

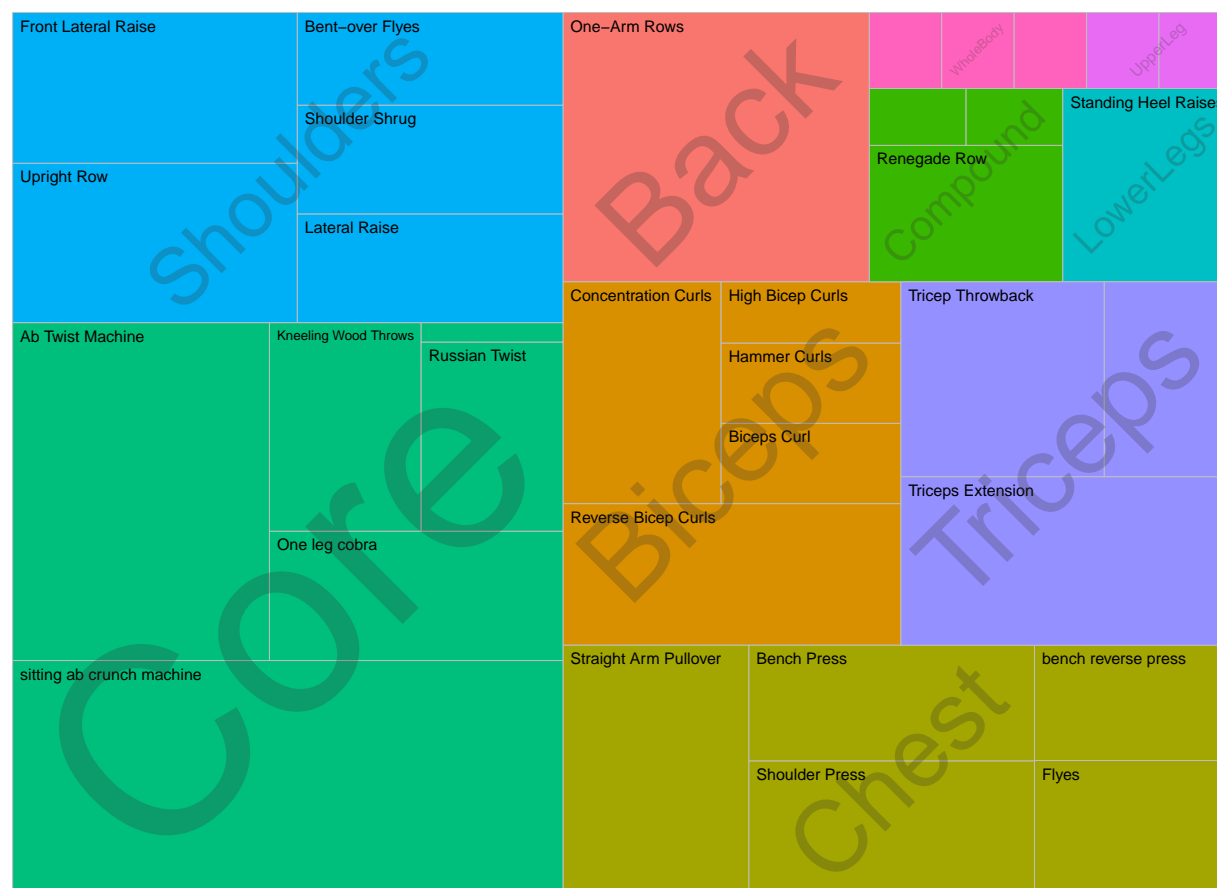
Workout Report 1

15 January, 2020

Exercise	Group1
bench reverse press	Chest
Triceps Extension	Triceps
Leg Raise	Core
Straight Arm Pullover	Chest
One-Arm Rows	Back
Concentration Curls	Biceps
Front Lateral Raise	Shoulders
Reverse Bicep Curls	Biceps
Shoulder Press	Chest
Upright Row	Shoulders
One leg cobra	Core
Kettlebell Slingshot	Compound
Kettlebell Figure-8s	Compound
Kettlebell Swing	WholeBody
Plank	Core
Superman	Back
Cobra	Core
Standing Side Bend	Core
Standing Crunch	Core
Laying Elbow-back Lifts	Back
Laying Leg Lift And Hold	Core
Laying Heel Touches	Core
Kettlebell One-leg Opposite-side Deadlift	UpperLeg
Kettlebell Laying Hip Thrust	Core
Kettlebell Woodchop Swing	WholeBody
Kettlebell One-Hand Side Swing	WholeBody
Kettlebell One-leg Same-side Deadlift	UpperLeg
Flyes	Chest
Standing Knee Lift With Twist	Core
Decline Crunches	Core
Lateral Raise	Shoulders
Overhead Triceps Extensions	Triceps
Hammer Curls	Biceps
Biceps Curl	Biceps
Bench Press	Chest
Kneeling Wood Throws	Core
Renegade Row	Compound
Tricep Throwback	Triceps
Russian Twist	Core
Bent-over Flyes	Shoulders
Standing Heel Raises	LowerLegs
Shoulder Shrug	Shoulders
High Bicep Curls	Biceps
Ab Twist Machine	Core
Hanging Alternating Leg Lift/knee Lift	Core
sitting ab crunch machine	Core

Volumes

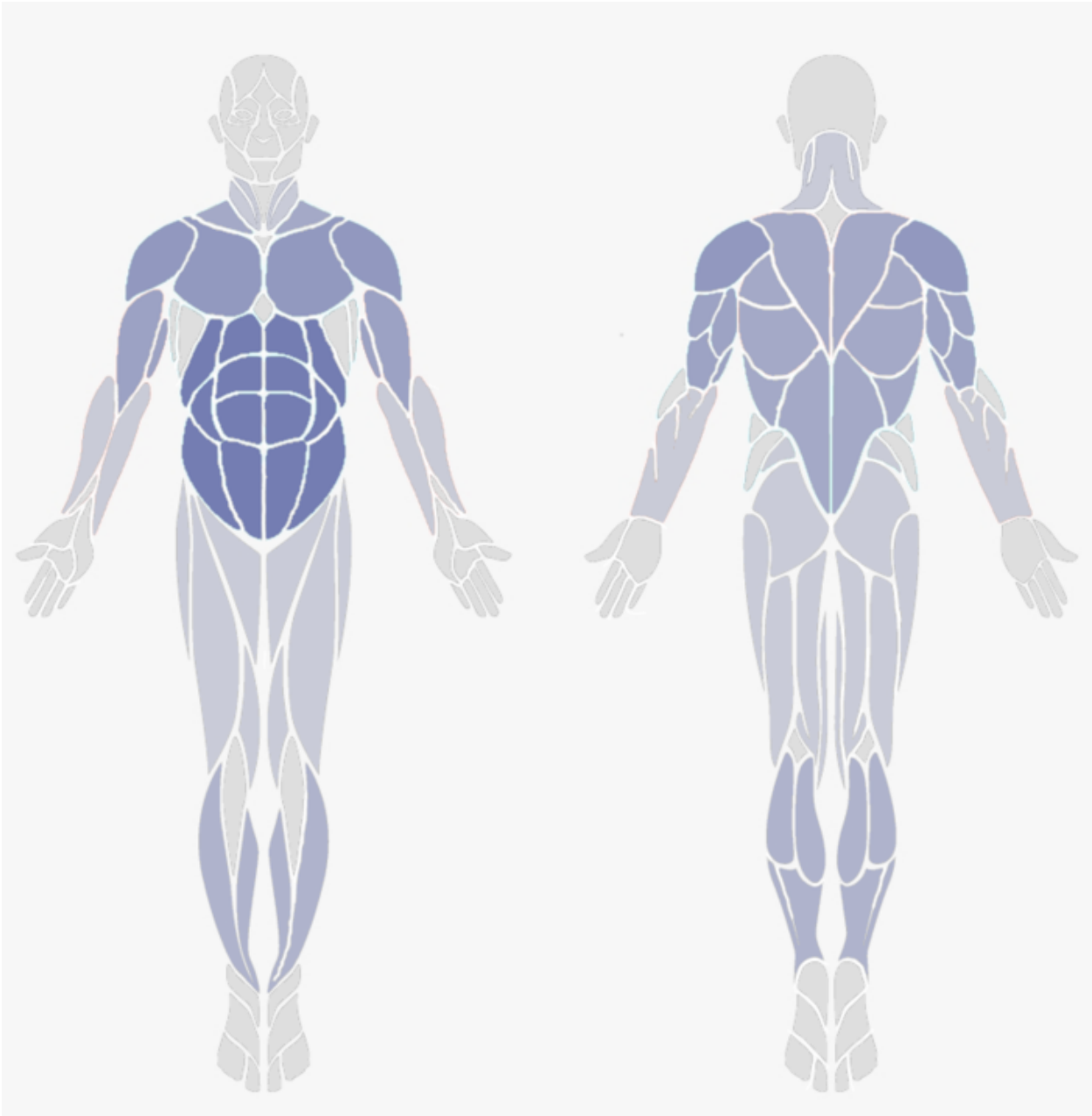
Volume



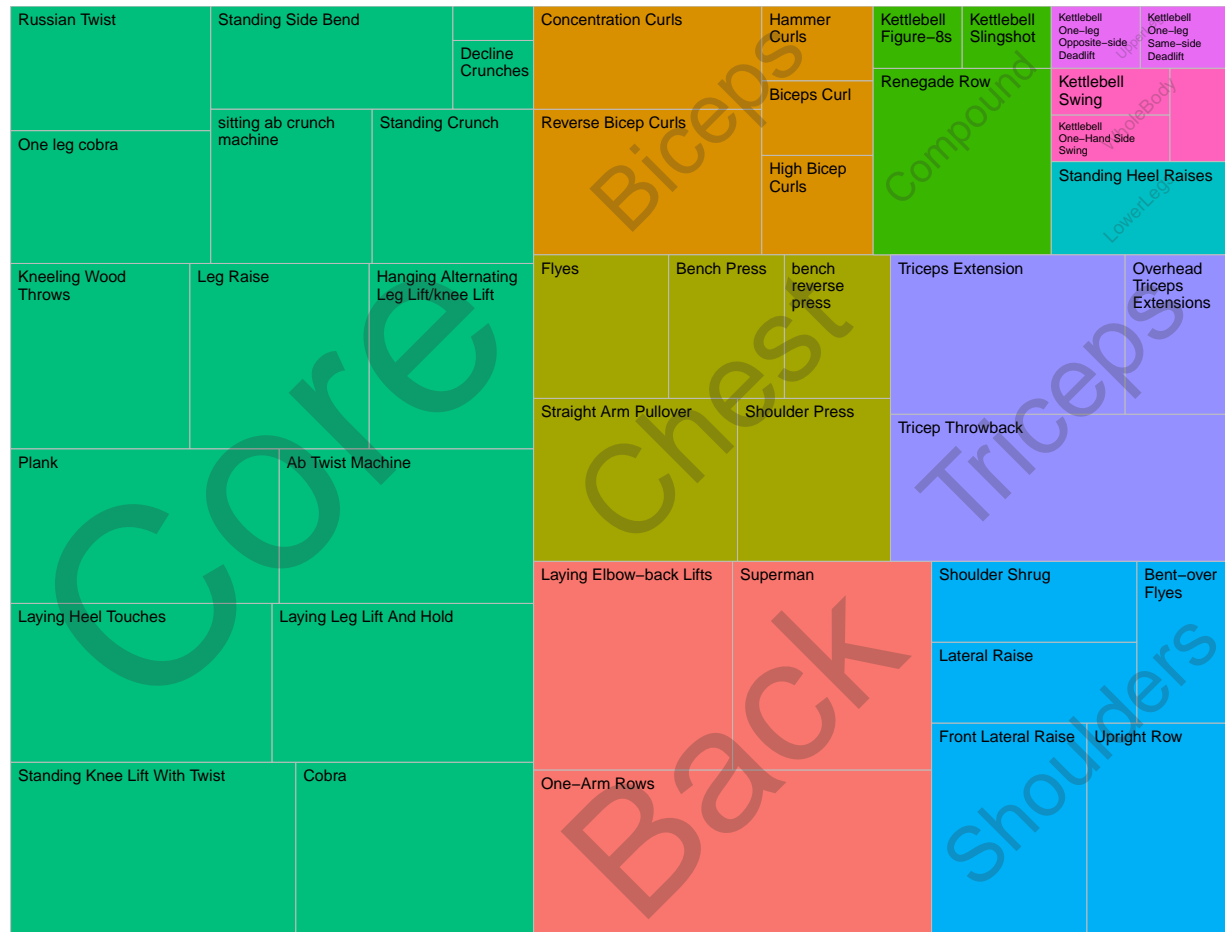
Group1	Exercise	volume_Exercise	percent_of_Group1	percent_of_Total
Back	One-Arm Rows	6000	100.0	7.7
Biceps	Biceps Curl	1050	11.8	1.3
Biceps	Concentration Curls	2550	28.6	3.3
Biceps	Hammer Curls	1050	11.8	1.3
Biceps	High Bicep Curls	800	9.0	1.0
Biceps	Reverse Bicep Curls	3480	39.0	4.4
Chest	Bench Press	2400	19.6	3.1
Chest	bench reverse press	1650	13.5	2.1
Chest	Flyes	1950	16.0	2.5
Chest	Shoulder Press	2820	23.1	3.6
Chest	Straight Arm Pullover	3400	27.8	4.3
Compound	Kettlebell Figure-8s	400	14.7	0.5
Compound	Kettlebell Slingshot	400	14.7	0.5
Compound	Renegade Row	1920	70.6	2.5
Core	Ab Twist Machine	6310	27.5	8.1
Core	Kettlebell Laying Hip Thrust	200	0.9	0.3
Core	Kneeling Wood Throws	2300	10.0	2.9
Core	One leg cobra	2760	12.0	3.5
Core	Russian Twist	1950	8.5	2.5
Core	sitting ab crunch machine	9450	41.1	12.1

