

# Workout Report 1

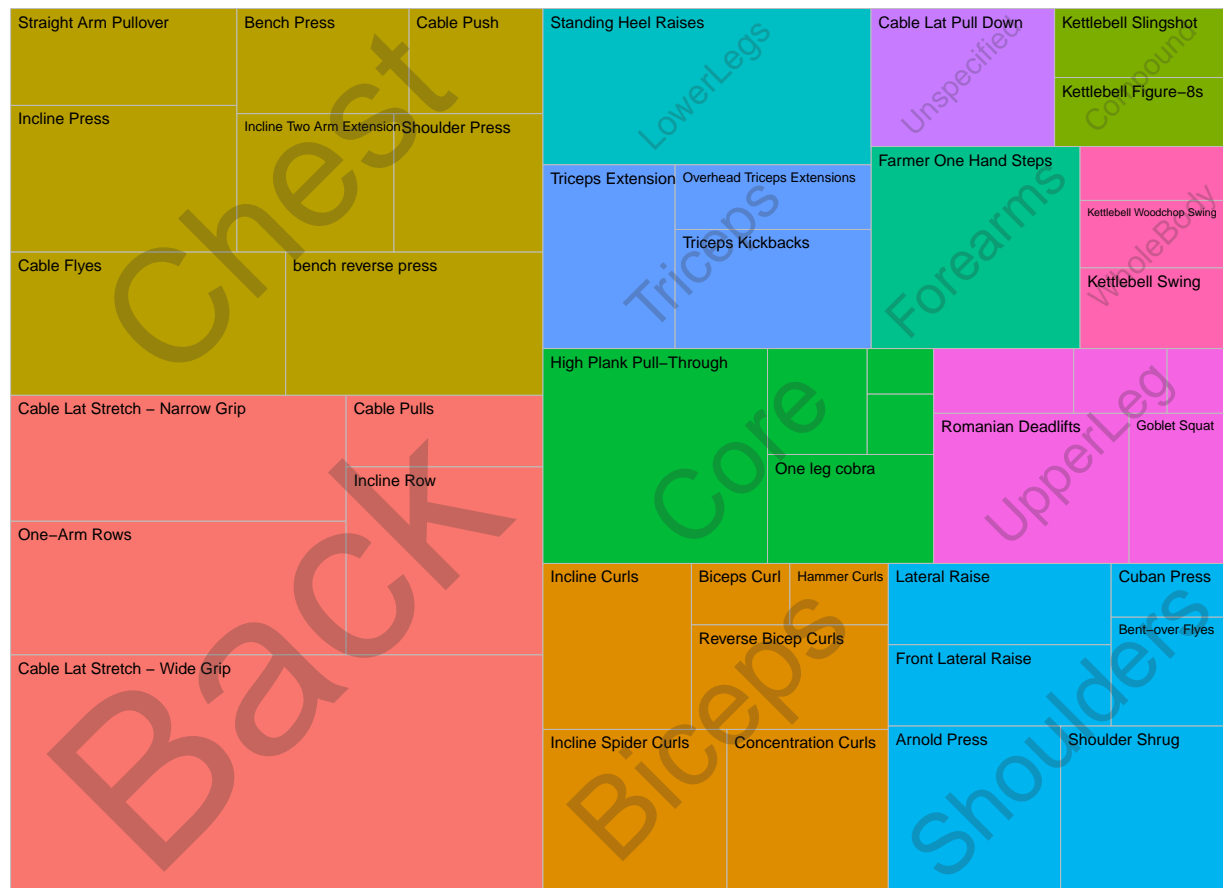
*04 March, 2020*

Exercise	Group1
Cable Lat Pull Down	Unspecified
One leg cobra	Core
Shoulder Press	Chest
Cable Flyes	Chest
Reverse Bicep Curls	Biceps
Romanian Deadlifts	UpperLeg
Front Lateral Raise	Shoulders
Concentration Curls	Biceps
One-Arm Rows	Back
Triceps Extension	Triceps
Straight Arm Pullover	Chest
bench reverse press	Chest
Leg Raise	Core
Cable Lat Stretch - Wide Grip	Back
Bird Dog	Core
Plank	Core
Cobra	Core
Decline Crunches	Core
Cable Lat Stretch - Narrow Grip	Back
Standing Crunch	Core
Standing Side Bend	Core
Laying Elbow-back Lifts	Back
Laying Leg Lift And Hold	Core
laying side hip adductor lift	UpperLeg
Side Plank Bends	Core
Lateral Raise	Shoulders
Goblet Squat	UpperLeg
High Plank Pull-Through	Core
Incline Press	Chest
Incline Curls	Biceps
Triceps Kickbacks	Triceps
Incline Two Arm Extension	Chest
Incline Row	Back
Incline Spider Curls	Biceps
Arnold Press	Shoulders
Cable Pulls	Back
Cable Push	Chest
Farmer One Hand Steps	Forearms
Kettlebell Laying Hip Bridge	UpperLeg
Kettlebell Laying Hip Thrust	Core
Kettlebell One-leg Same-side Deadlift	UpperLeg
Kettlebell One-leg Opposite-side Deadlift	UpperLeg
Kettlebell One-Hand Side Swing	WholeBody
Kettlebell Figure-8s	Compound
Kettlebell Swing	WholeBody
Kettlebell Woodchop Swing	WholeBody
Kettlebell Slingshot	Compound

Exercise	Group1
Standing Heel Raises	LowerLegs
Shoulder Shrug	Shoulders
Bent-over Flyes	Shoulders
Biceps Curl	Biceps
Bench Press	Chest
Hammer Curls	Biceps
Overhead Triceps Extensions	Triceps
Kneeling Wood Throws	Core
Russian Twist	Core
Cuban Press	Shoulders

