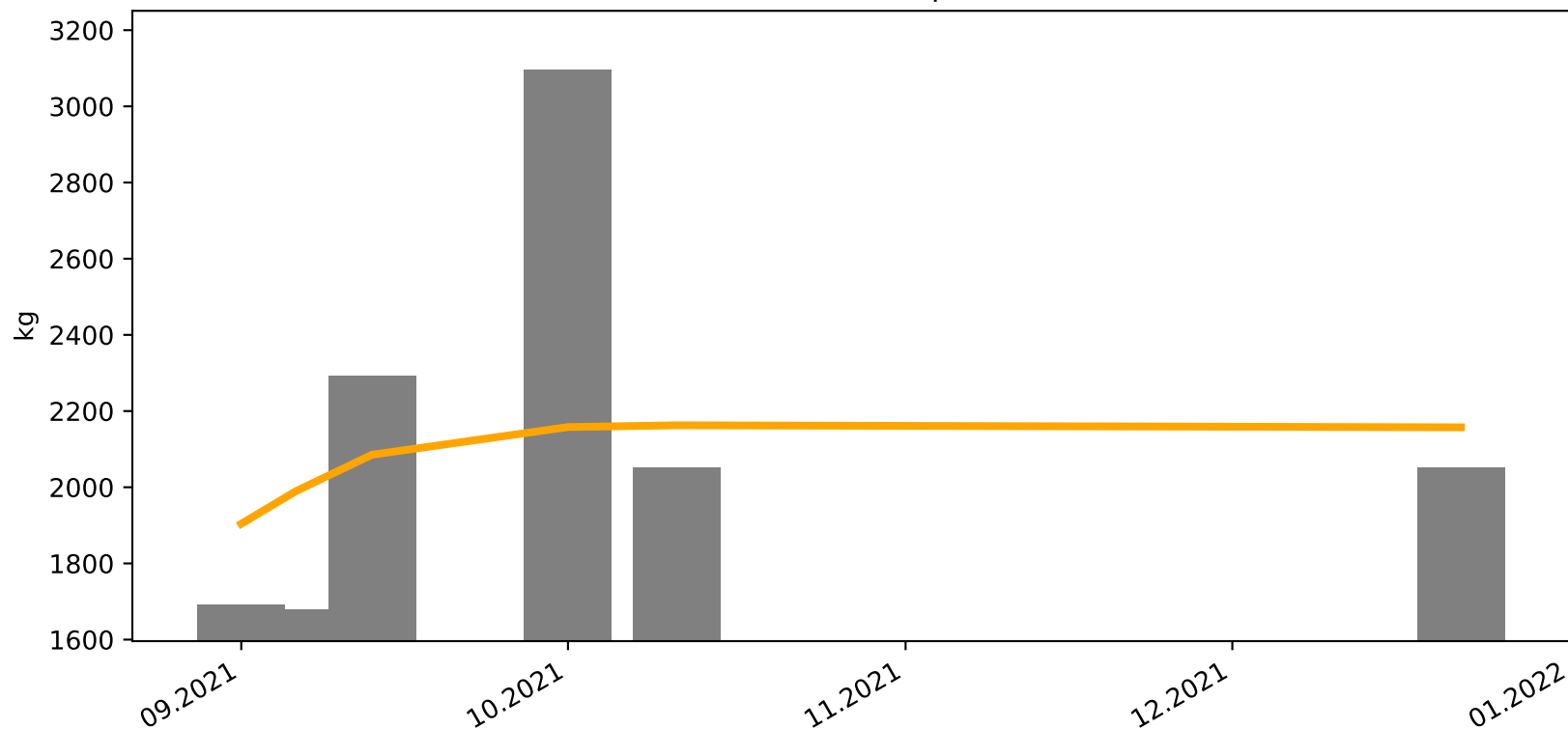
Decline Chest Press volume



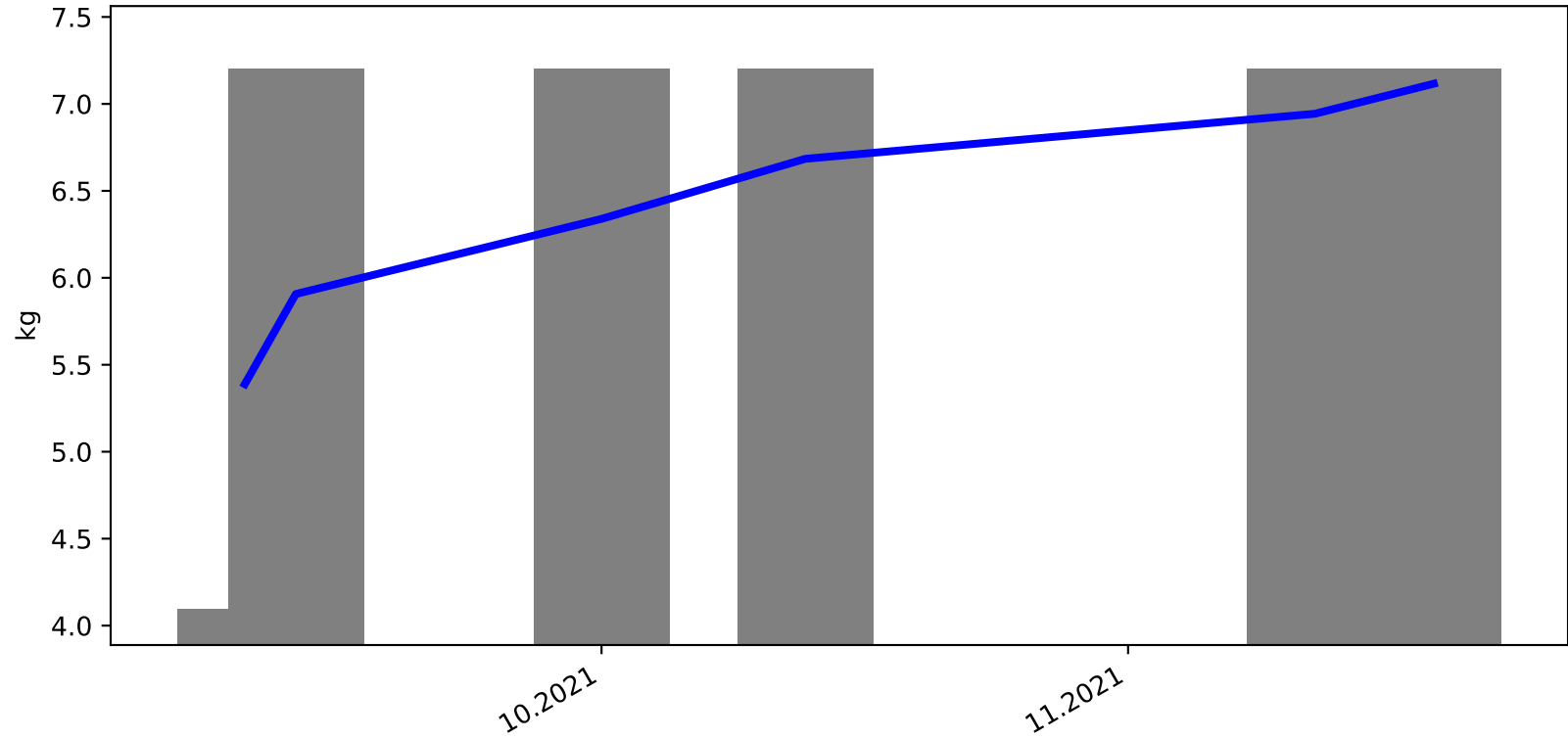
Cable Row Wide Grip