INSERT INTO WORKOUT

VALUES (101, '2024-04-01', 2001, '400', '60 minutes', 'Cardio', 'Weightlifting', 'Yoga', 'Cycling');

INSERT INTO WORKOUT

VALUES (102, '2024-04-02', 2002, '450', '65 minutes', 'Running', 'Swimming', 'Pilates', 'Boxing');

INSERT INTO WORKOUT

VALUES (103, '2024-04-03', 2003, '420', '55 minutes', 'Circuit training', 'CrossFit', 'HIIT', 'Jump rope');

INSERT INTO WORKOUT

VALUES (104, '2024-04-04', 2004, '380', '50 minutes', 'Cycling', 'Yoga', 'Pilates', 'Rowing');

INSERT INTO WORKOUT

VALUES (105, '2024-04-05', 2005, '430', '70 minutes', 'Running', 'Swimming', 'Boxing', 'Circuit training');

INSERT INTO WORKOUT

VALUES (106, '2024-04-06', 2006, '410', '60 minutes', 'Cardio', 'Weightlifting', 'Yoga', 'Cycling');

INSERT INTO WORKOUT

VALUES (107, '2024-04-07', 2007, '420', '65 minutes', 'Running', 'CrossFit', 'HIIT', 'Jump rope');

INSERT INTO WORKOUT

VALUES (108, '2024-04-08', 2008, '390', '55 minutes', 'Swimming', 'Pilates', 'Boxing', 'Rowing');

INSERT INTO WORKOUT

VALUES (109, '2024-04-09', 2009, '450', '70 minutes', 'Cycling', 'Yoga', 'Pilates', 'Cardio');

INSERT INTO WORKOUT

VALUES (110, '2024-04-10', 2010, '430', '65 minutes', 'Running', 'Swimming', 'Boxing', 'Circuit training');

INSERT INTO WORKOUT

VALUES (111, '2024-04-11', 2011, '420', '60 minutes', 'Cardio', 'Weightlifting', 'Yoga', 'Cycling');

INSERT INTO WORKOUT

VALUES (112, '2024-04-12', 2012, '410', '55 minutes', 'Running', 'CrossFit', 'HIIT', 'Jump rope');

INSERT INTO WORKOUT

VALUES (113, '2024-04-13', 2013, '400', '50 minutes', 'Cycling', 'Yoga', 'Pilates', 'Rowing');

INSERT INTO WORKOUT

VALUES (114, '2024-04-14', 2014, '440', '70 minutes', 'Running', 'Swimming', 'Boxing', 'Circuit training');

INSERT INTO WORKOUT

VALUES (115, '2024-04-15', 2015, '430', '65 minutes', 'Cardio', 'Weightlifting', 'Yoga', 'Cycling');

INSERT INTO WORKOUT

VALUES (116, '2024-04-16', 2016, '420', '60 minutes', 'Running', 'CrossFit', 'HIIT', 'Jump rope');

INSERT INTO WORKOUT

VALUES (117, '2024-04-17', 2017, '410', '55 minutes', 'Swimming', 'Pilates', 'Boxing', 'Rowing');

INSERT INTO WORKOUT

VALUES (118, '2024-04-18', 2018, '450', '70 minutes', 'Cycling', 'Yoga', 'Pilates', 'Cardio');

INSERT INTO WORKOUT

VALUES (119, '2024-04-19', 2019, '440', '65 minutes', 'Running', 'Swimming', 'Boxing', 'Circuit training');

INSERT INTO WORKOUT

VALUES (120, '2024-04-20', 2020, '430', '60 minutes', 'Cardio', 'Weightlifting', 'Yoga', 'Cycling');