

Raw

Parsed

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      "total": 138,
      "completed": 99
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      "hidden": [],
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        "yesno_40798482": "1"
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        "list_40799029_choice_51746808": "Baksida lån",
        "list_40799029_choice_51746809": "Rumpa",
        "number_40800122": "50",
        "number_46482151": "10",
        "textarea_40799520": "Marklyft 60+stång reppade 3. Knäböj I Smith 50kg+stång var lagom för ca 4 set. "
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      }
    }
  ]
}
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  "yesno_40798482": "0",
  "number_40798742": "30",
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  "textarea_40799520": "Intervaller. Speed 12. Inclination 5. Gick av bandet
vid hög puls och stretchade baksida 1-2 min för båda benen. Maxpuls sista
5 min. "
}
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    "number_46482151": "0"
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},
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    "date_submit": "2017-10-30 20:10:02",
    "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/61.0.3163.98 Mobile Safari/537.36",
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    "number_40800122": "50",
    "number_46482151": "5"
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    "list_40799029_choice_51746809": "Rumpa",
    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "80",
    "number_46482151": "20"
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},
{
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    "platform": "other",
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(KHTML, like Gecko) Chrome/61.0.3163.100 Safari/537.36",
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  "yesno_40798482": "1"
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AppleWebKit/537.36 (KHTML, like Gecko) Chrome/61.0.3163.98 Mobile
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  "hidden": [],
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    "number_40798742": "30"
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},
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    "list_40799029_choice_51746808": "Baksida lån",
    "list_40799029_choice_51746809": "Rumpa",
    "number_40800122": "60",
    "number_46482151": "20"
  }
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    "date_land": "2017-10-02 19:12:10",
    "date_submit": "2017-10-02 19:12:35",
    "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/61.0.3163.98 Mobile Safari/537.36",
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    "list_40799029_choice_51746813": "Bröst",
    "number_40800122": "60",
    "number_46482151": "5"
  }
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  "hidden": [],
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    "yesno_40798482": "1"
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}

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    "number_40800122": "30",
    "number_46482151": "1"
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  "token": "da5806a417440f4c40853a63308380ce",
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    "platform": "other",
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    "date_submit": "2017-09-15 11:06:06",
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  "answers": {
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    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "10",
    "number_46482151": "0"
  },
},
{
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  "completed": "1",
  "metadata": {
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    "platform": "mobile",
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    "date_submit": "2017-09-07 18:42:22",
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    "number_40798742": "25",
    "number_46482151": "10",
    "textarea_40799520": "Kände lite ont i höften. Joggade långsamt. "
  }
},
{
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    "network_id": "9a25717c85"
  },
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    "yesno_40798482": "0",
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    "number_40800122": "30",
    "number_46482151": "5",
    "textarea_40799520": "Har väntat med träning pga ont i axeln och knäet "
  }
},
{
  "token": "30c69b3fbcfdda18b6c4dffa16223fe83",
  "completed": "1",
  "metadata": {

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    "yesno_40798482": "1",
    "list_40799029_choice_51746808": "Baksida lån",
    "list_40799029_choice_51746809": "Rumpa",
    "list_40799029_choice_51746810": "Vad",
    "number_40800122": "30",
    "number_46482151": "10",
    "textarea_40799520": "Yoga på lunch 60 min. Kort rygg pass på kvällen. Ska se hur det går för axeln imorgon. "
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  "answers": {
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    "yesno_40798482": "0",
    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "15",
    "textarea_40799520": "Yoga på lunch 60 min. Kort rygg pass på kvällen. Ska se hur det går för axeln imorgon. "
  }
},
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    "date_submit": "2017-08-23 16:53:08",
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  "hidden": [],
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    "yesno_40798482": "1",
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    "number_40800122": "25",
    "number_46482151": "15",
    "textarea_40799520": "Yoga på lunch 60 min. Kort rygg pass på kvällen. Ska se hur det går för axeln imorgon. "
  }
},
{
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  "completed": "1",
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    "list_40799029_choice_51746808": "Baksida lår",
    "list_40799029_choice_51746809": "Rumpa",
    "number_40800122": "35",
    "number_46482151": "15",
    "textarea_40799520": "Väntar pga dålig Axel "
  }
},
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    "date_submit": "2017-08-18 17:19:24",
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    "network_id": "738b2440ed"
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  "hidden": [],
  "answers": {
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    "yesno_40798482": "0",