estimated 1rm (best set)



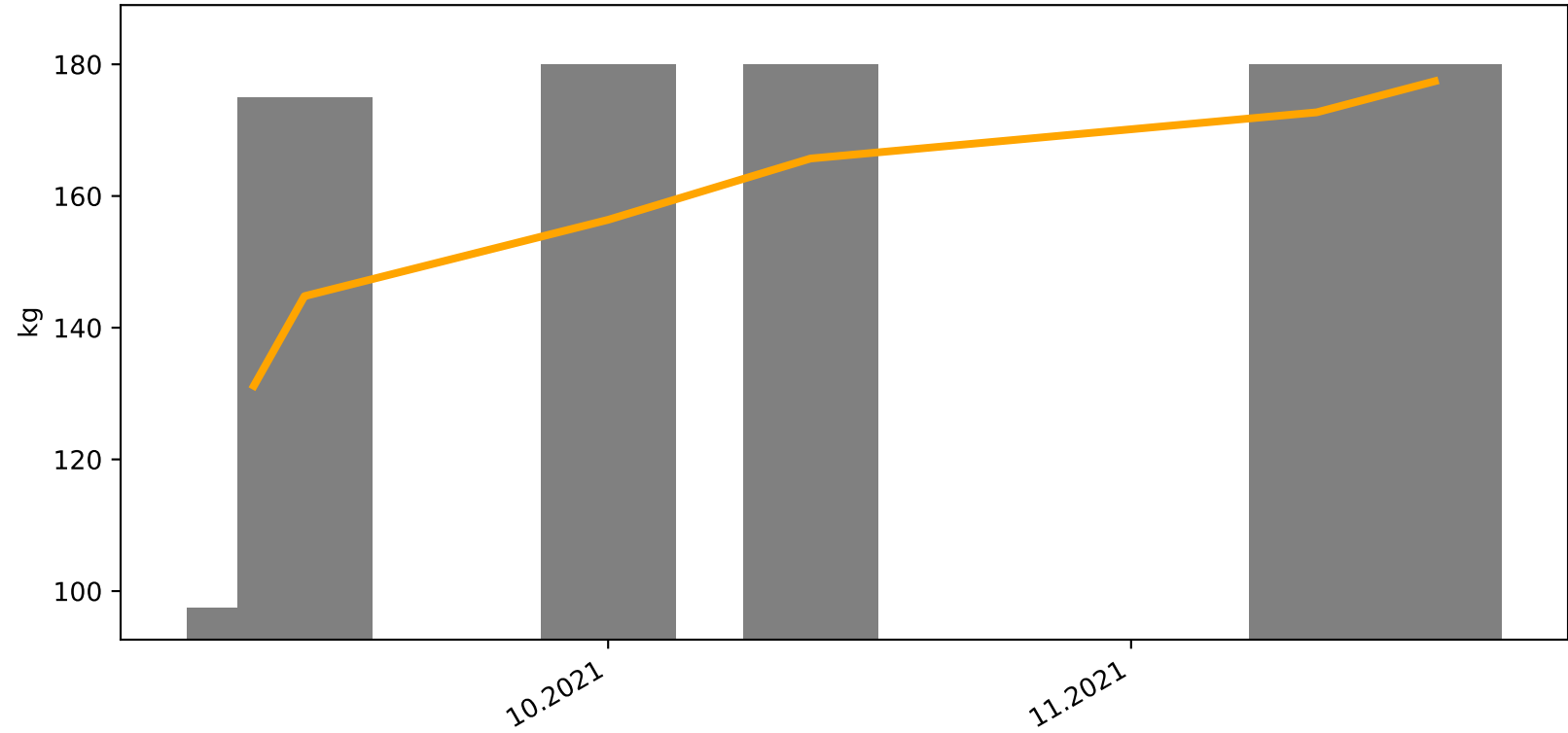
Cable Row Wide Grip volume



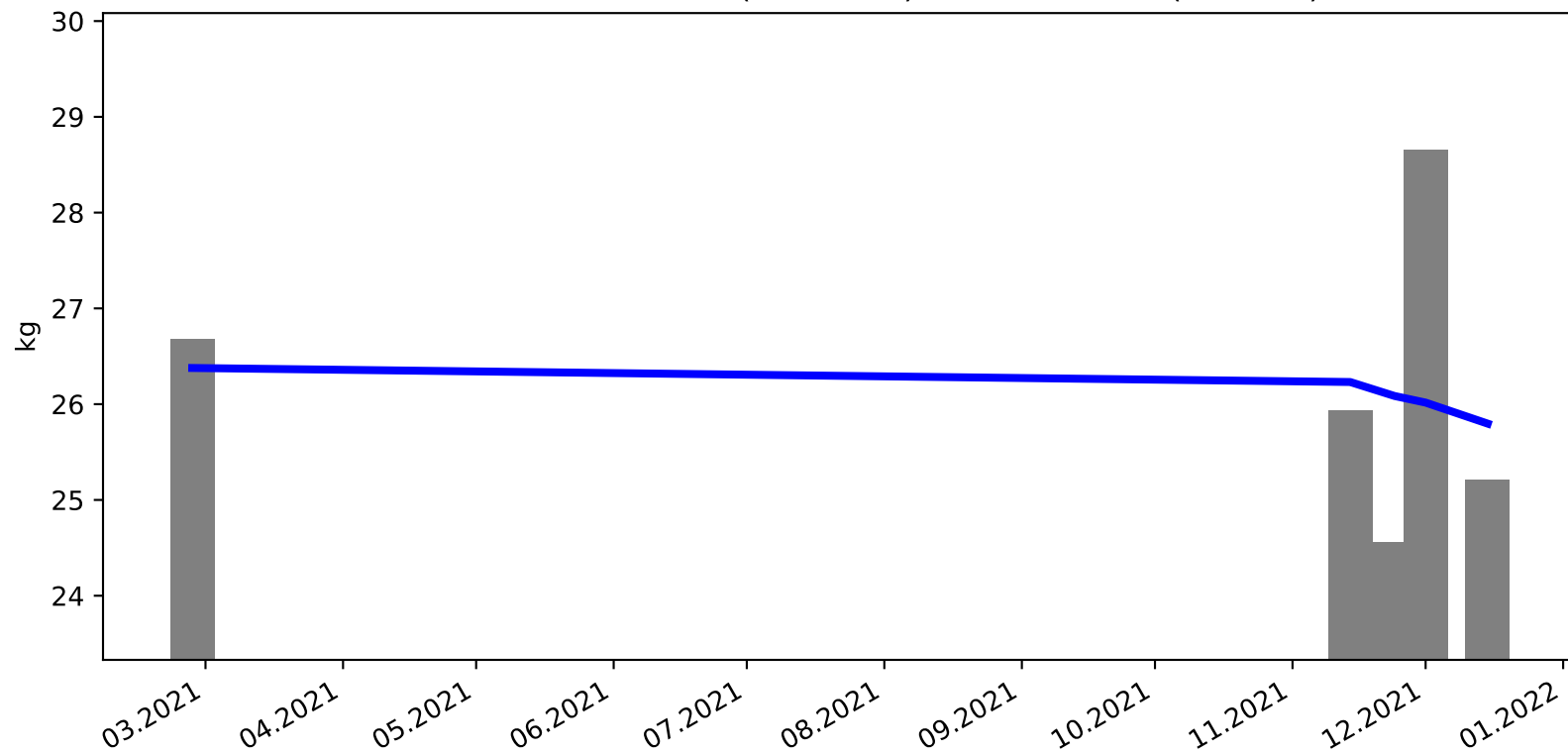