## Volumes

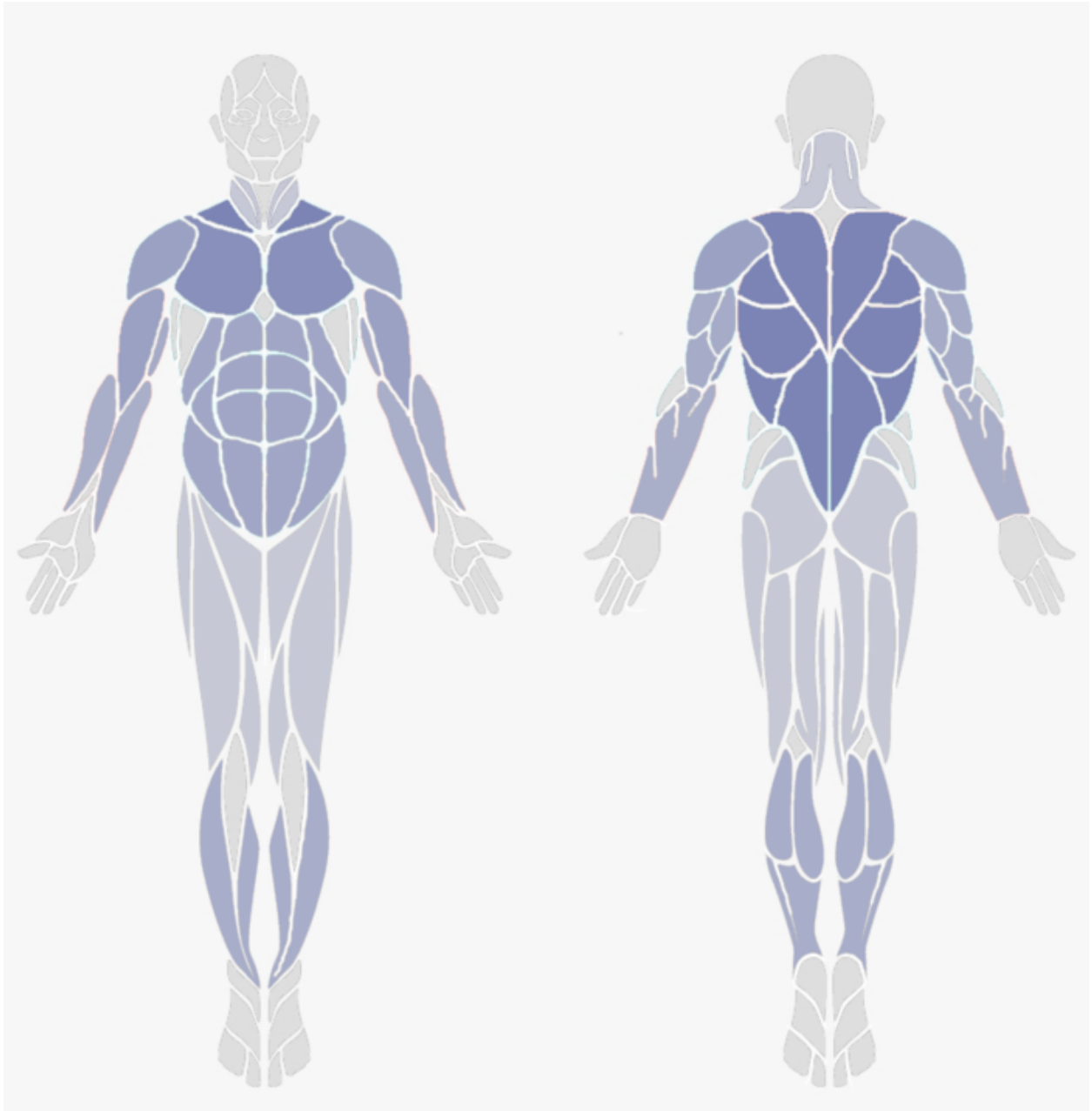
### Volume



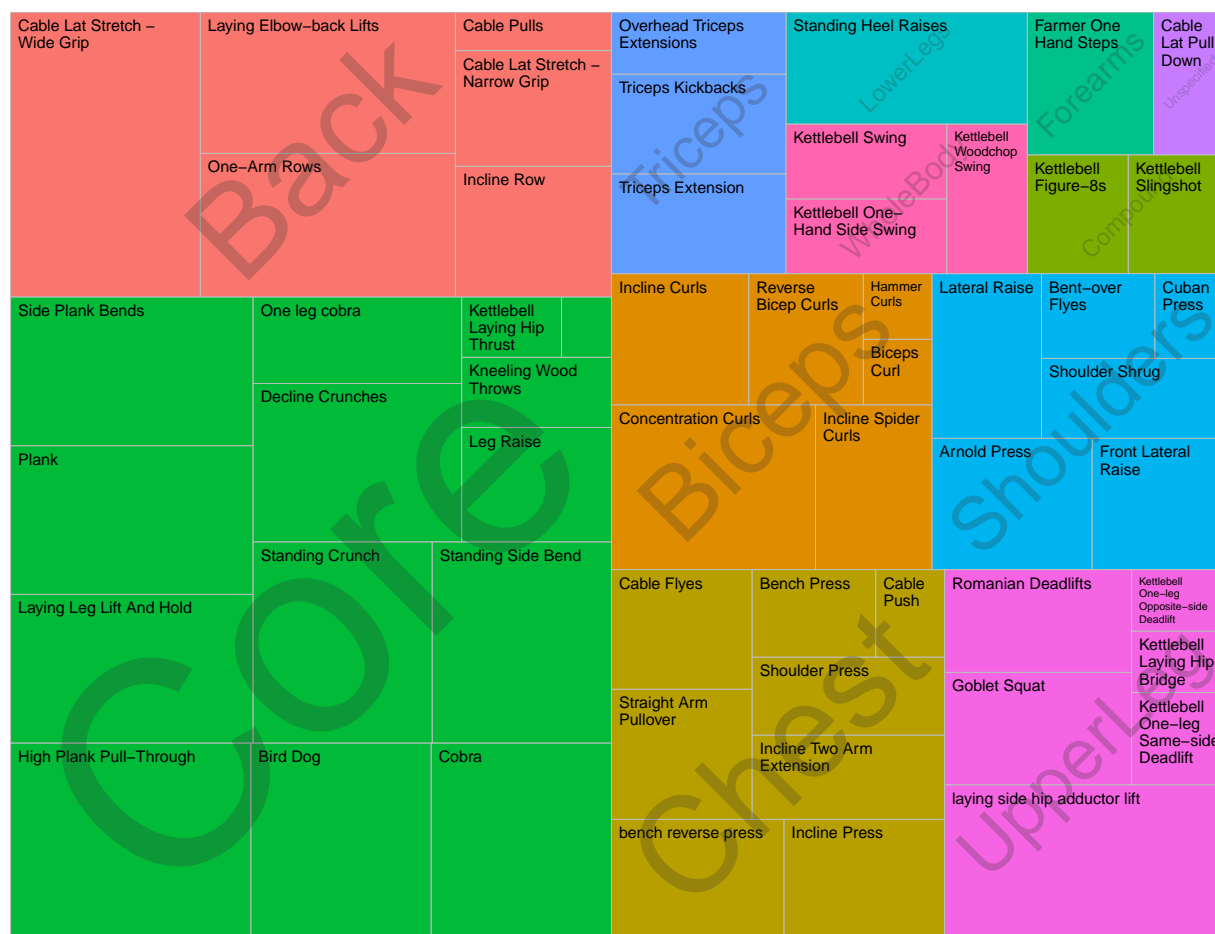
Group1	Exercise	volume_Exercise	percent_of_Group1	percent_of_Total
Back	Cable Lat Stretch - Narrow Grip	4200	15.9	3.9
Back	Cable Lat Stretch - Wide Grip	12600	47.8	11.8
Back	Cable Pulls	1400	5.3	1.3
Back	Incline Row	3680	14.0	3.4
Back	One-Arm Rows	4460	16.9	4.2
Biceps	Biceps Curl	600	5.3	0.6
Biceps	Concentration Curls	2620	23.2	2.4
Biceps	Hammer Curls	600	5.3	0.6
Biceps	Incline Curls	2450	21.7	2.3
Biceps	Incline Spider Curls	2990	26.4	2.8
Biceps	Reverse Bicep Curls	2050	18.1	1.9
Chest	Bench Press	1800	8.8	1.7
Chest	bench reverse press	3665	17.9	3.4
Chest	Cable Flyes	3920	19.1	3.7
Chest	Cable Push	1400	6.8	1.3
Chest	Incline Press	3300	16.1	3.1
Chest	Incline Two Arm Extension	2160	10.5	2.0
Chest	Shoulder Press	2050	10.0	1.9
Chest	Straight Arm Pullover	2180	10.6	2.0
Compound	Kettlebell Figure-8s	1200	50.0	1.1