Group1	Exercise	volume_Exercise	percent_of_Group1	percent_of_Total
LowerLegs	Standing Heel Raises	2370	100.0	3.0
Shoulders	Bent-over Flyes	1790	14.4	2.3
Shoulders	Front Lateral Raise	3120	25.1	4.0
Shoulders	Lateral Raise	2100	16.9	2.7
Shoulders	Shoulder Shrug	2100	16.9	2.7
Shoulders	Upright Row	3300	26.6	4.2
Triceps	Overhead Triceps Extensions	1800	20.6	2.3
Triceps	Tricep Throwback	2880	33.0	3.7
Triceps	Triceps Extension	4050	46.4	5.2
UpperLeg	Kettlebell One-leg Opposite-side Deadlift	400	50.0	0.5
UpperLeg	Kettlebell One-leg Same-side Deadlift	400	50.0	0.5
WholeBody	Kettlebell One-Hand Side Swing	400	33.3	0.5
WholeBody	Kettlebell Swing	400	33.3	0.5
WholeBody	Kettlebell Woodchop Swing	400	33.3	0.5

Group1	volume_Group1	percent_of_Total
Back	6000	7.7
Biceps	8930	11.4
Chest	12220	15.6
Compound	2720	3.5
Core	22970	29.3
LowerLegs	2370	3.0
Shoulders	12410	15.8
Triceps	8730	11.1
UpperLeg	800	1.0
WholeBody	1200	1.5



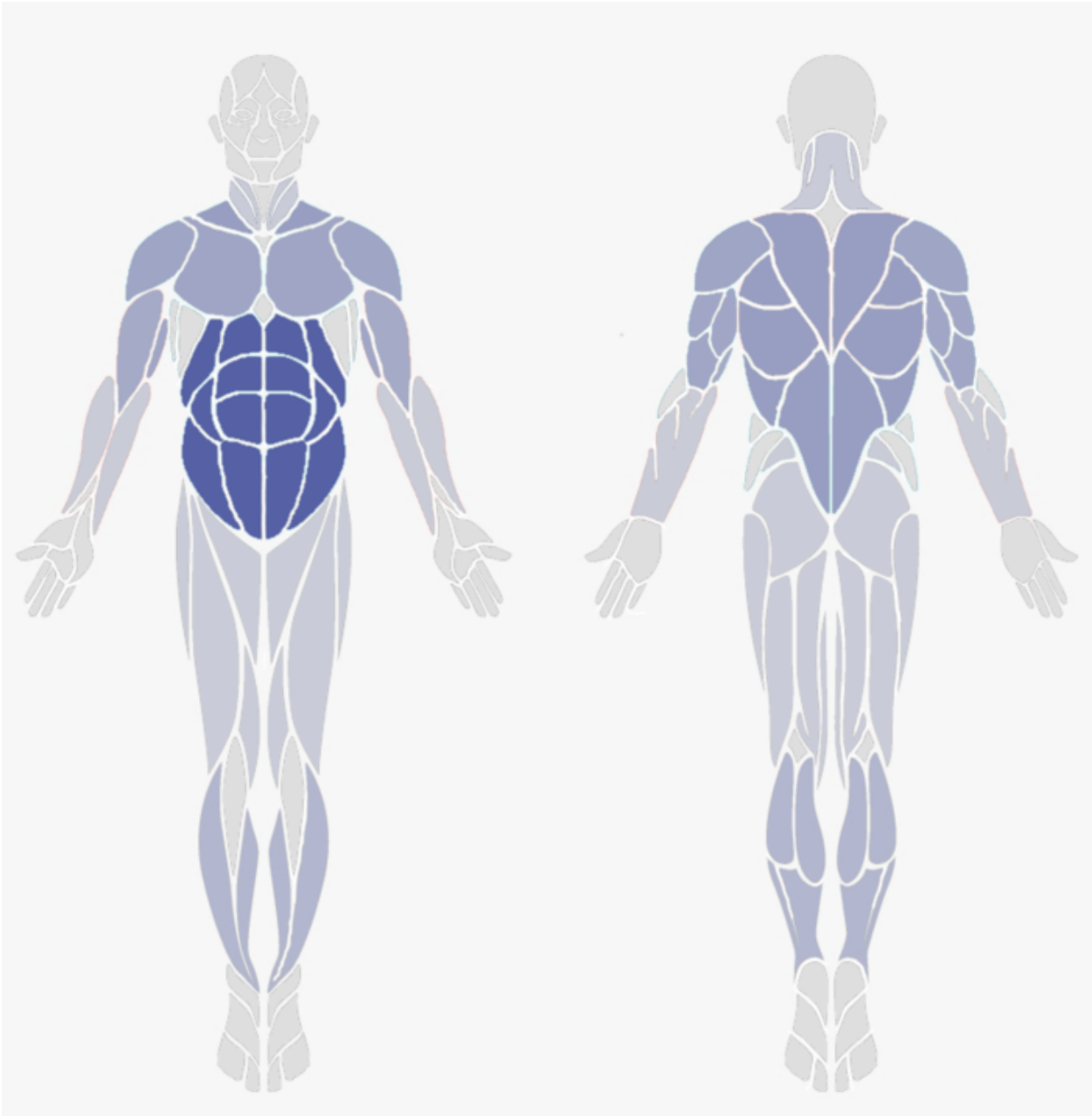
Reps



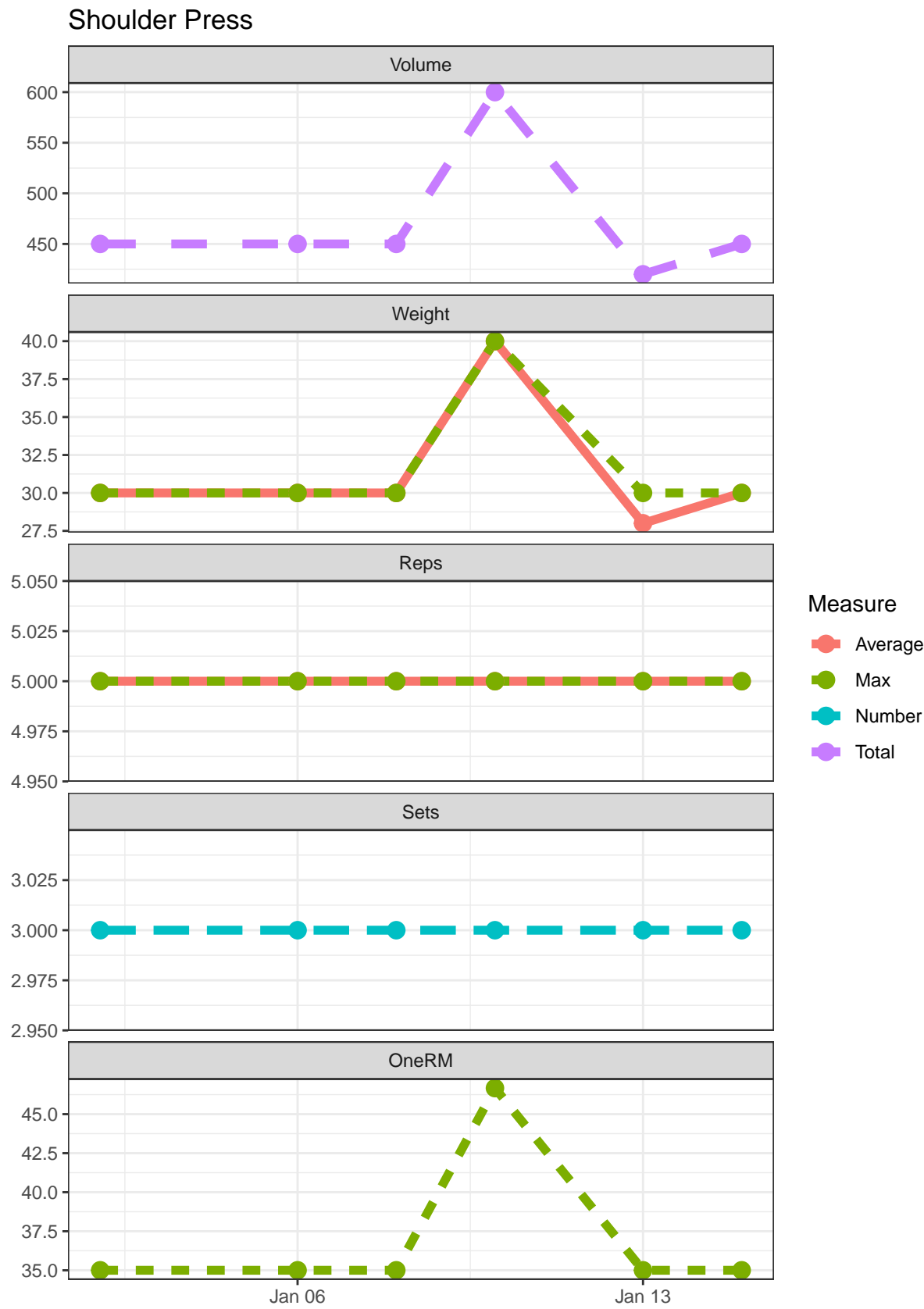
Group1	Exercise	reps_Exercise	percent_of_Group1	percent_of_Total
Back	Laying Elbow-back Lifts	150	27.8	3.7
Back	One-Arm Rows	240	44.4	5.9
Back	Superman	150	27.8	3.7
Biceps	Biceps Curl	30	9.8	0.7
Biceps	Concentration Curls	85	27.9	2.1
Biceps	Hammer Curls	30	9.8	0.7
Biceps	High Bicep Curls	40	13.1	1.0
Biceps	Reverse Bicep Curls	120	39.3	2.9
Chest	Bench Press	60	15.2	1.5
Chest	bench reverse press	55	13.9	1.3
Chest	Flyes	70	17.7	1.7
Chest	Shoulder Press	90	22.8	2.2
Chest	Straight Arm Pullover	120	30.4	2.9
Compound	Kettlebell Figure-8s	20	12.5	0.5
Compound	Kettlebell Slingshot	20	12.5	0.5
Compound	Renegade Row	120	75.0	2.9
Core	Ab Twist Machine	142	8.1	3.5
Core	Cobra	150	8.5	3.7
Core	Decline Crunches	20	1.1	0.5

Group1	Exercise	reps_Exercise	percent_of_Group1	percent_of_Total
Core	Hanging Alternating Leg Lift/knee Lift	110	6.3	2.7
Core	Kettlebell Laying Hip Thrust	10	0.6	0.2
Core	Kneeling Wood Throws	120	6.8	2.9
Core	Laying Heel Touches	150	8.5	3.7
Core	Laying Leg Lift And Hold	150	8.5	3.7
Core	Leg Raise	120	6.8	2.9
Core	One leg cobra	96	5.5	2.3
Core	Plank	150	8.5	3.7
Core	Russian Twist	90	5.1	2.2
Core	sitting ab crunch machine	90	5.1	2.2
Core	Standing Crunch	90	5.1	2.2
Core	Standing Knee Lift With Twist	180	10.2	4.4
Core	Standing Side Bend	90	5.1	2.2
LowerLegs	Standing Heel Raises	60	100.0	1.5
Shoulders	Bent-over Flyes	54	13.4	1.3
Shoulders	Front Lateral Raise	120	29.7	2.9
Shoulders	Lateral Raise	60	14.9	1.5
Shoulders	Shoulder Shrug	60	14.9	1.5
Shoulders	Upright Row	110	27.2	2.7
Triceps	Overhead Triceps Extensions	60	16.0	1.5
Triceps	Tricep Throwback	180	48.0	4.4
Triceps	Triceps Extension	135	36.0	3.3
UpperLeg	Kettlebell One-leg Opposite-side Deadlift	20	50.0	0.5
UpperLeg	Kettlebell One-leg Same-side Deadlift	20	50.0	0.5
WholeBody	Kettlebell One-Hand Side Swing	20	33.3	0.5
WholeBody	Kettlebell Swing	20	33.3	0.5
WholeBody	Kettlebell Woodchop Swing	20	33.3	0.5