Back Deltoids estimated 1rm (best set)



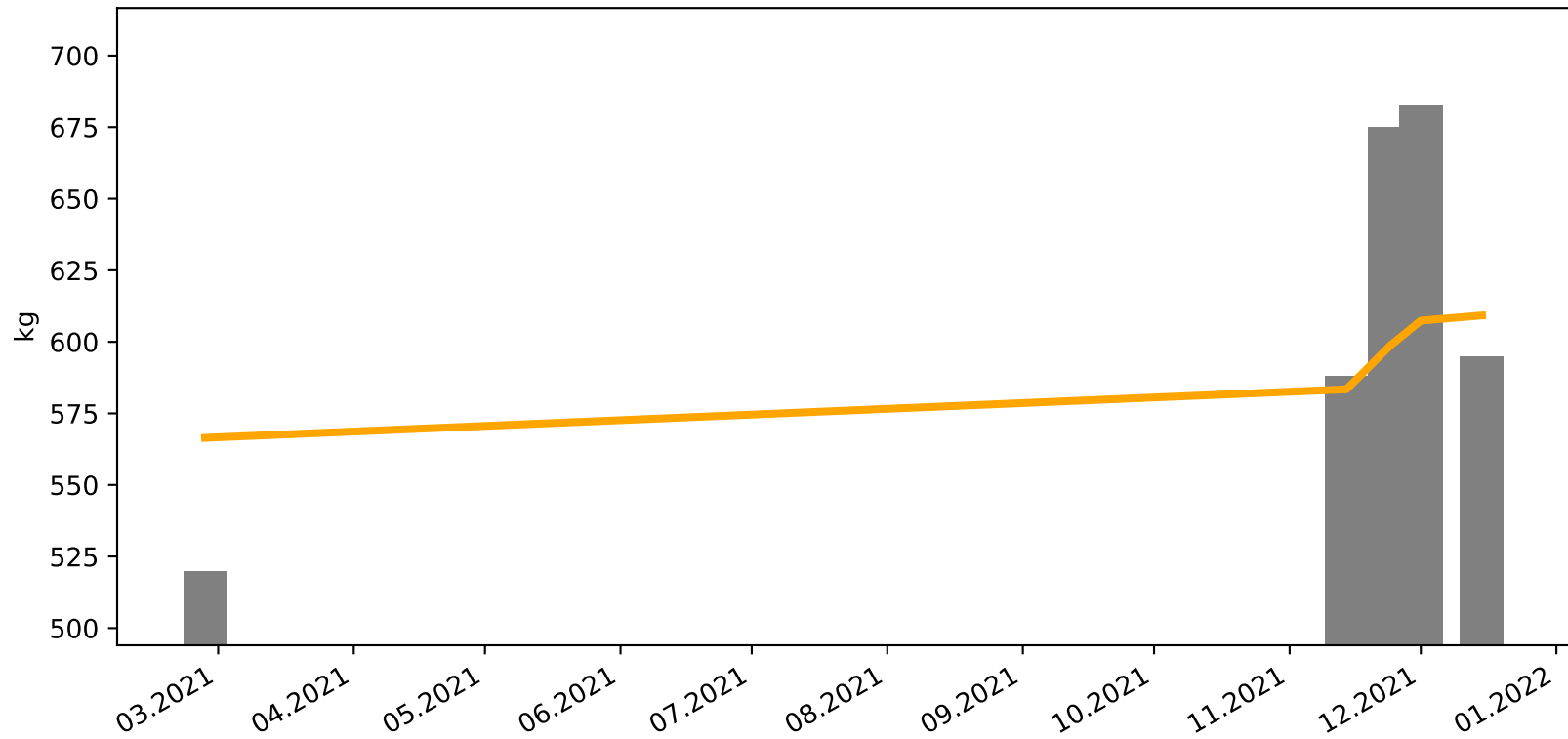
Back Deltoids volume