Group1	Exercise	volume_Exercise	percent_of_Group1	percent_of_Total
Compound	Kettlebell Slingshot	1200	50.0	1.1
Core	High Plank Pull-Through	4800	57.5	4.5
Core	Kettlebell Laying Hip Thrust	400	4.8	0.4
Core	Kneeling Wood Throws	1050	12.6	1.0
Core	One leg cobra	1800	21.6	1.7
Core	Russian Twist	300	3.6	0.3
Forearms	Farmer One Hand Steps	4200	100.0	3.9
LowerLegs	Standing Heel Raises	5100	100.0	4.8
Shoulders	Arnold Press	2860	25.6	2.7
Shoulders	Bent-over Flyes	1280	11.5	1.2
Shoulders	Cuban Press	630	5.6	0.6
Shoulders	Front Lateral Raise	1800	16.1	1.7
Shoulders	Lateral Raise	1800	16.1	1.7
Shoulders	Shoulder Shrug	2800	25.1	2.6
Triceps	Overhead Triceps Extensions	1260	21.0	1.2
Triceps	Triceps Extension	2415	40.3	2.3
Triceps	Triceps Kickbacks	2320	38.7	2.2
Unspecified	Cable Lat Pull Down	2520	100.0	2.4
UpperLeg	Goblet Squat	1500	23.7	1.4
UpperLeg	Kettlebell Laying Hip Bridge	400	6.3	0.4
UpperLeg	Kettlebell One-leg Opposite-side Deadlift	600	9.5	0.6
UpperLeg	Kettlebell One-leg Same-side Deadlift	900	14.2	0.8
UpperLeg	Romanian Deadlifts	2920	46.2	2.7
WholeBody	Kettlebell One-Hand Side Swing	800	26.7	0.7
WholeBody	Kettlebell Swing	1200	40.0	1.1
WholeBody	Kettlebell Woodchop Swing	1000	33.3	0.9