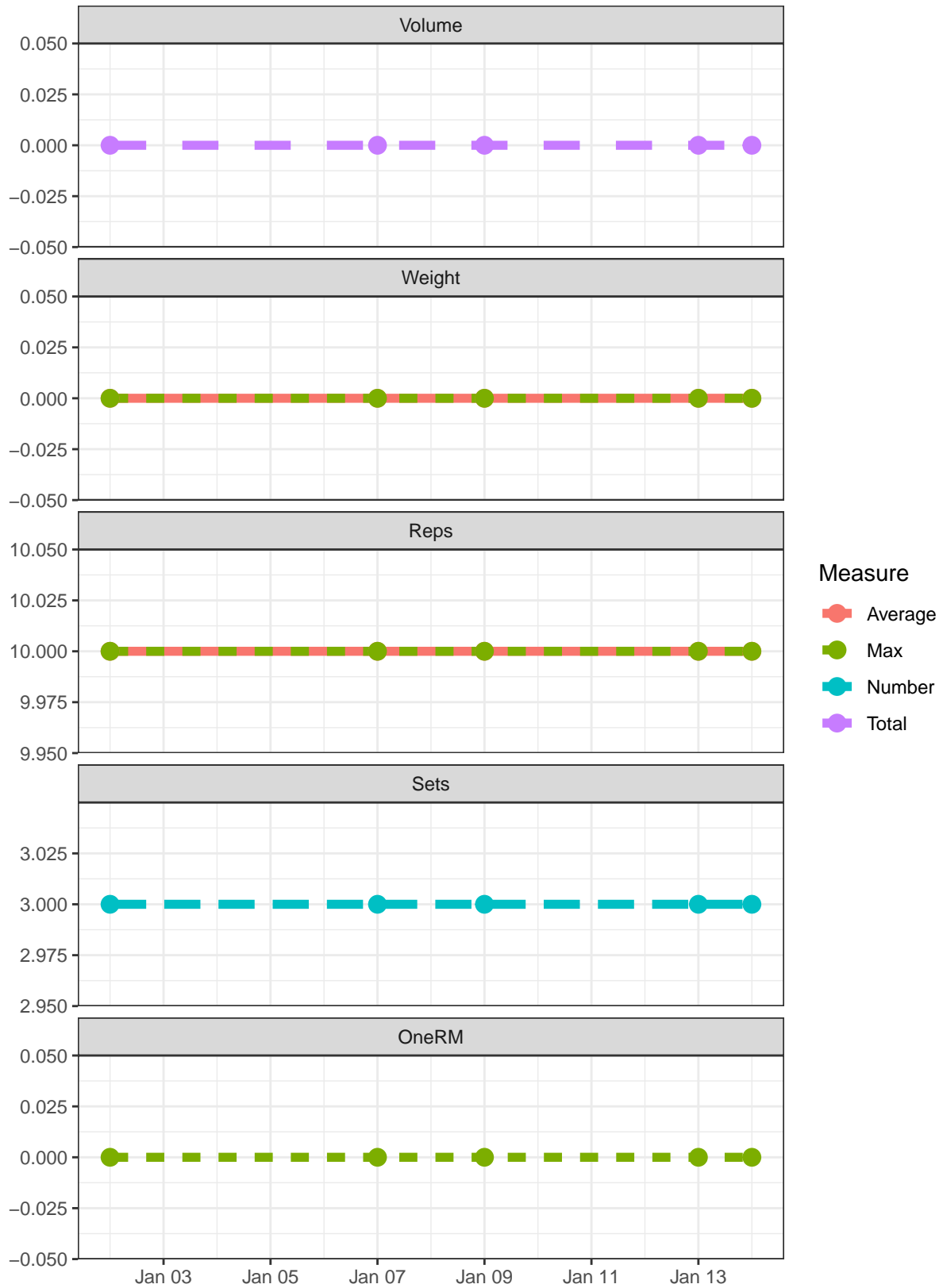
Group1	reps_Group1	percent_of_Total
Back	540	13.2
Biceps	305	7.4
Chest	395	9.6
Compound	160	3.9
Core	1758	42.9
LowerLegs	60	1.5
Shoulders	404	9.9
Triceps	375	9.2
UpperLeg	40	1.0
WholeBody	60	1.5