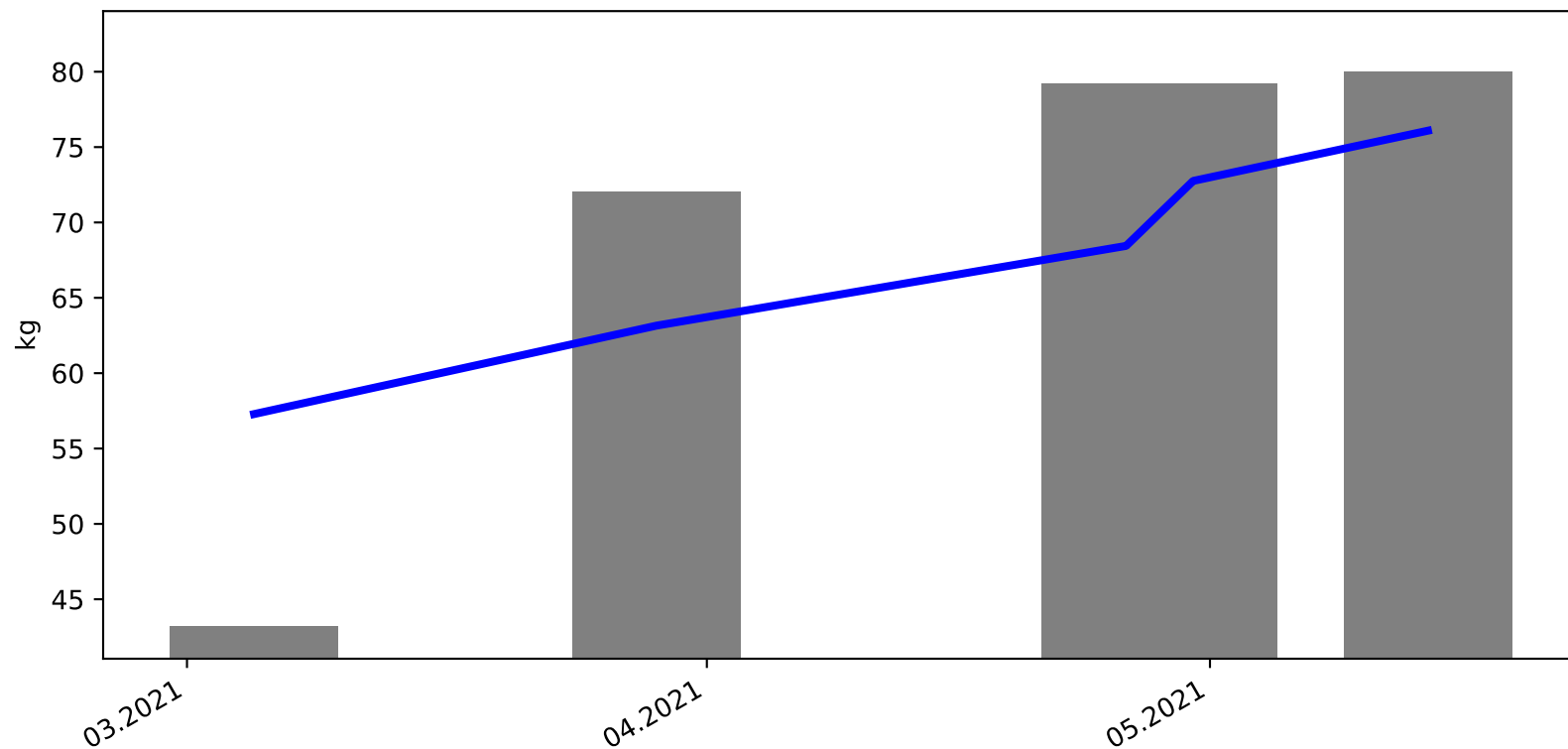
Seated Overhead Press (Dumbbell) estimated 1rm (best set)



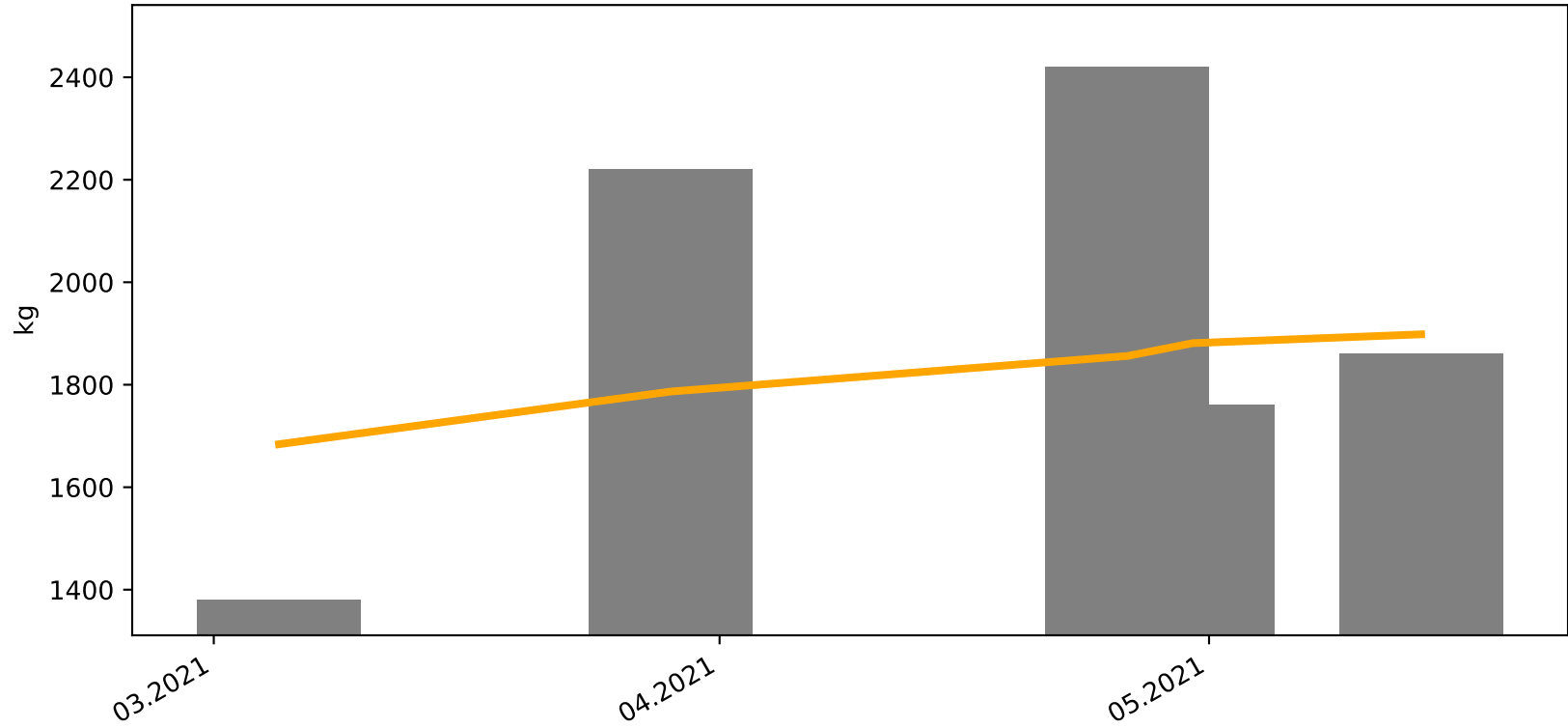