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    "number_40800122": "25",
    "number_46482151": "3",
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    Eller ovan att sitta mkt. Gillade magpsss på boll, kan göra magpsss i
    jeans. Kanske byta från yoga till rörelse träning? "
  },
},
{
  "token": "45b9d8a24dc556ef8a43a5903830e760",
  "completed": "1",
  "metadata": {
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    "platform": "mobile",
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    Safari/537.36",
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    "number_40798742": "10",
    "list_40799029_choice_51746808": "Baksida lår",
    "list_40799029_choice_51746809": "Rumpa",
    "number_40800122": "60",
    "number_46482151": "10",
    "textarea_40799520": "Pumpa upp rumpan på bak lår baksidan är en bra
    övning. Dvs tryck upp rumpan i luften. "
  }
},
{
  "token": "4b8369a9cad8b525453aa4a32ac6b59d",
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    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "40",
    "number_46482151": "5",

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"textarea_40799520": "Två små muskelgrupper. Blev inte svettig. Funkade bra. "

```

    },
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        "number_40800122": "35",
        "number_46482151": "5",
        "textarea_40799520": "Gick ok med axeln "
      }
    }
  ],
  {
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      "platform": "mobile",
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      "number_40800122": "20",
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    }
  }
],
{
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    "platform": "mobile",

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    "number_40798742": "20",
    "list_40799029_choice_51746807": "Framsida lår",
    "list_40799029_choice_51746808": "Baksida lår",
    "list_40799029_choice_51746809": "Rumpa",
    "number_40800122": "50",
    "number_46482151": "5",
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  }
},
{
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    "yesno_40798482": "0",
    "number_40798742": "60",
    "number_40800122": "0",
    "textarea_40799520": "Långsam jogg "
  }
},
{
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  "metadata": {
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    "platform": "mobile",
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    "date_submit": "2017-08-07 15:57:57",
    "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/59.0.3071.125 Mobile Safari/537.36",
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  "number_40800122": "20",
  "number_46482151": "10",
  "textarea_40799520": "Skadad i axeln. Så jag kan lägga in ett baksida lån styrkepass och stretchpass och ändå hinna med hela kroppen under veckan. "
}
},
{
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    "yesno_40798482": "0",
    "number_40798742": "25",
    "textarea_40799520": "Uppvärmning 20 min. Intervaller 25 min. Maxfart i uppförsbacke sen gå ner. Obs fortfarande ont i höger Axel. Jag ska ha ett till två intervall pass i veckan, högintensiva korta. "
  }
},
{
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    "platform": "mobile",
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    "list_40799029_choice_51746808": "Baksida lån",
    "number_40800122": "20",
    "textarea_40799520": "Italien varmt "
  }
}

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```
}
},
{
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  "hidden": [],
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    "yesno_40798482": "0",
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  }
},
{
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    "date_submit": "2017-07-20 12:07:48",
    "user_agent": "Mozilla/5.0 (Android 7.0; Mobile; rv:54.0) Gecko/54.0 Firefox/54.0",
    "referer": "https://jacob10.typeform.com/to/xqBhCO",
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  },
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    "yesno_40798482": "0",
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    "number_40800122": "10",
    "textarea_40799520": "5 set x max vikt "
  }
},
{
  "token": "c1e518164dc1f72b4977ed9a6915236c",
  "completed": "1",
  "metadata": {
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    "platform": "other",
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    "date_submit": "2017-07-19 17:51:08",
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  }
}
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    "list_40799029_choice_51746808": "Baksida lån",
    "list_40799029_choice_51746809": "Rumpa",
    "list_40799029_choice_51746810": "Vad",
    "number_40800122": "30",
    "number_46482151": "5"
  }
},
{
  "token": "38fb97075bc5612345c3453f667131a6",
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    "platform": "other",
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    "date_submit": "2017-07-19 17:49:46",
    "user_agent": "Mozilla/5.0 (X11; Ubuntu; Linux x86_64; rv:54.0) Gecko/20100101 Firefox/54.0",
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  "answers": {
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    "yesno_40798482": "0",
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    "number_46482151": "5",
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  }
},
{
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  "metadata": {
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    "yesno_40798482": "0",
    "number_40798742": "0",
    "list_40799029_choice_51746811": "Rygg",
    "list_40799029_choice_51746812": "Biceps",