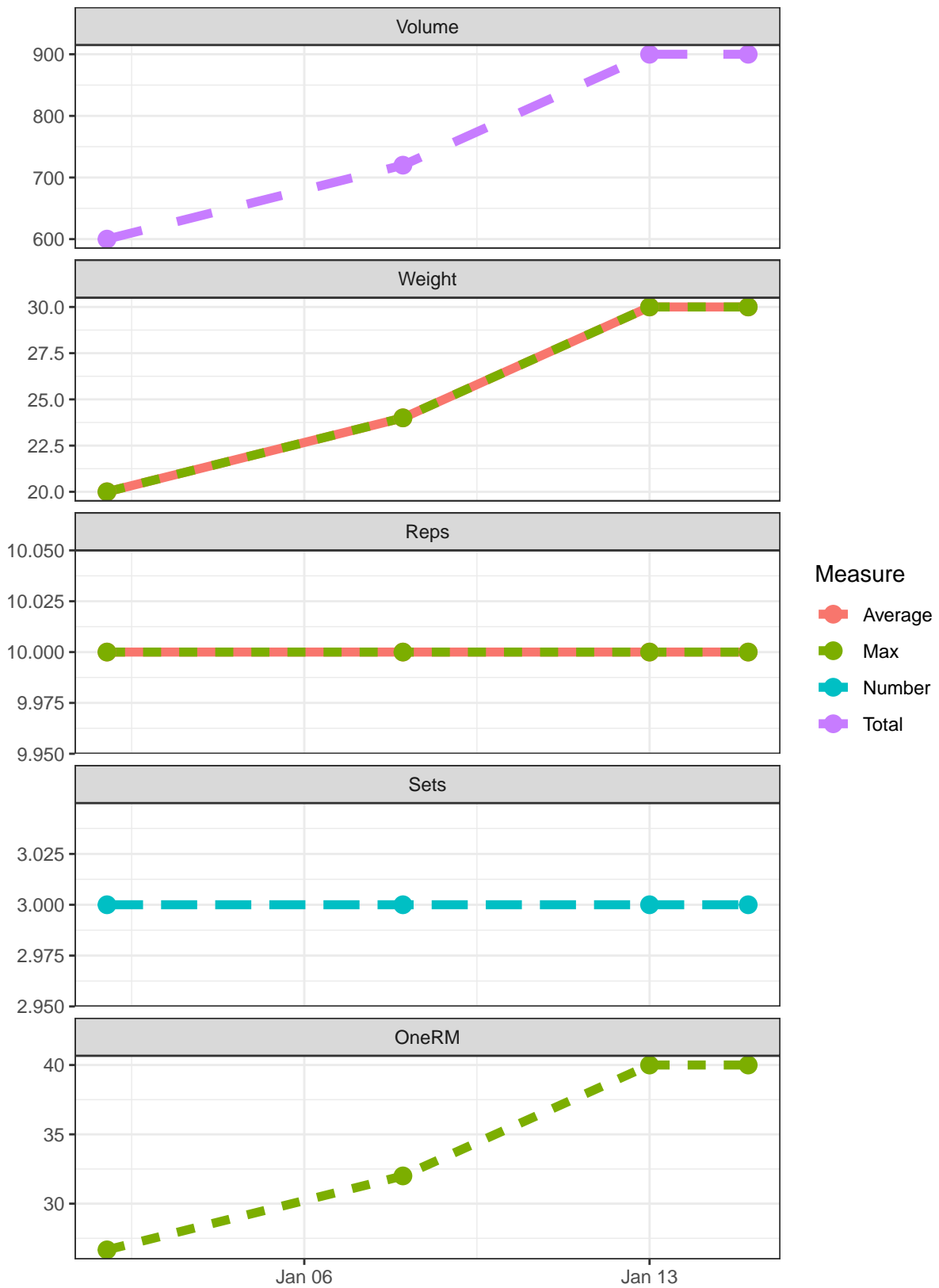
Exercises Through Time



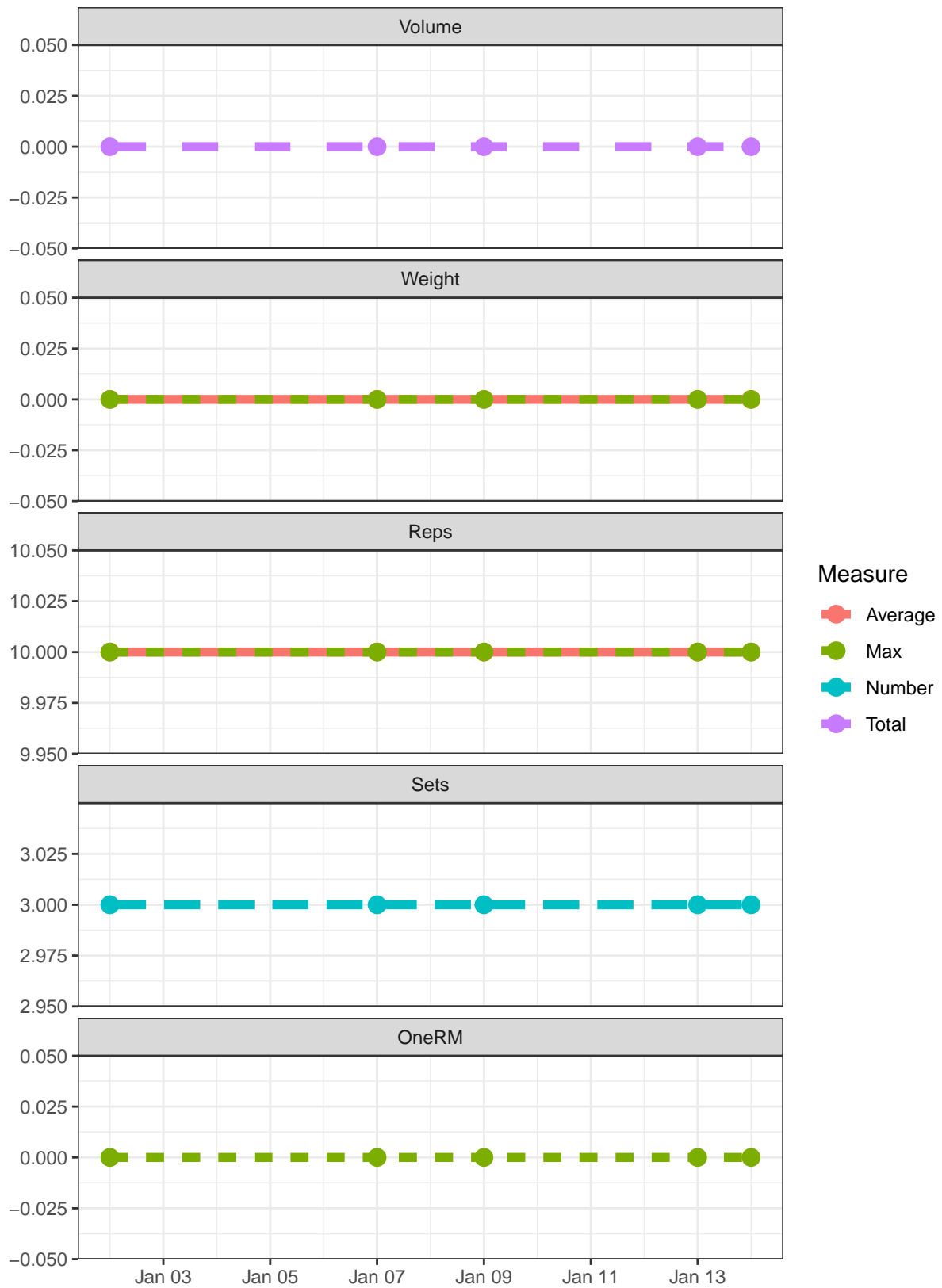
Cobra



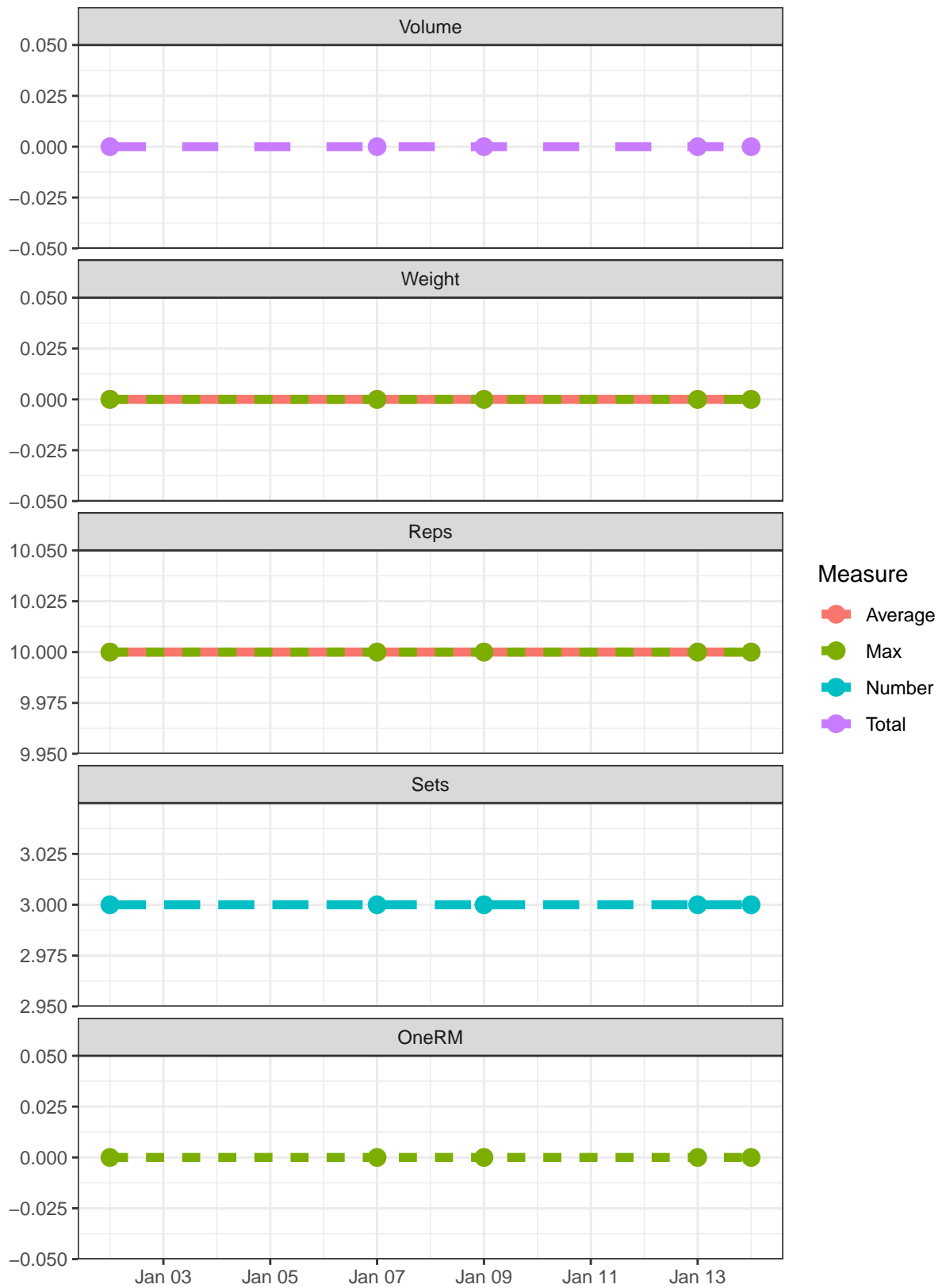
Front Lateral Raise



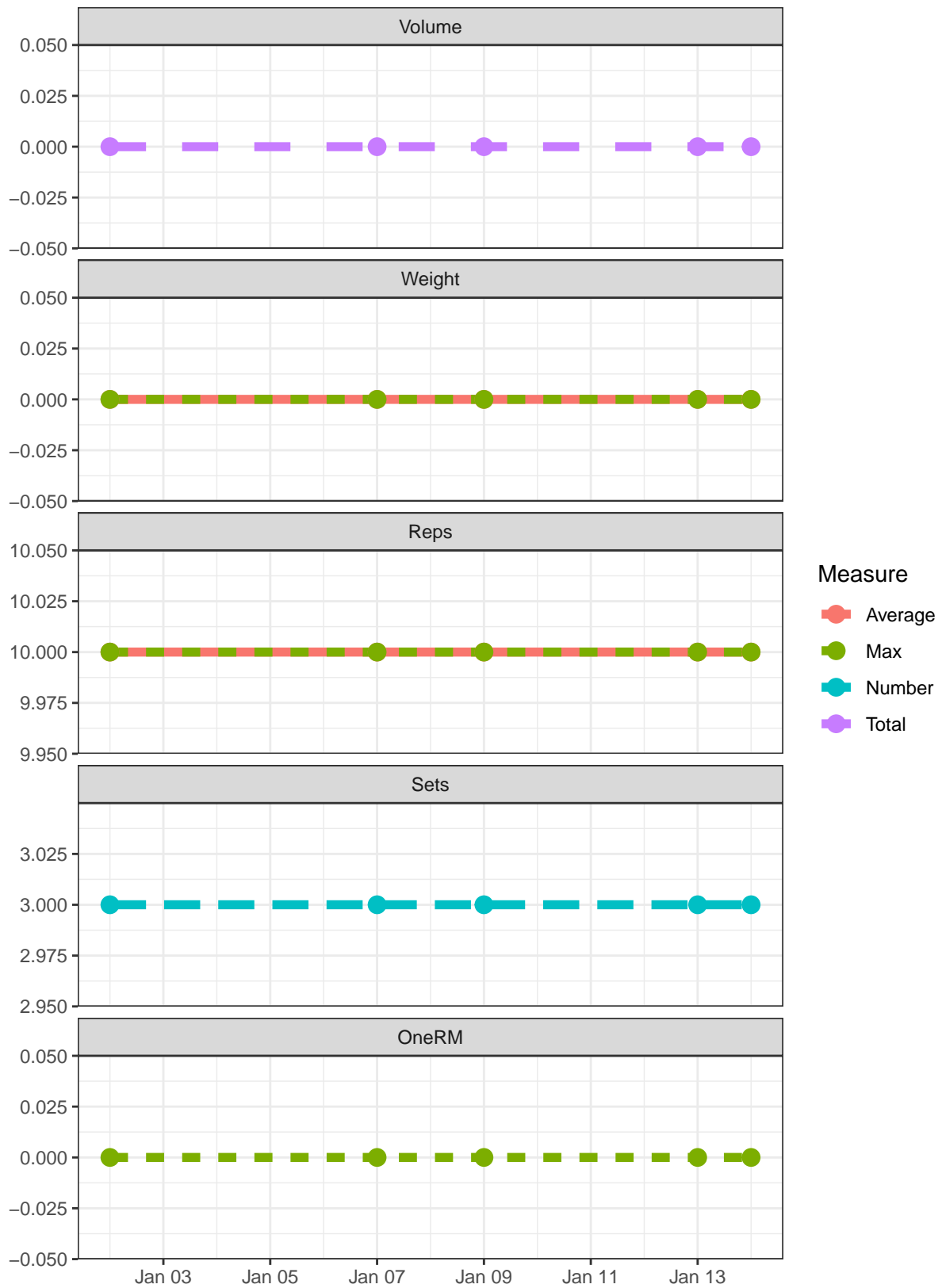
Laying Elbow-back Lifts