Group1	volume_Group1	percent_of_Total
Back	26340	24.6
Biceps	11310	10.6
Chest	20475	19.1
Compound	2400	2.2
Core	8350	7.8
Forearms	4200	3.9
LowerLegs	5100	4.8
Shoulders	11170	10.4
Triceps	5995	5.6
Unspecified	2520	2.4
UpperLeg	6320	5.9
WholeBody	3000	2.8



## Reps



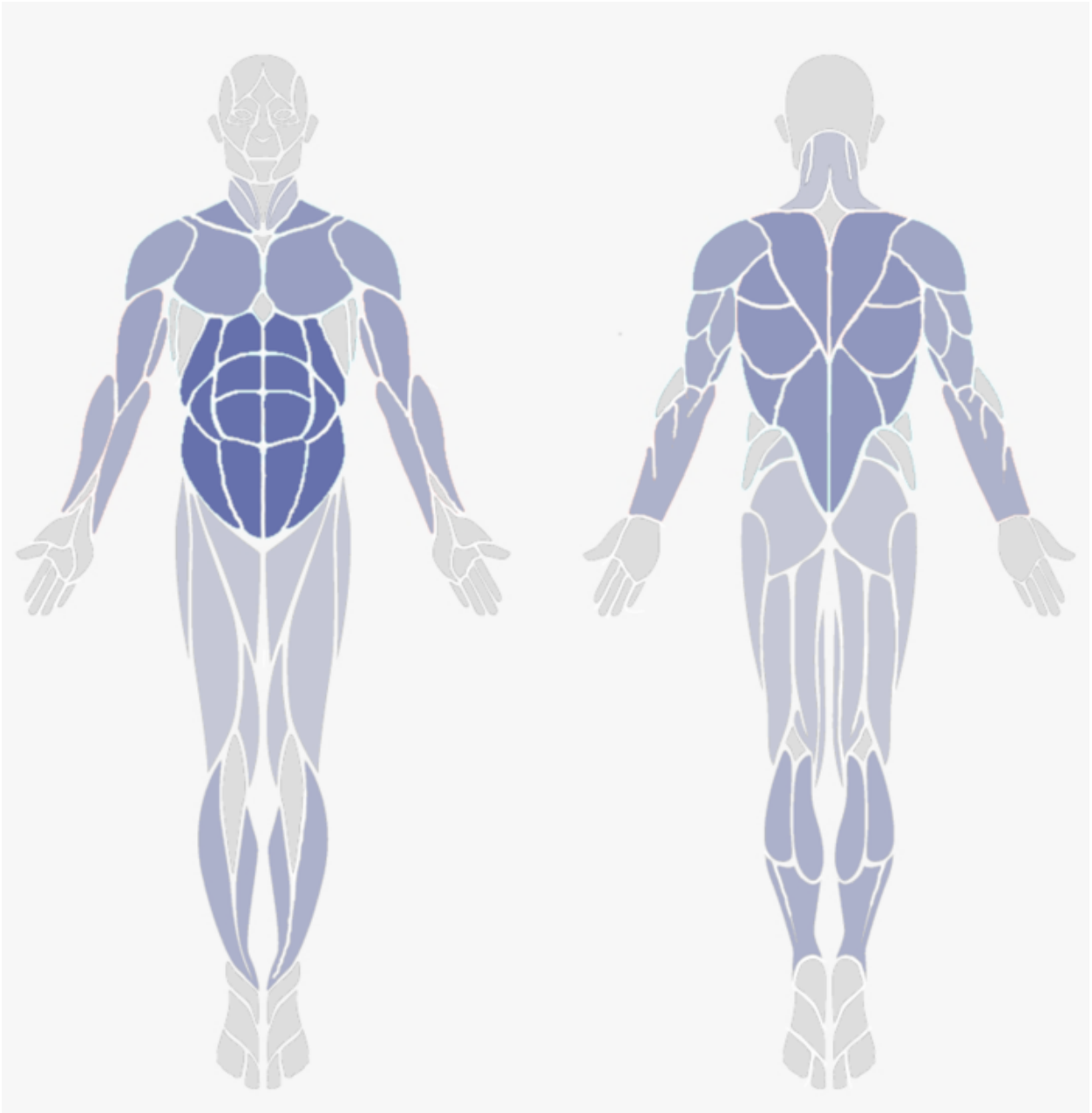
Group1	Exercise	reps_Exercise	percent_of_Group1	percent_of_Total
Back	Cable Lat Stretch - Narrow Grip	60	10.5	1.6
Back	Cable Lat Stretch - Wide Grip	180	31.6	4.8
Back	Cable Pulls	20	3.5	0.5
Back	Incline Row	68	11.9	1.8
Back	Laying Elbow-back Lifts	120	21.1	3.2
Back	One-Arm Rows	122	21.4	3.2
Biceps	Biceps Curl	15	4.7	0.4
Biceps	Concentration Curls	112	35.4	3.0
Biceps	Hammer Curls	15	4.7	0.4
Biceps	Incline Curls	60	19.0	1.6
Biceps	Incline Spider Curls	64	20.3	1.7
Biceps	Reverse Bicep Curls	50	15.8	1.3
Chest	Bench Press	36	8.7	1.0
Chest	bench reverse press	71	17.1	1.9
Chest	Cable Flyes	56	13.5	1.5
Chest	Cable Push	20	4.8	0.5
Chest	Incline Press	66	15.9	1.7
Chest	Incline Two Arm Extension	54	13.0	1.4
Chest	Shoulder Press	50	12.1	1.3