```

```

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    "textarea_40799520": "torö-passet."
  },
},
{
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  "metadata": {
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    "platform": "mobile",
    "date_land": "2017-07-12 16:05:23",
    "date_submit": "2017-07-12 16:05:59",
    "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/59.0.3071.125 Mobile Safari/537.36",
    "referer": "https://jacob10.typeform.com/to/xqBhCO",
    "network_id": "416c43dad5"
  },
  "hidden": [],
  "answers": {
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    "yesno_40798482": "0",
    "number_40798742": "25",
    "list_40799029_choice_51746807": "Framsida lår",
    "list_40799029_choice_51746808": "Baksida lår",
    "number_40800122": "15",
    "number_46482151": "5"
  }
},
{
  "token": "74b4c2ac066f9549fed7a2638cb8fe2c",
  "completed": "1",
  "metadata": {
    "browser": "touch",
    "platform": "mobile",
    "date_land": "2017-07-12 16:04:09",
    "date_submit": "2017-07-12 16:05:17",
    "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/59.0.3071.125 Mobile Safari/537.36",
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    "network_id": "416c43dad5"
  },
  "hidden": [],
  "answers": {
    "date_40798191": "2017-07-11",
    "yesno_40798482": "0",
    "number_40798742": "40"
  }
},
{
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    "number_40800122": "15"
  }
},
{
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    "platform": "mobile",
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    "yesno_40798482": "0",
    "list_40799029_choice_51746811": "Rygg",
    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "60",
    "number_46482151": "5"
  }
},
{
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      "platform": "mobile",
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      "date_submit": "2017-06-25 18:58:27",
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    "answers": {
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      "yesno_40798482": "0",
      "list_40799029_choice_51746813": "Bröst",
      "number_40800122": "20"
    }
  },
  {
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      "platform": "mobile",
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      "date_submit": "2017-06-24 19:16:59",
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      "yesno_40798482": "0",
      "list_40799029_choice_51746812": "Biceps",
      "list_40799029_choice_51746813": "Bröst",
      "number_40800122": "20"
    }
  },
  {
    "token": "db9b8ef6d1ecf90bf920117dbb3f3cf0",
    "completed": "1",
    "metadata": {
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      "platform": "mobile",
      "date_land": "2017-06-24 19:12:45",
      "date_submit": "2017-06-24 19:16:31",
      "user_agent": "Mozilla/5.0 (Linux; Android 7.0; HTC One M9 Build/NRD90M) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/59.0.3071.92 Mobile
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  }
},
{
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  "metadata": {
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    "platform": "mobile",
    "date_land": "2017-06-19 19:59:37",
    "date_submit": "2017-06-19 20:00:47",
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    "yesno_40798482": "0",
    "list_40799029_choice_51746813": "Bröst",
    "number_40800122": "25",
    "number_46482151": "3",
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"textarea_40799520": "Ont i axeln. Prövade lätt. Blir rygg vader biceps och kondition och stretch from nu "

```
}
},
{
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  "completed": "1",
  "metadata": {
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    "platform": "mobile",
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    "date_submit": "2017-06-16 17:24:24",
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    "list_40799029_choice_51746811": "Rygg",
    "number_40800122": "35",
    "number_46482151": "3"
  }
},
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    "number_40798742": "50",
    "number_46482151": "10"
  }
},
{
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    "list_40799029_choice_51746808": "Baksida lån",
    "list_40799029_choice_51746809": "Rumpa",
    "number_40800122": "60",
    "number_46482151": "10"
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  "completed": "1",

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  "number_40800122": "25"
}
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  }
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  "number_46482151": "1",
  "textarea_40799520": "testing"
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    "number_40800122": "30"
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    "number_40800122": "0",
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  }
}
```



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    "number_40800122": "35"
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    "number_40800122": "30"
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    "number_40800122": "60"
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      "list_40799029_choice_51746814": "Axlar",
      "number_40800122": "60"
    }
  },
  {
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  "list_40799029_choice_51746812": "Biceps",
  "number_40800122": "45"
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    "list_40799029_choice_51746815": "Triceps",
    "number_40800122": "45",
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  }
},
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    "number_40800122": "40"
  }
}
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},
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    "list_40799029_choice_51746814": "Axlar",
    "list_40799029_choice_51746815": "Triceps",
    "number_40800122": "60"
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    "list_40799029_choice_51746812": "Biceps",
    "number_40800122": "55"
  }
},
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  "completed": "1",
  "metadata": {
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},
{
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  },
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    "number_40800122": "45"
  }
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  "list_40799029_choice_51746815": "Triceps",
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    "list_40799029_choice_51746809": "Rumpa",
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    "list_40799029_other": "Hh",
    "number_40800122": "5"
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