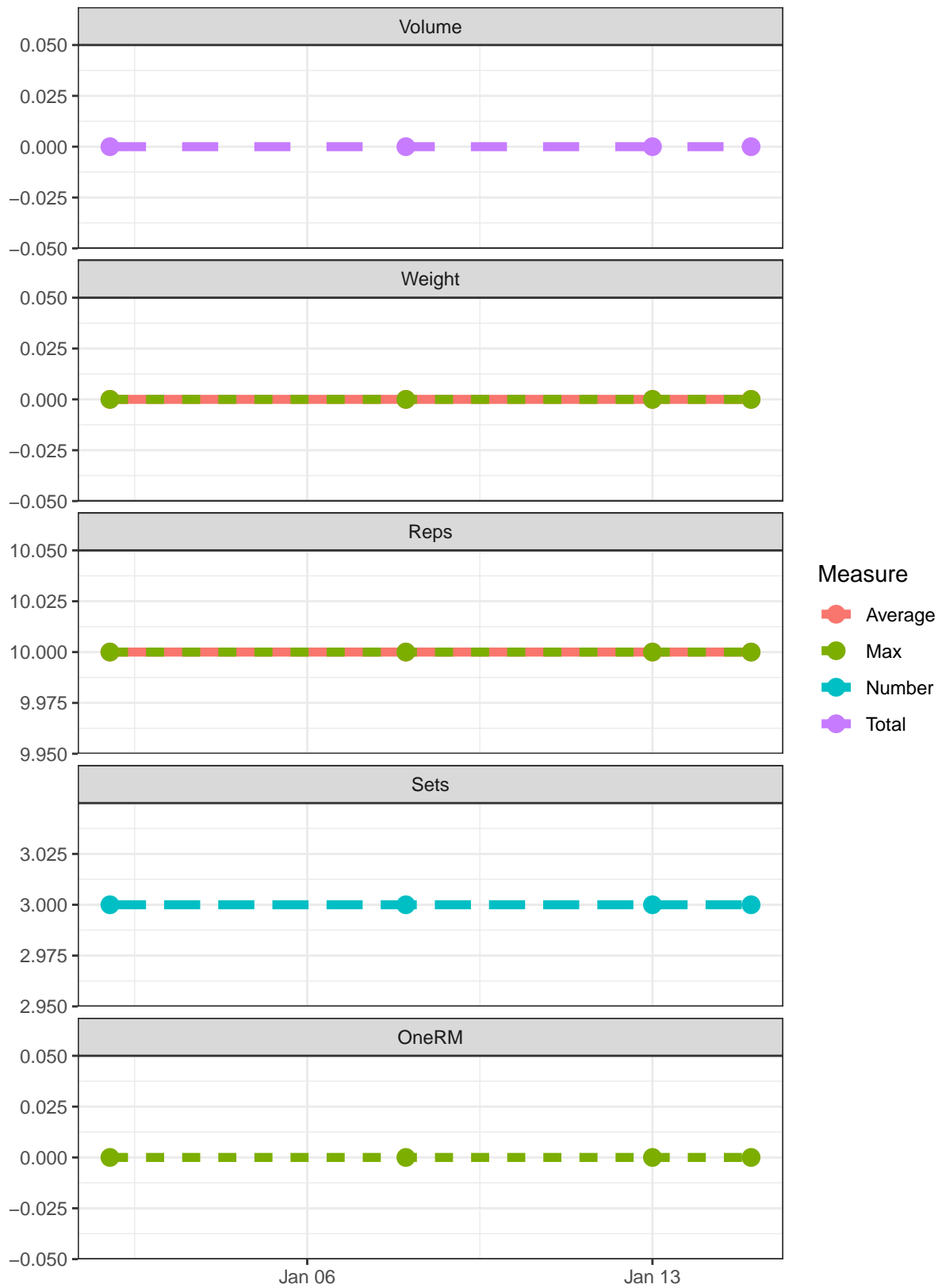
Laying Heel Touches



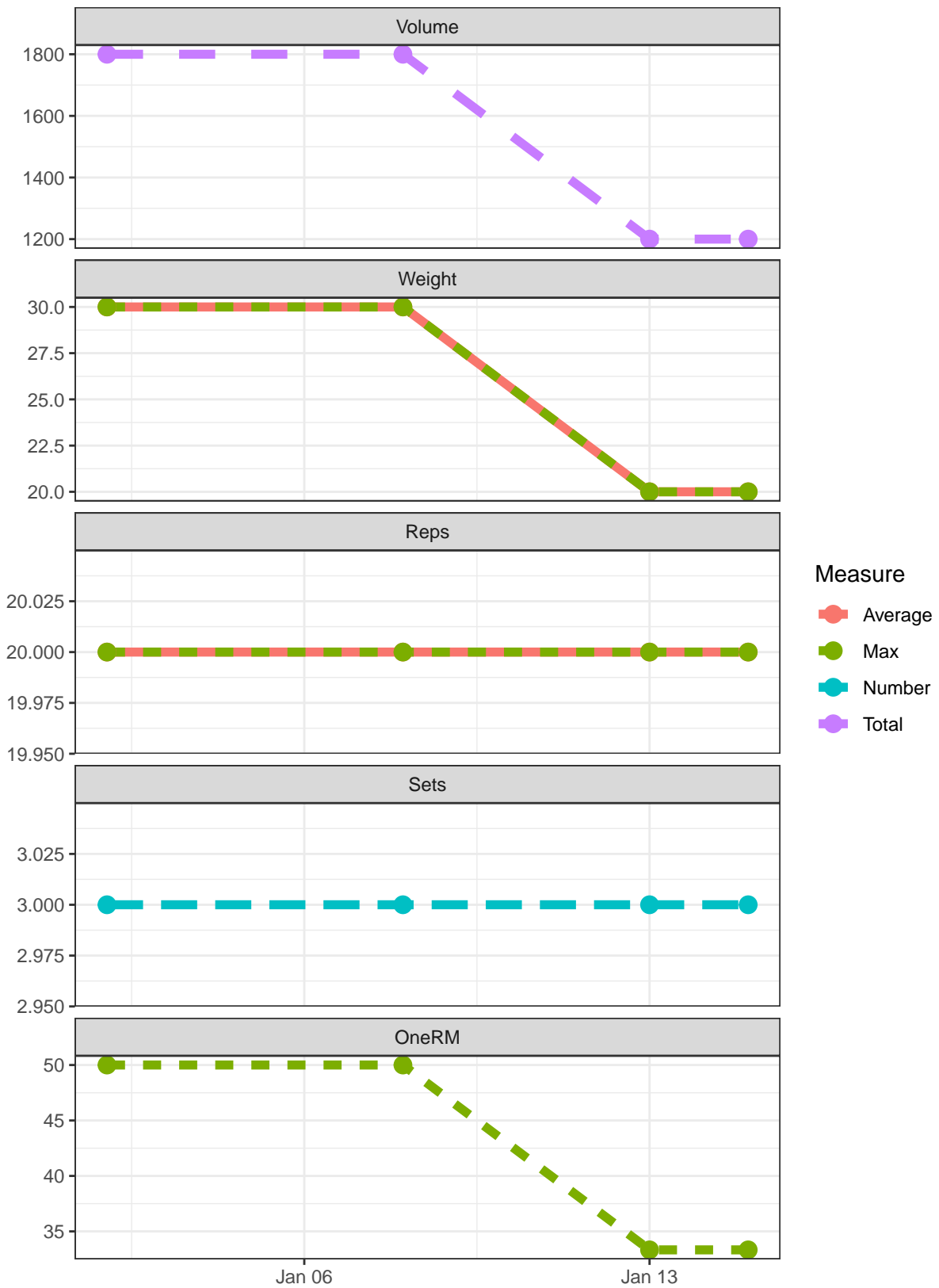
Laying Leg Lift And Hold



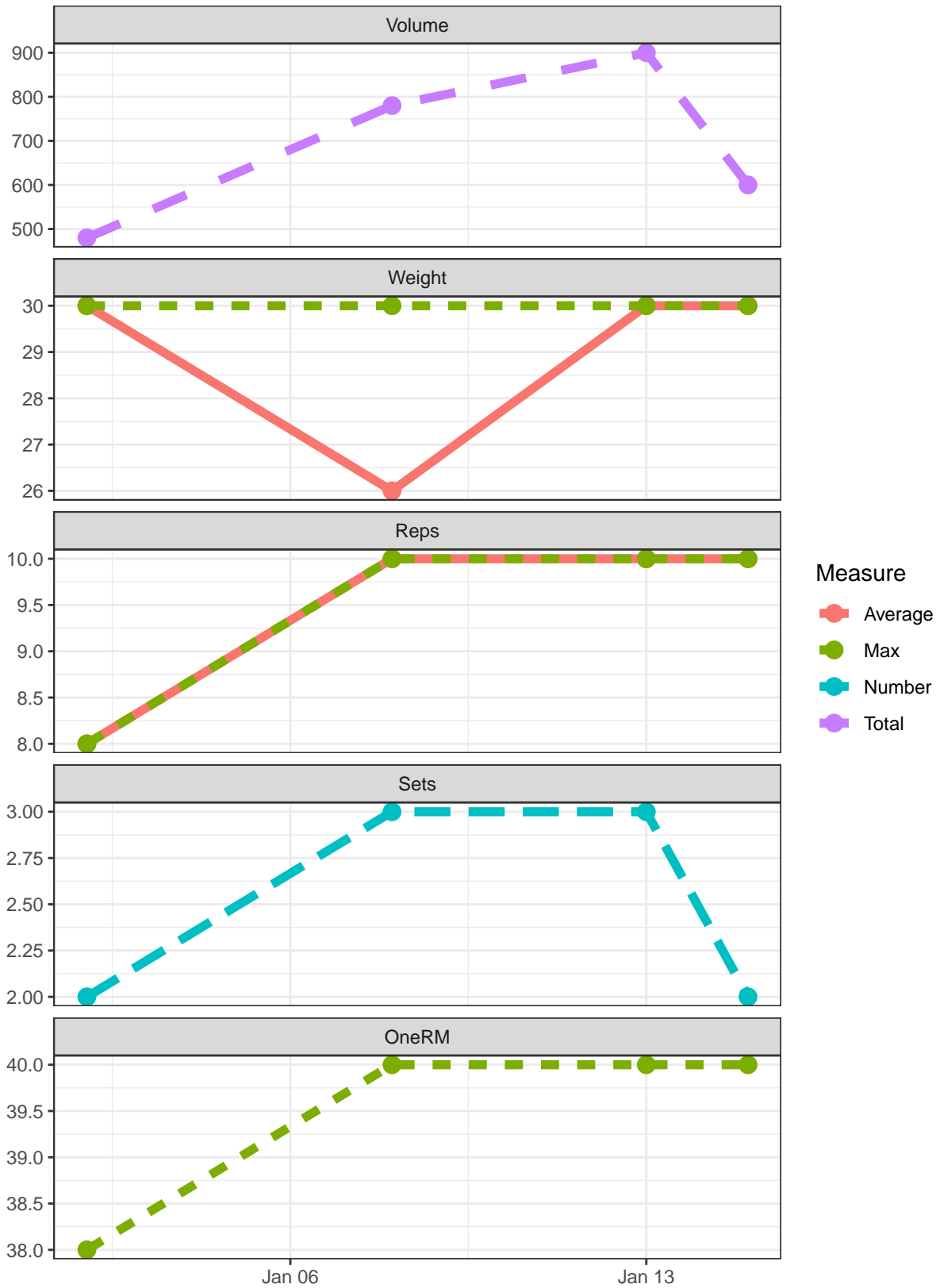
Leg Raise

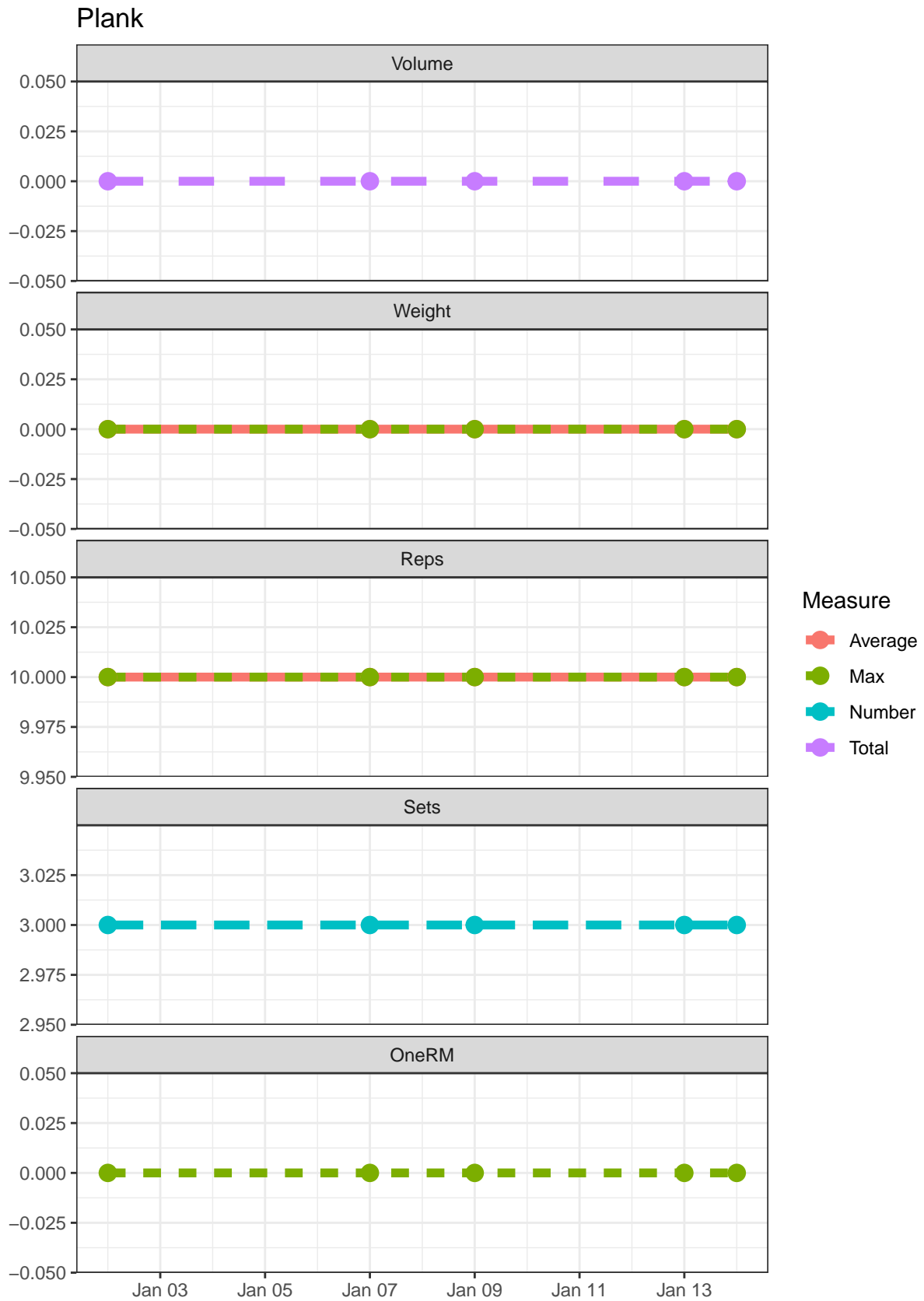