Seated Overhead Press (Dumbbell) volume



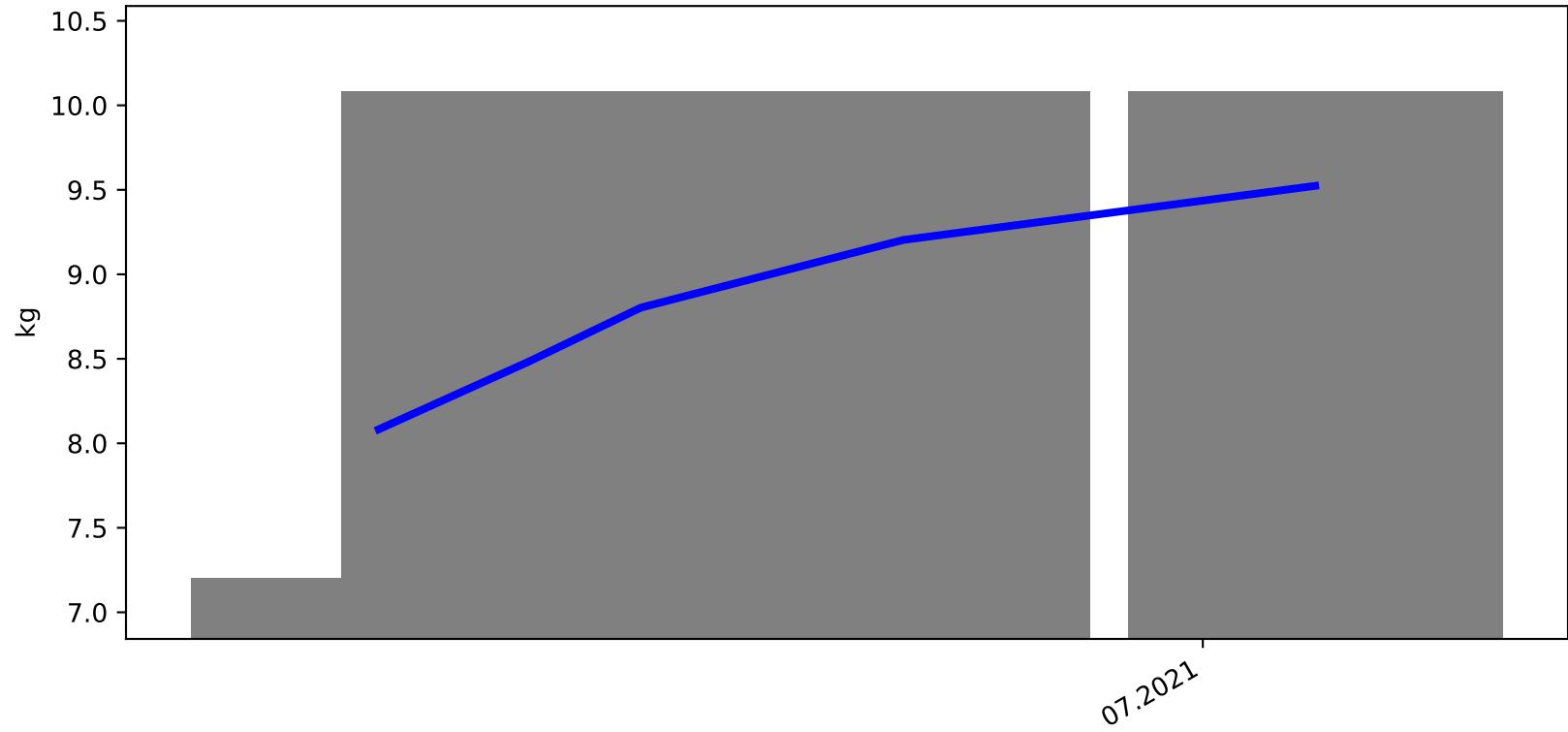
T Bar Row estimated 1rm (best set)