One-Arm Rows

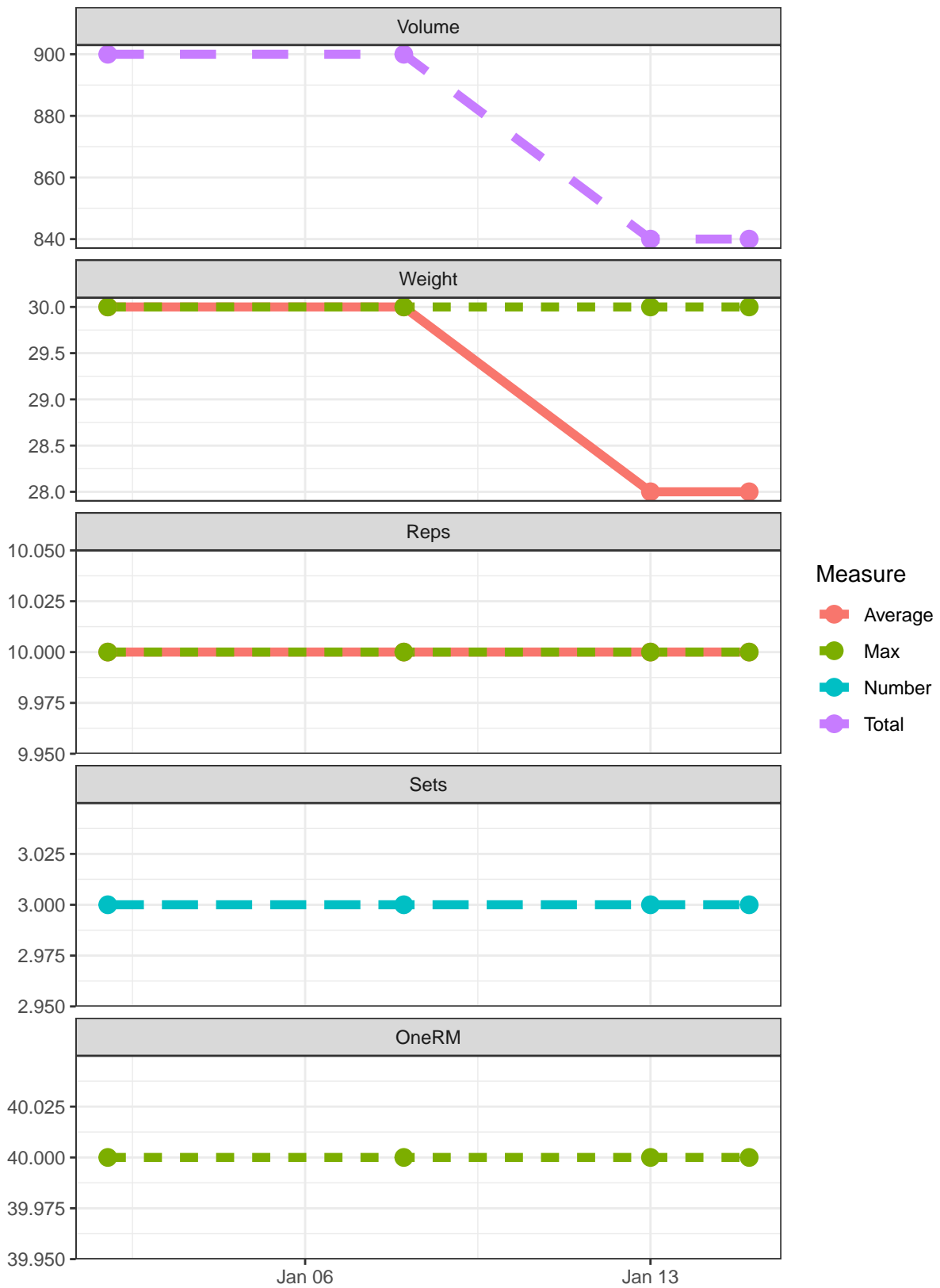


One leg cobra

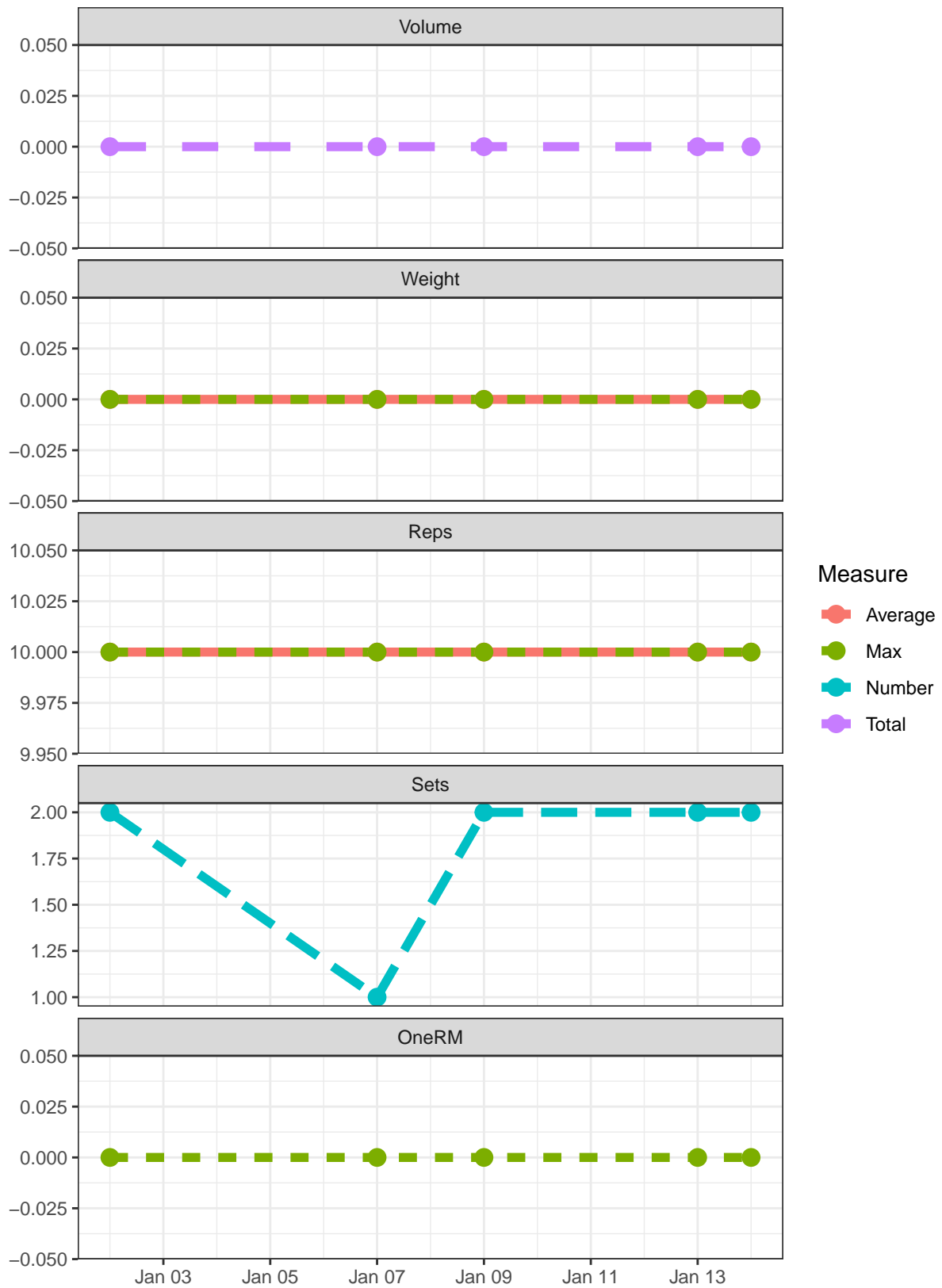




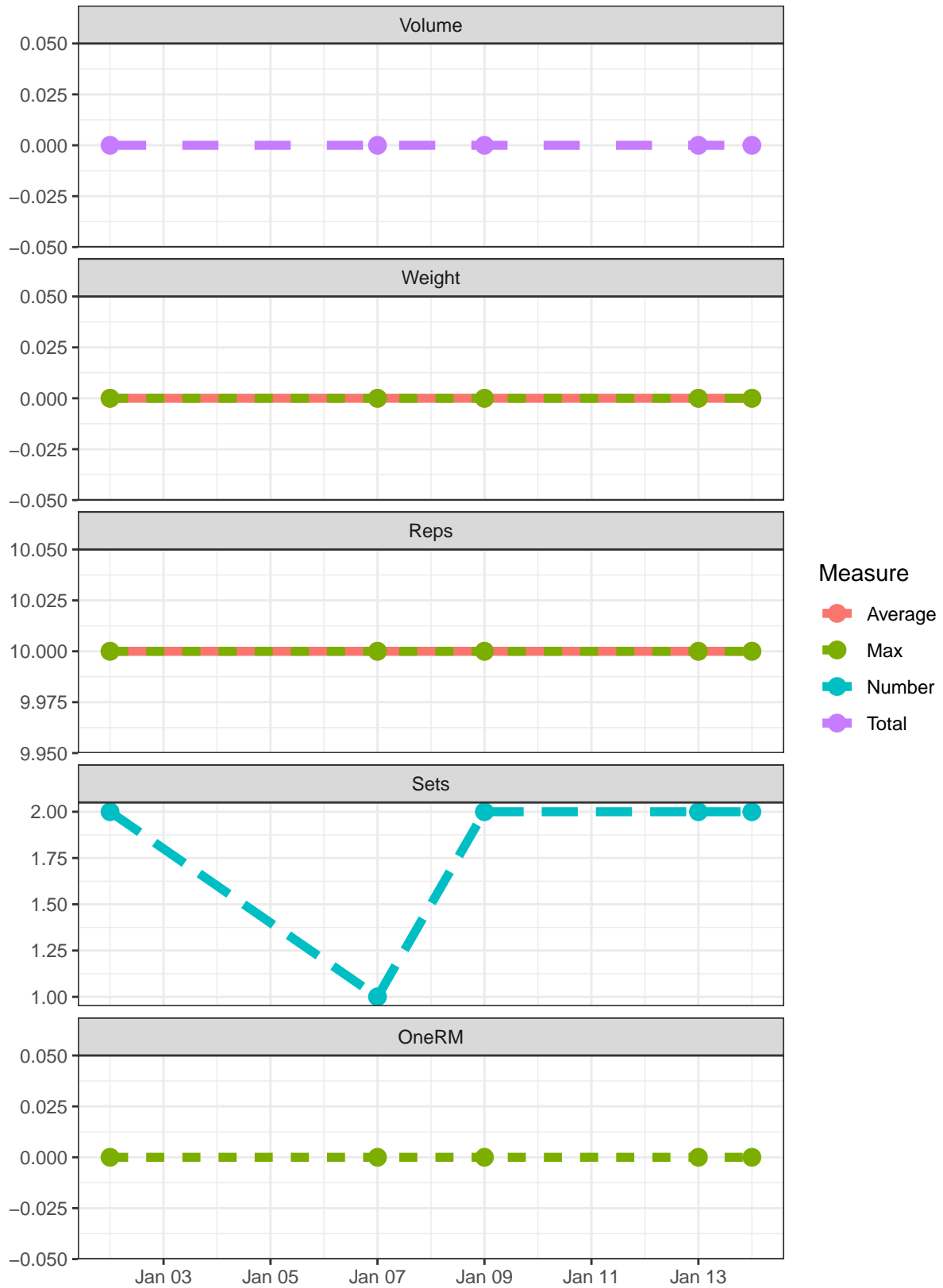
Reverse Bicep Curls



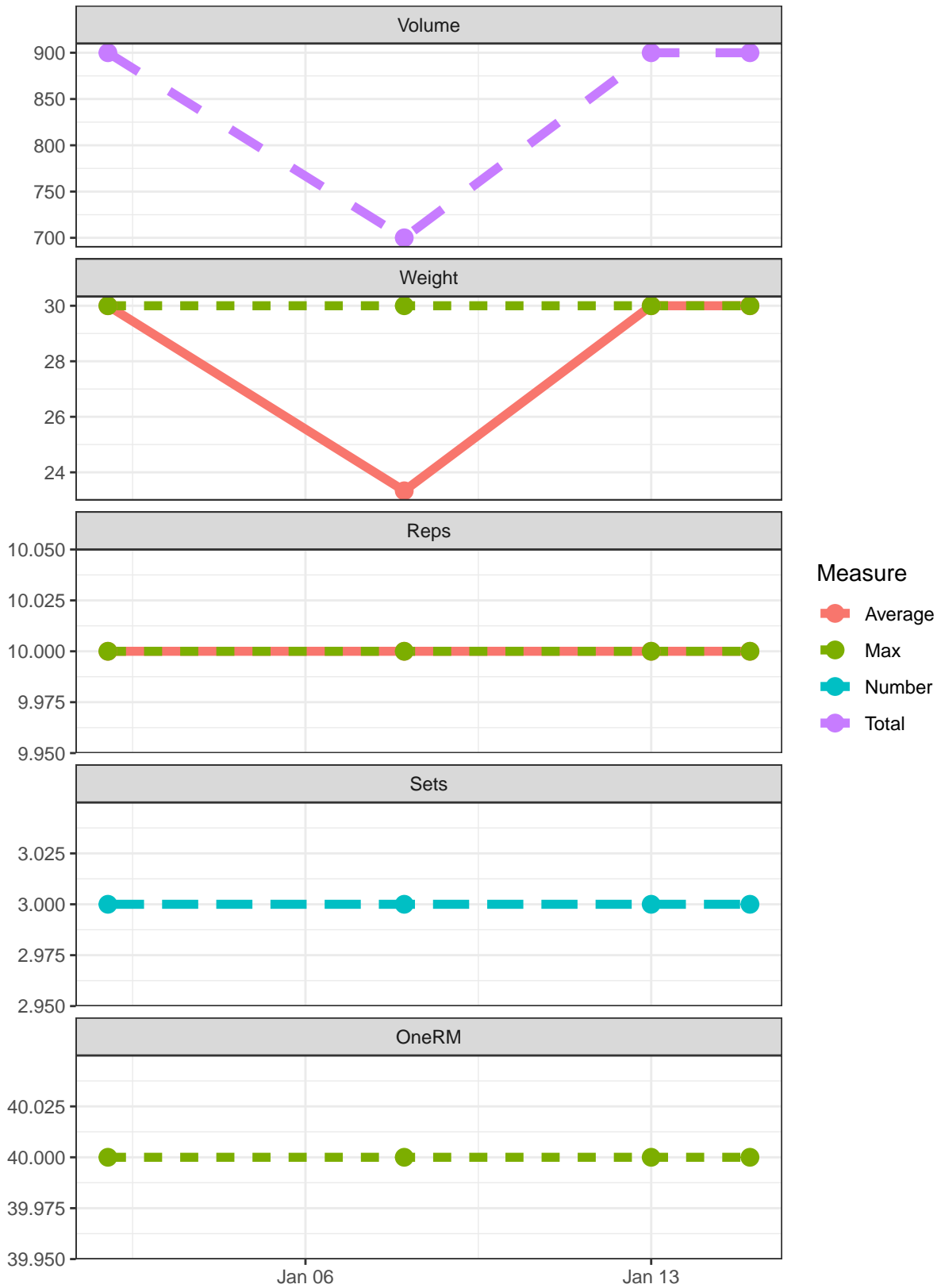
Standing Crunch



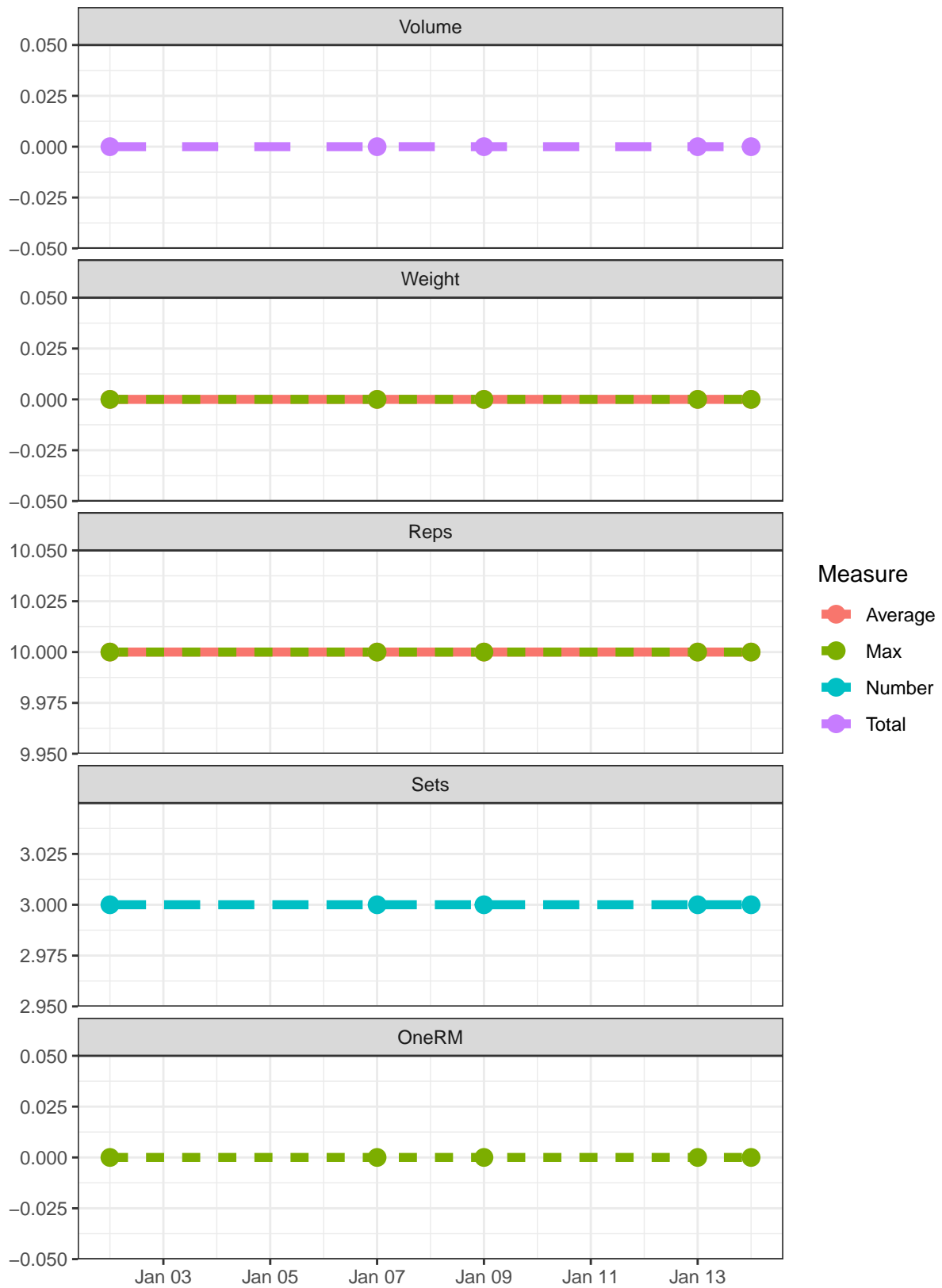
Standing Side Bend



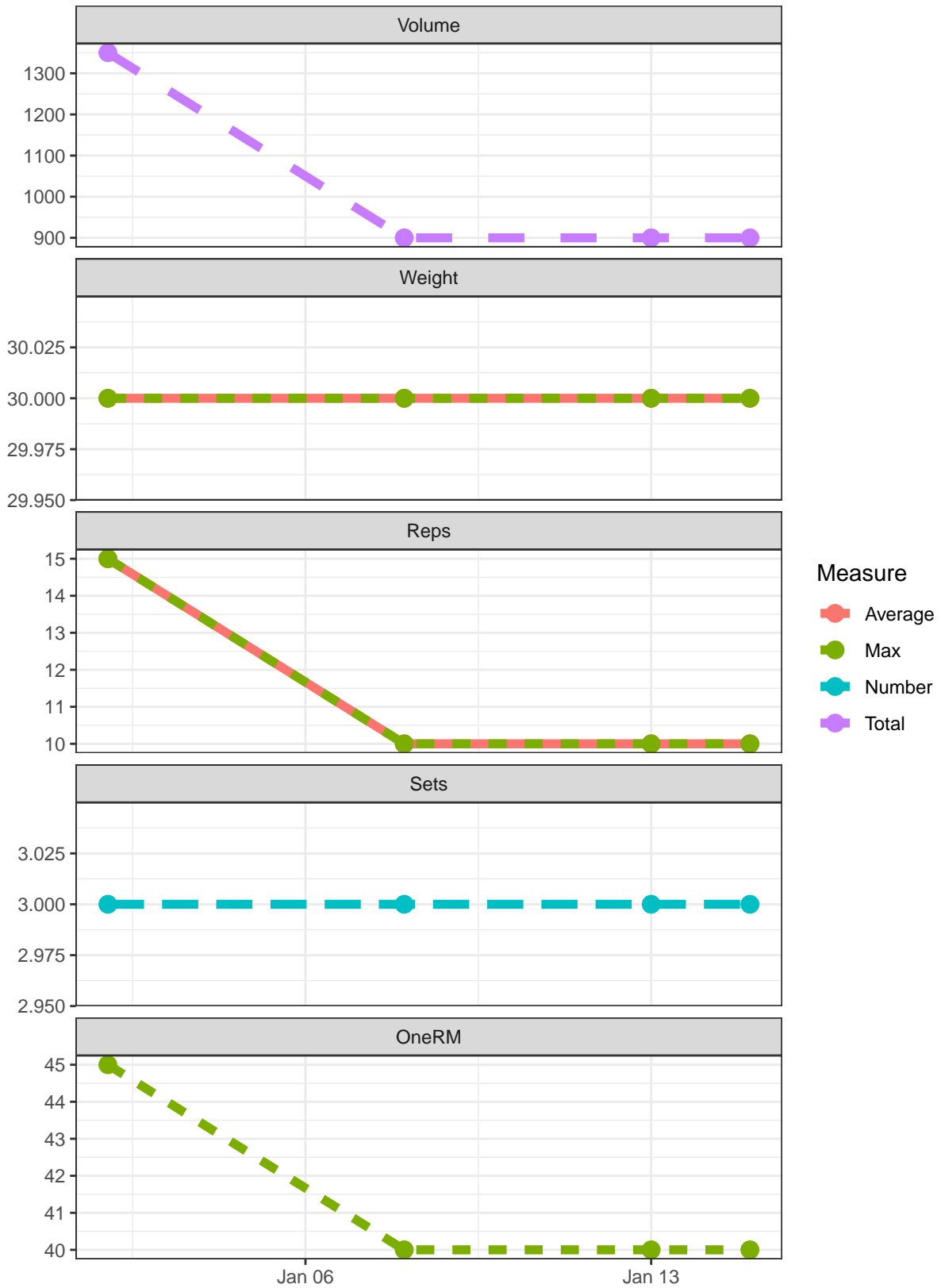
Straight Arm Pullover



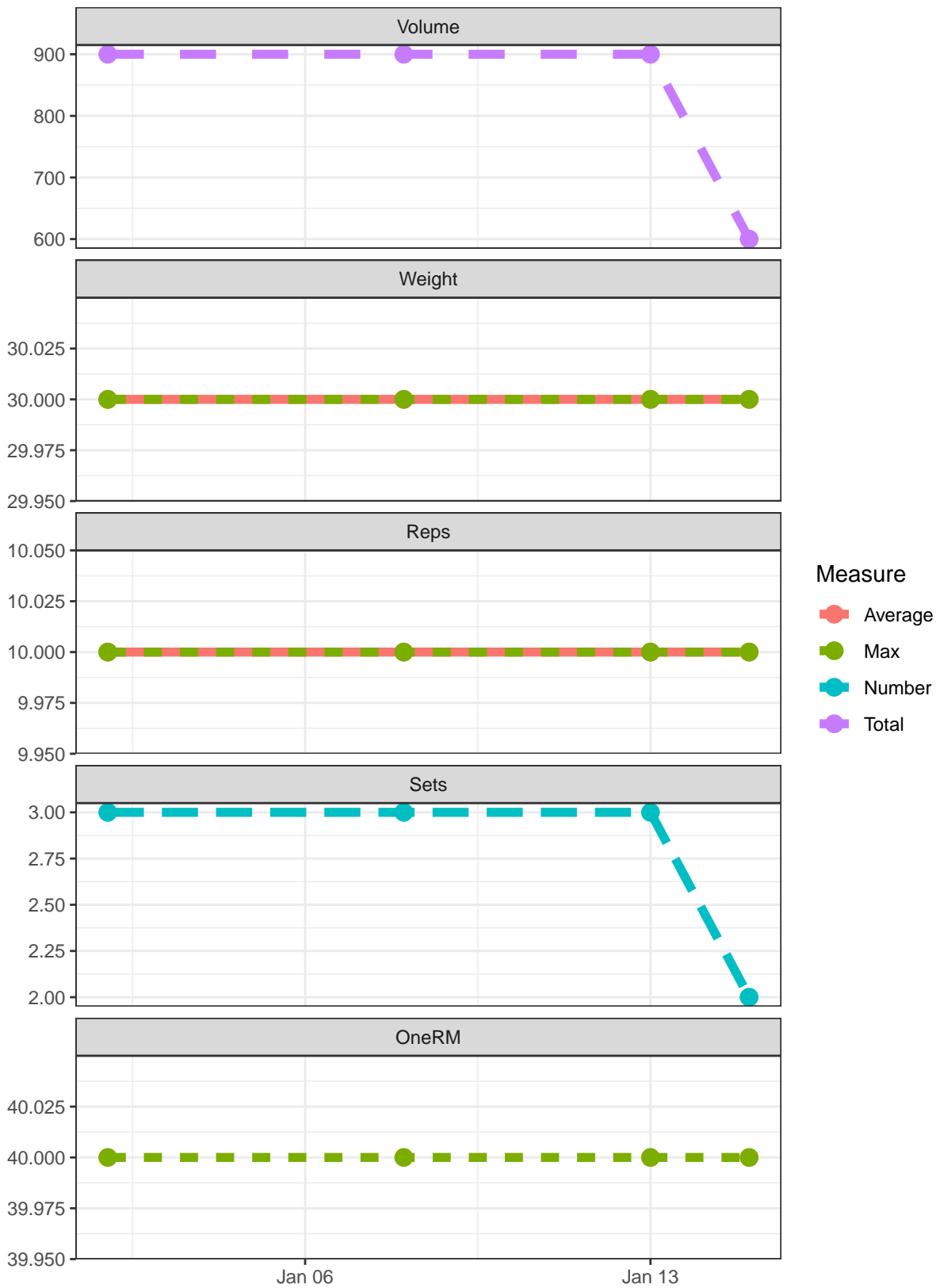
Superman



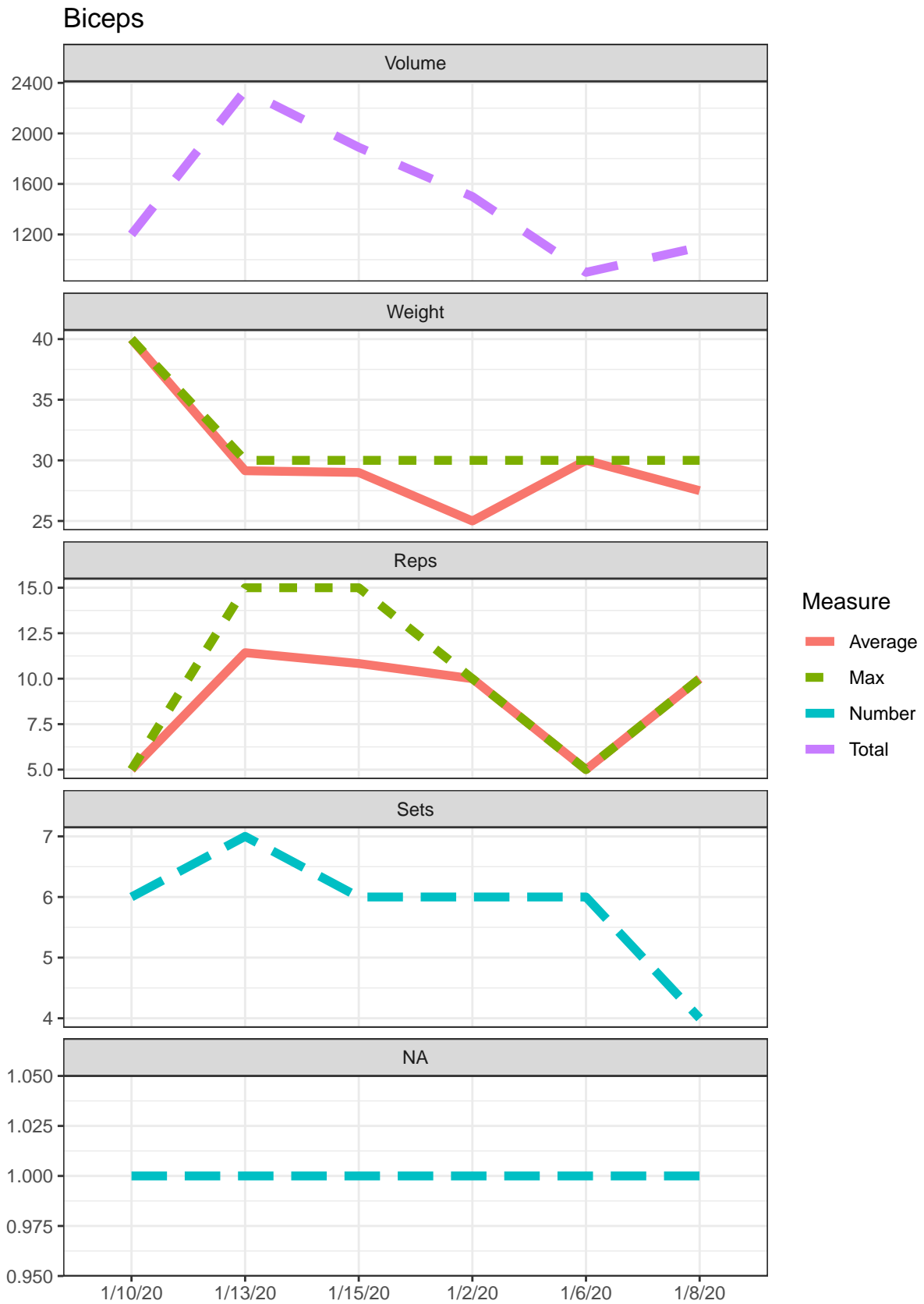
Triceps Extension