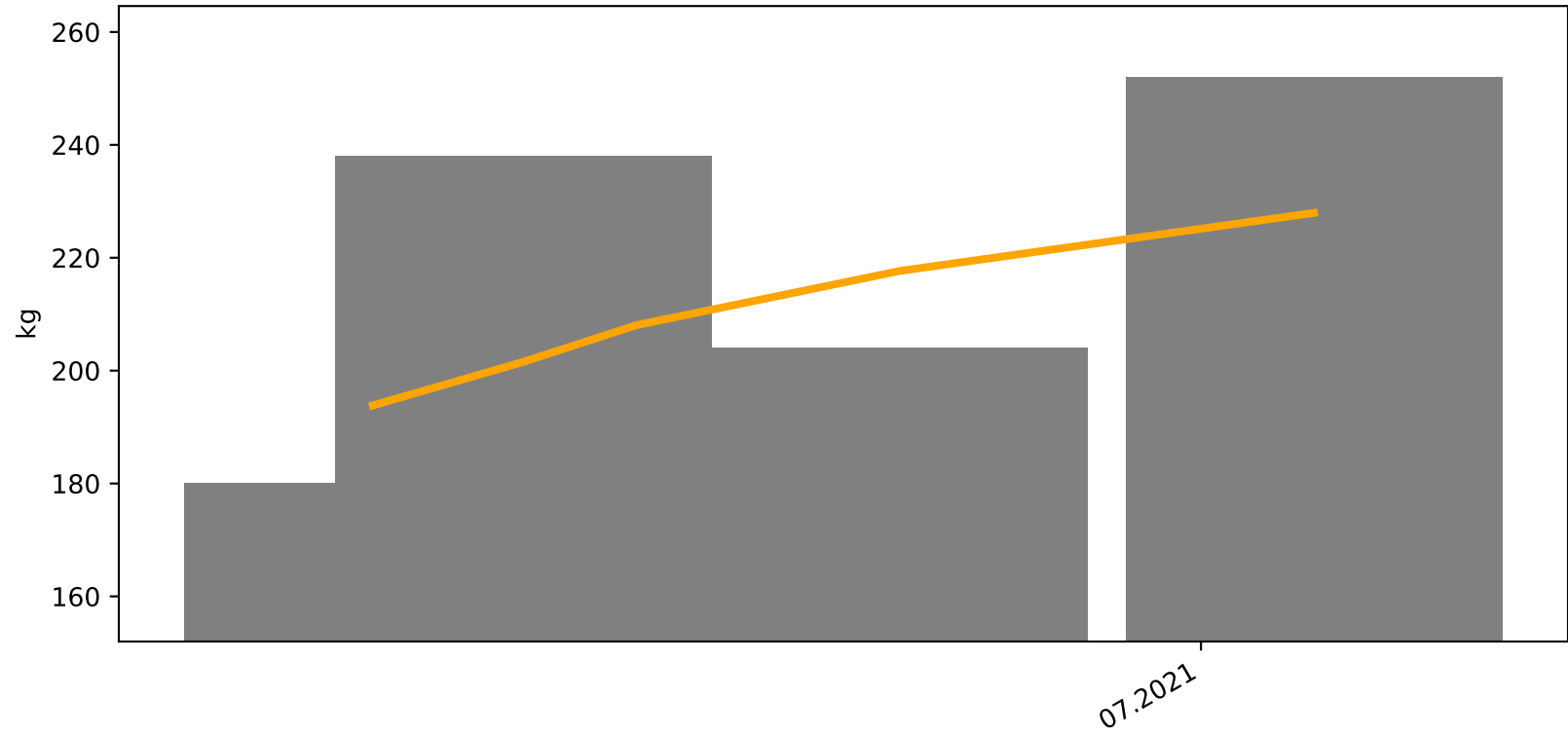
T Bar Row volume



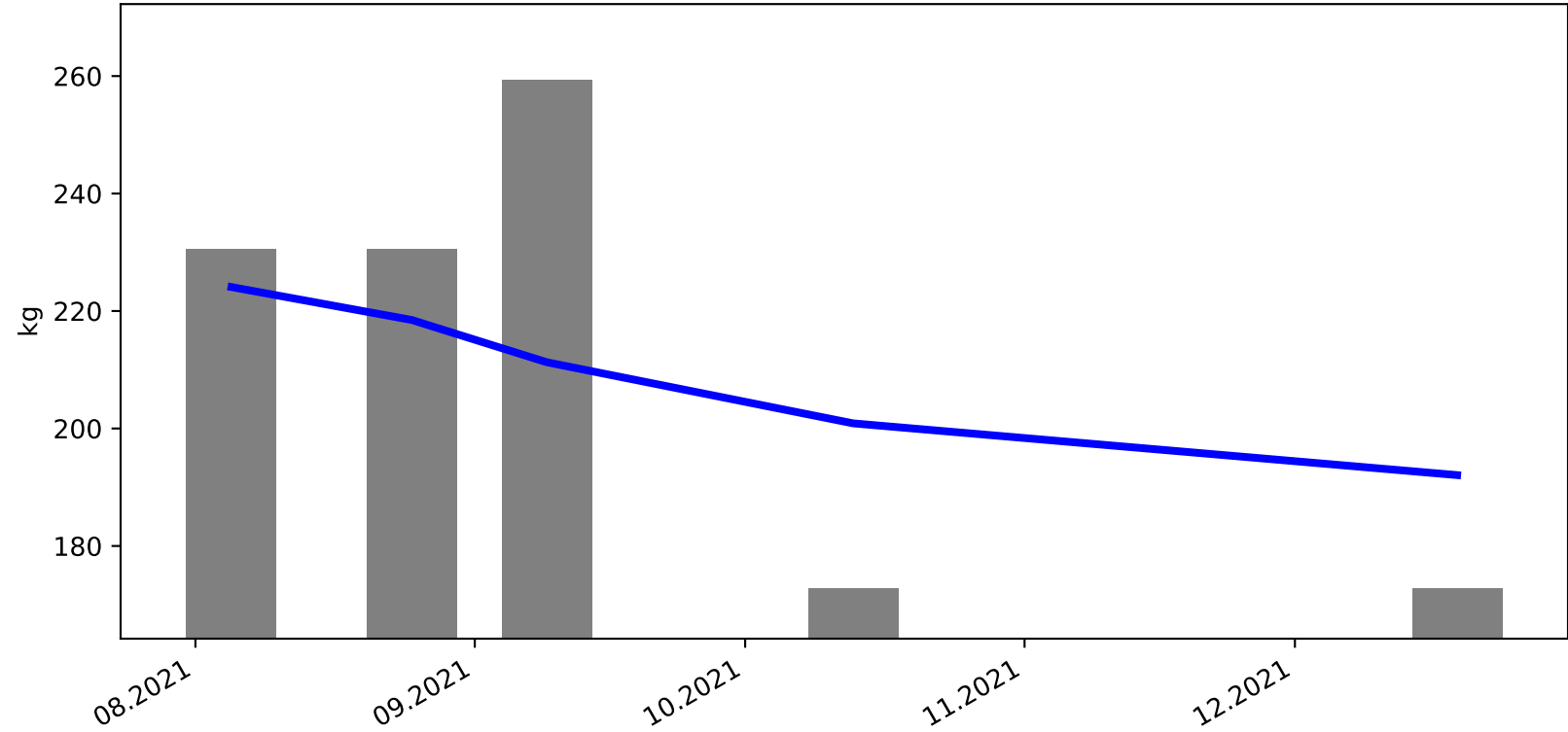
Cable Crossover estimated 1rm (best set)



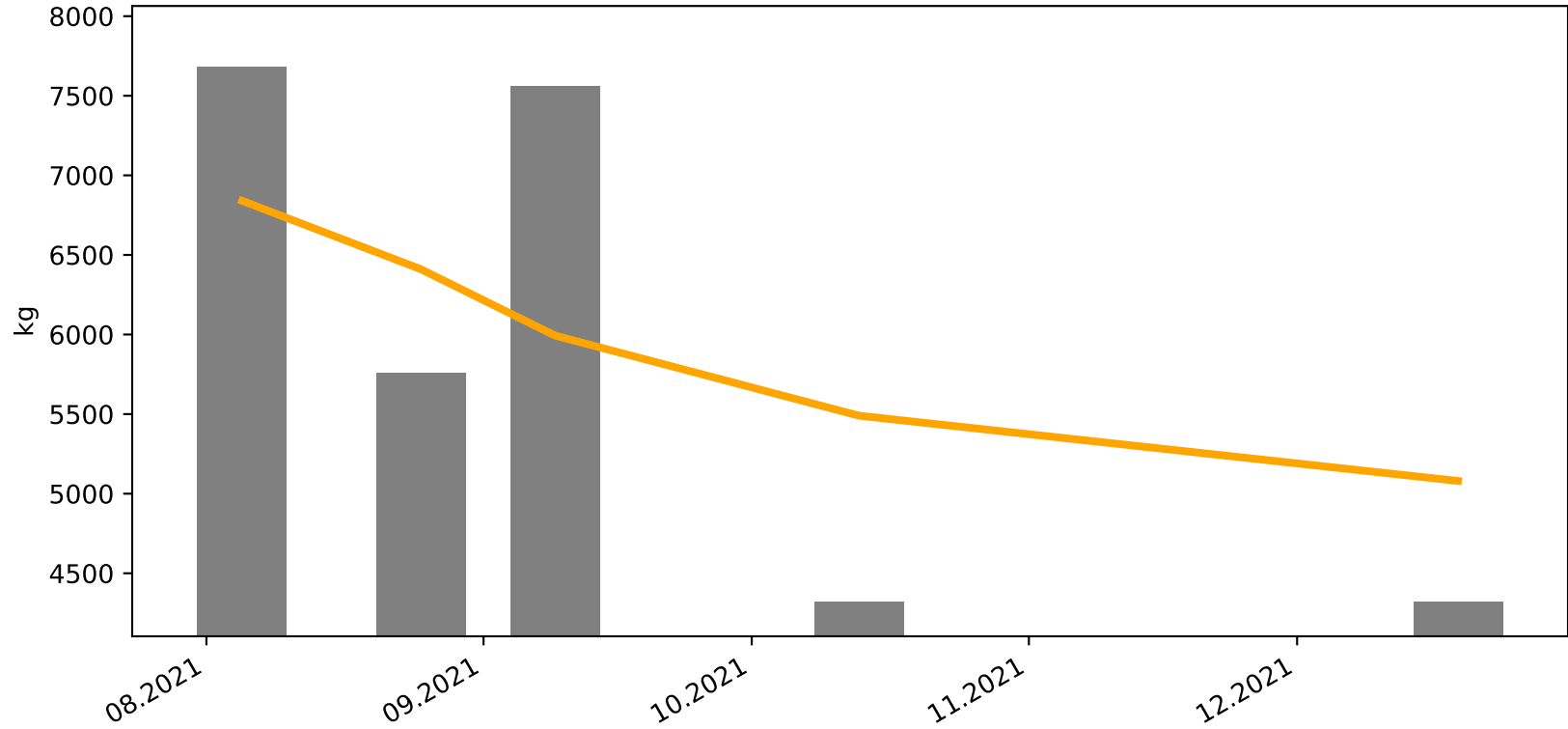
Cable Crossover volume



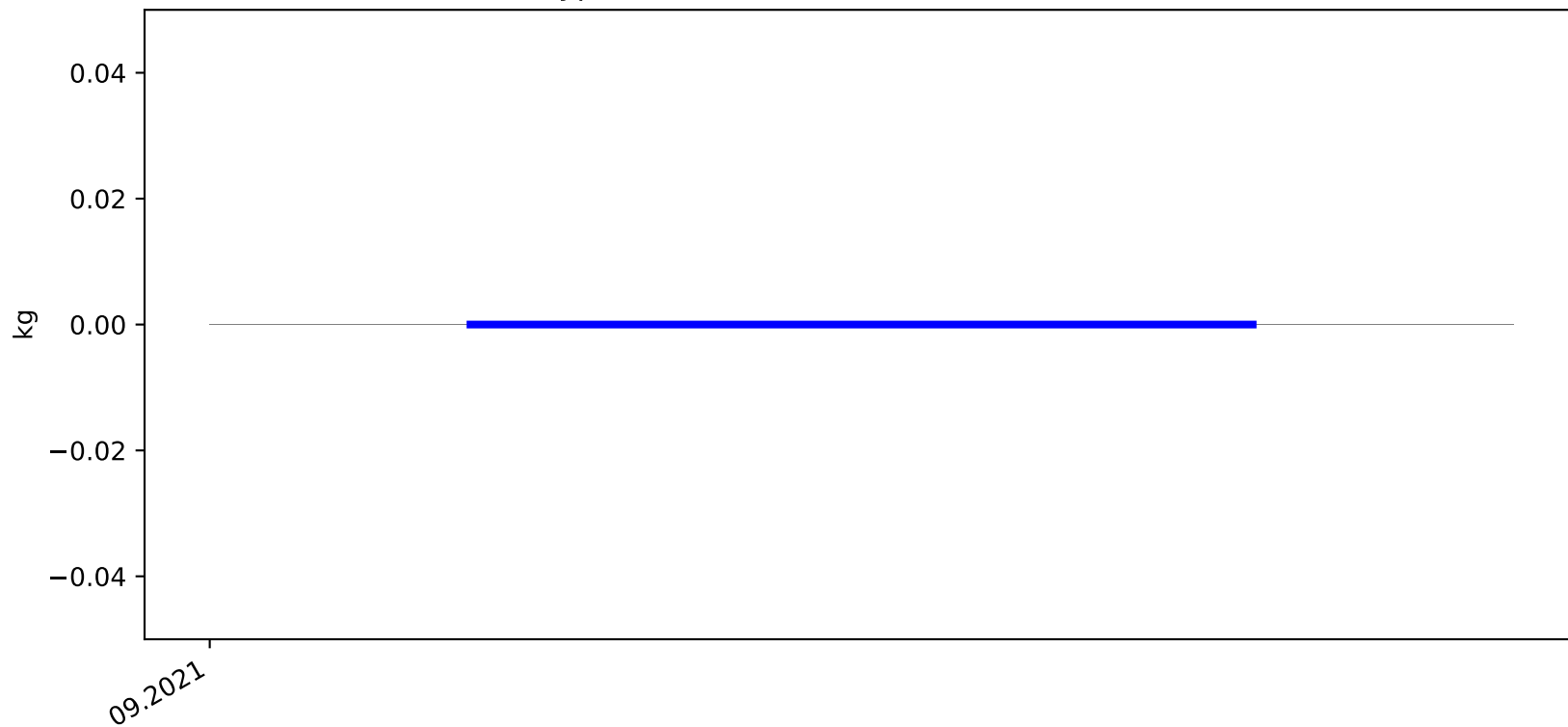
Leg Press Technogym (Gelb) estimated 1rm (best set)



Leg Press Technogym (Gelb) volume



Hyperextensions estimated 1rm (best set)



Hyperextensions volume