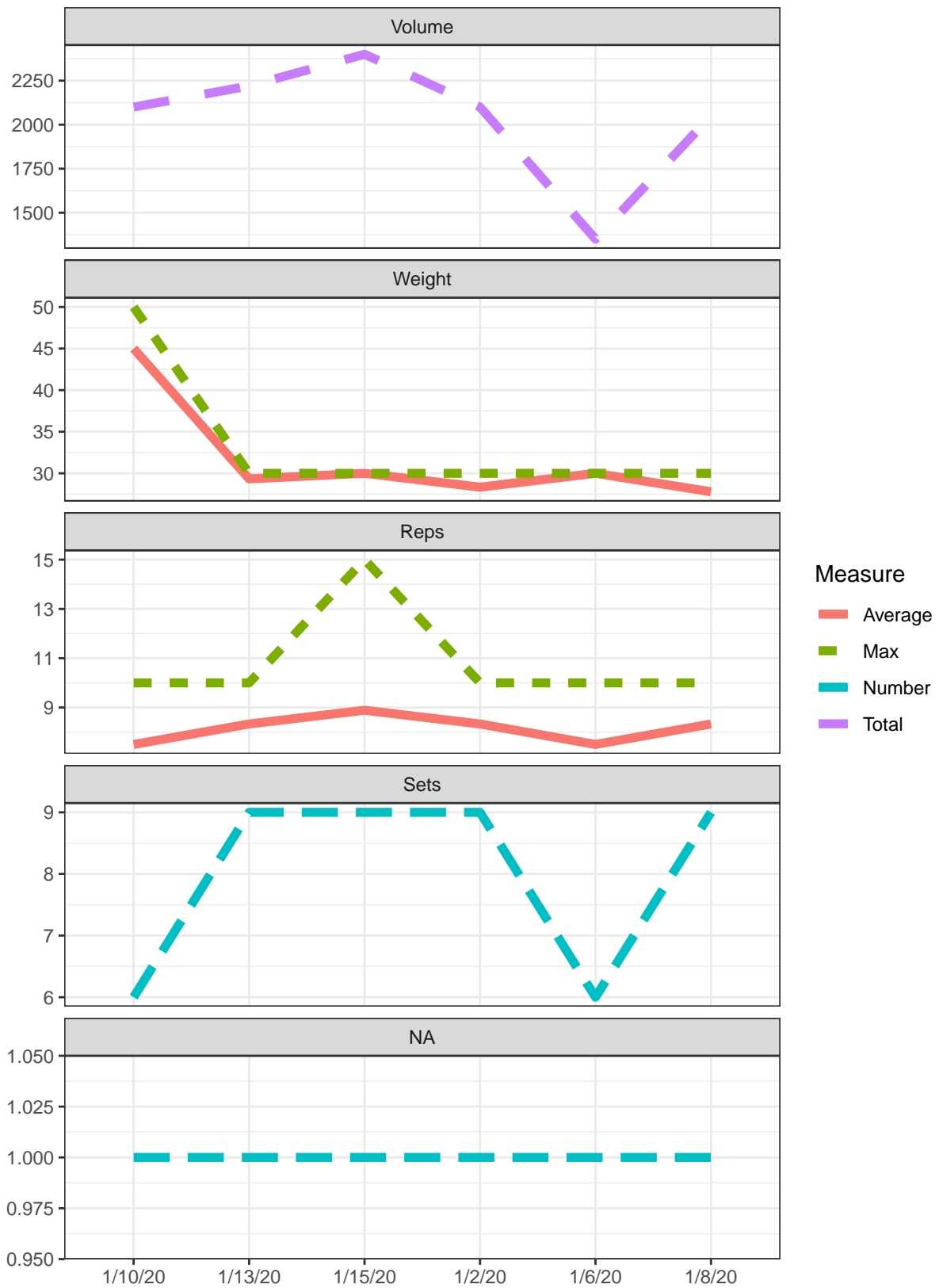
Upright Row



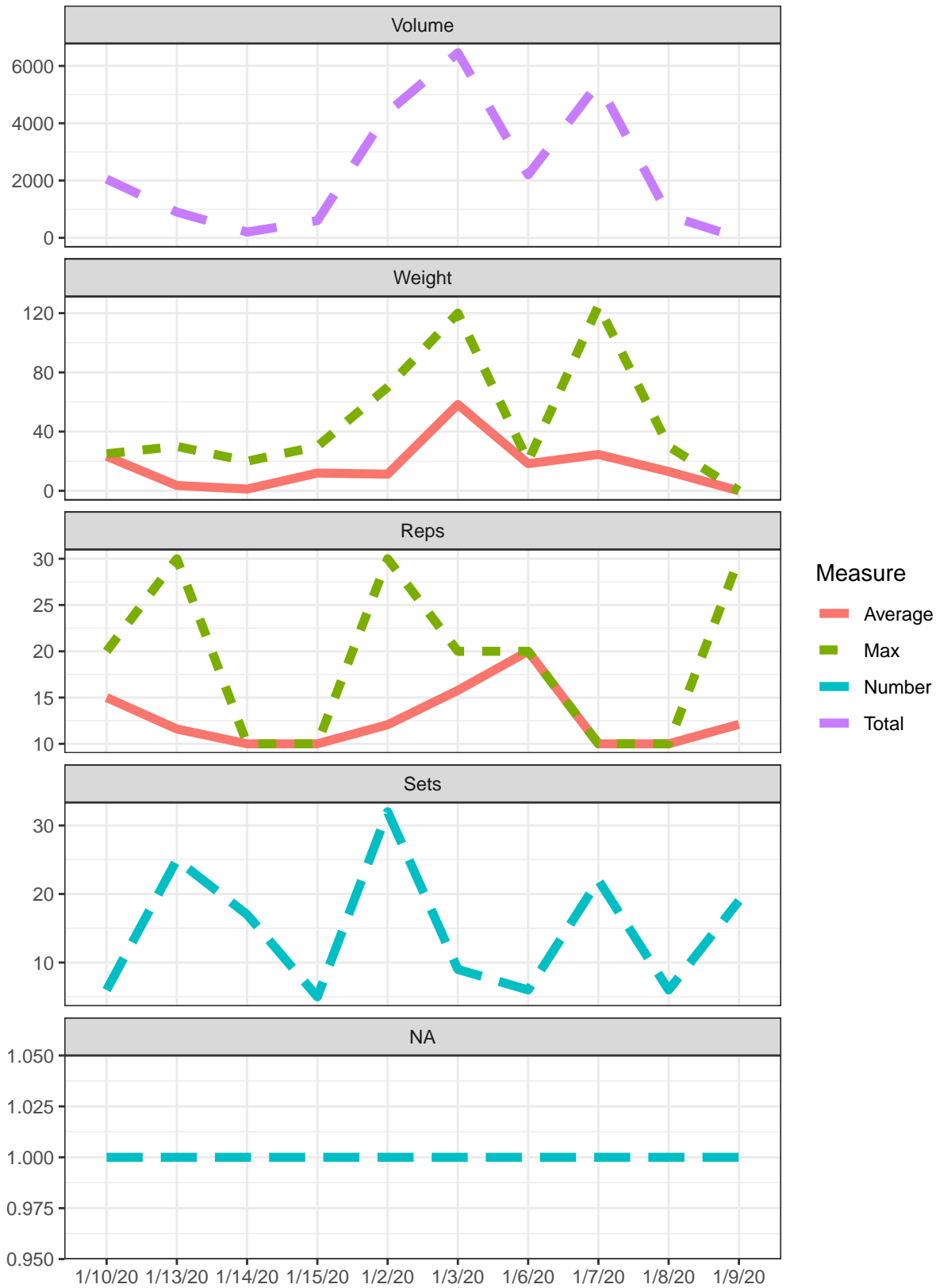
Group Through Time



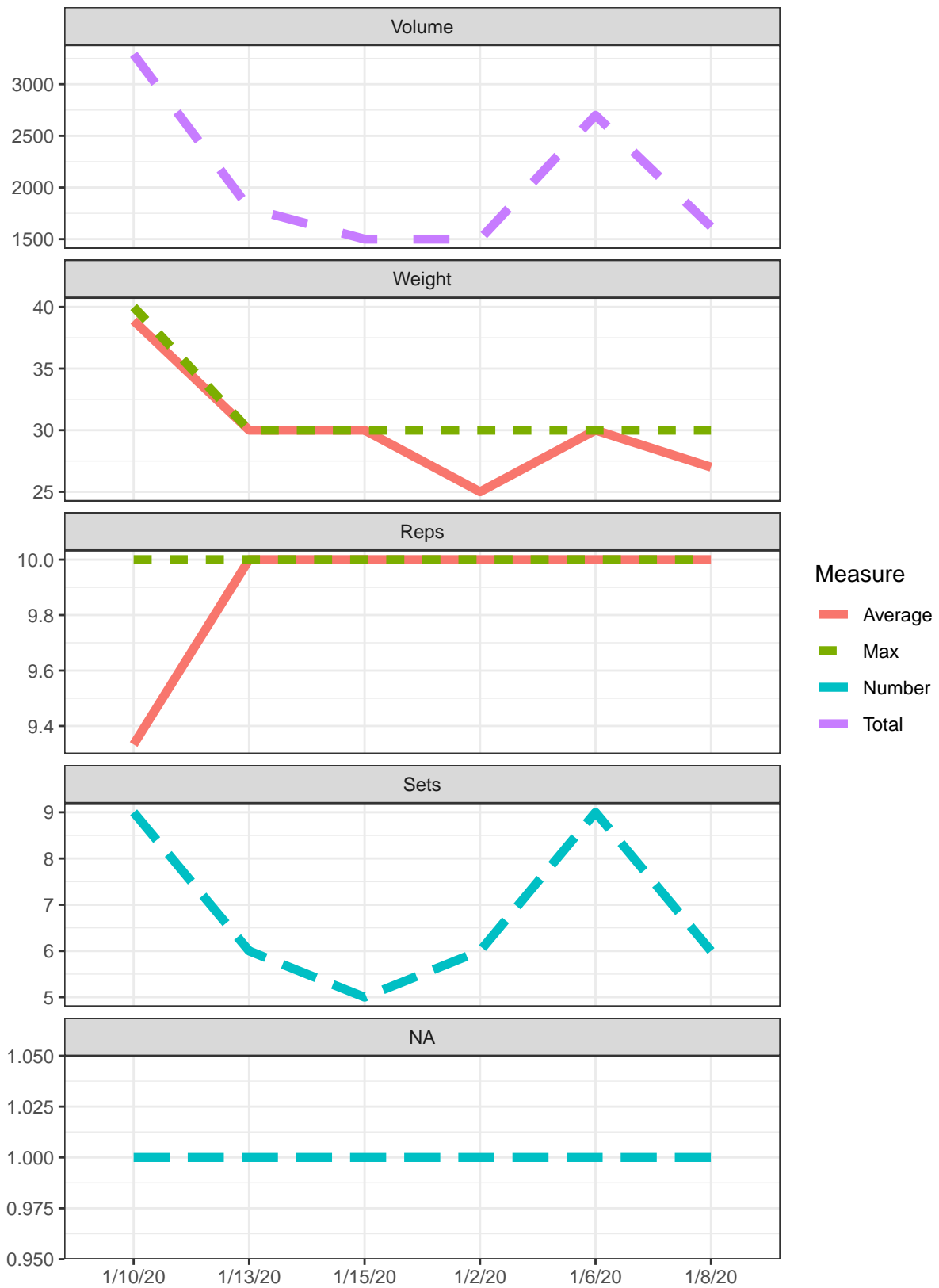
Chest



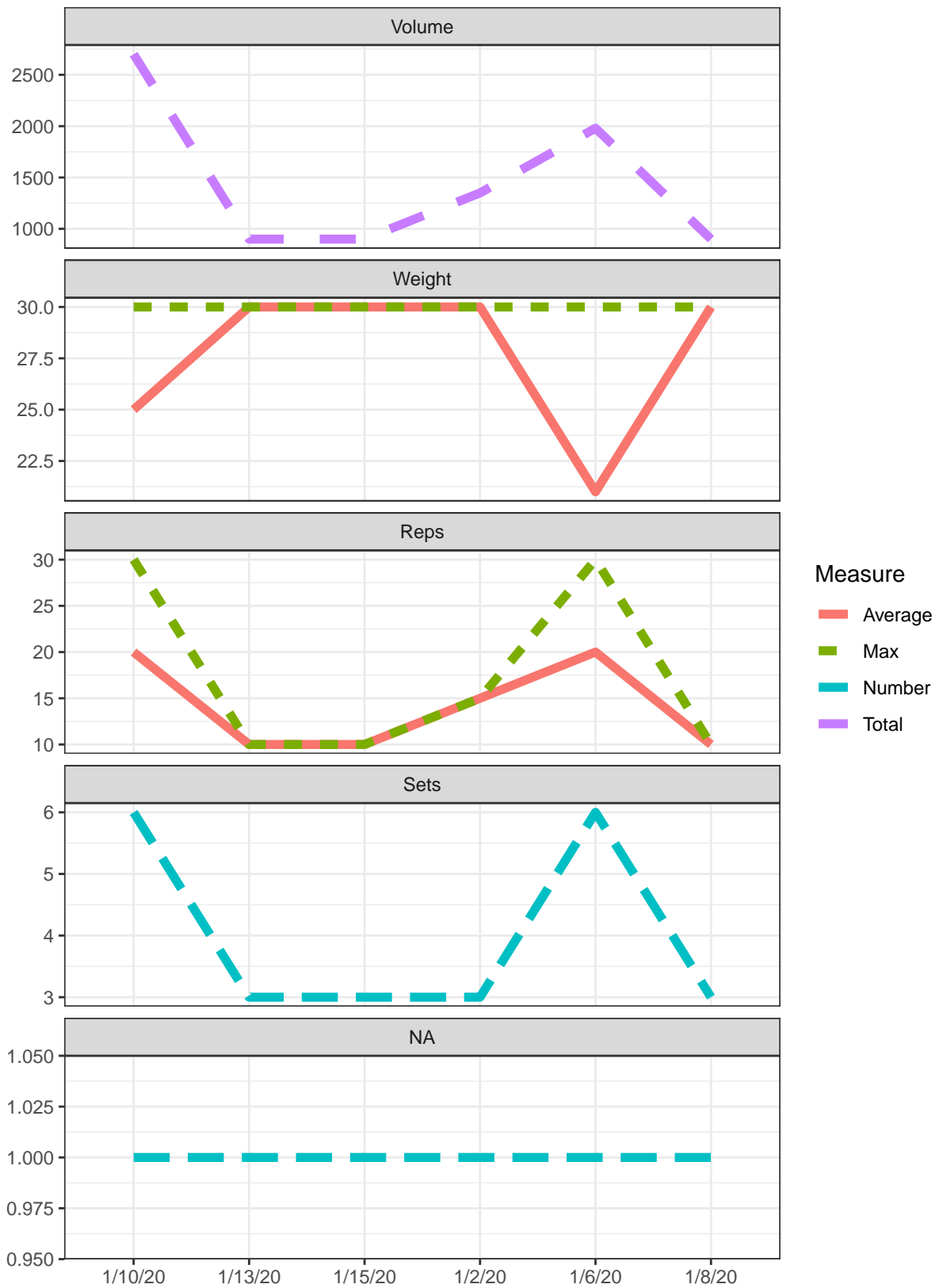
Core



Shoulders



Triceps



Back