Group1	Exercise	reps_Exercise	percent_of_Group1	percent_of_Total
Chest	Straight Arm Pullover	61	14.7	1.6
Compound	Kettlebell Figure-8s	40	50.0	1.1
Compound	Kettlebell Slingshot	40	50.0	1.1
Core	Bird Dog	120	9.3	3.2
Core	Cobra	120	9.3	3.2
Core	Decline Crunches	110	8.5	2.9
Core	High Plank Pull-Through	160	12.4	4.2
Core	Kettlebell Laying Hip Thrust	20	1.5	0.5
Core	Kneeling Wood Throws	35	2.7	0.9
Core	Laying Leg Lift And Hold	120	9.3	3.2
Core	Leg Raise	57	4.4	1.5
Core	One leg cobra	60	4.6	1.6
Core	Plank	120	9.3	3.2
Core	Russian Twist	10	0.8	0.3
Core	Side Plank Bends	120	9.3	3.2
Core	Standing Crunch	120	9.3	3.2
Core	Standing Side Bend	120	9.3	3.2
Forearms	Farmer One Hand Steps	60	100.0	1.6
LowerLegs	Standing Heel Raises	90	100.0	2.4
Shoulders	Arnold Press	70	23.9	1.9
Shoulders	Bent-over Flyes	32	10.9	0.8
Shoulders	Cuban Press	21	7.2	0.6
Shoulders	Front Lateral Raise	60	20.5	1.6
Shoulders	Lateral Raise	60	20.5	1.6
Shoulders	Shoulder Shrug	50	17.1	1.3
Triceps	Overhead Triceps Extensions	36	23.7	1.0
Triceps	Triceps Extension	58	38.2	1.5
Triceps	Triceps Kickbacks	58	38.2	1.5
Unspecified	Cable Lat Pull Down	36	100.0	1.0
UpperLeg	Goblet Squat	70	19.8	1.9
UpperLeg	Kettlebell Laying Hip Bridge	20	5.6	0.5
UpperLeg	Kettlebell One-leg Opposite-side Deadlift	20	5.6	0.5
UpperLeg	Kettlebell One-leg Same-side Deadlift	30	8.5	0.8
UpperLeg	laying side hip adductor lift	150	42.4	4.0
UpperLeg	Romanian Deadlifts	64	18.1	1.7
WholeBody	Kettlebell One-Hand Side Swing	40	33.3	1.1
WholeBody	Kettlebell Swing	40	33.3	1.1
WholeBody	Kettlebell Woodchop Swing	40	33.3	1.1

Group1	reps_Group1	percent_of_Total
Back	570	15.1
Biceps	316	8.4
Chest	414	11.0
Compound	80	2.1
Core	1292	34.2
Forearms	60	1.6
LowerLegs	90	2.4
Shoulders	293	7.8
Triceps	152	4.0
Unspecified	36	1.0
UpperLeg	354	9.4

Group1	reps_Group1	percent_of_Total
WholeBody	120	3.2

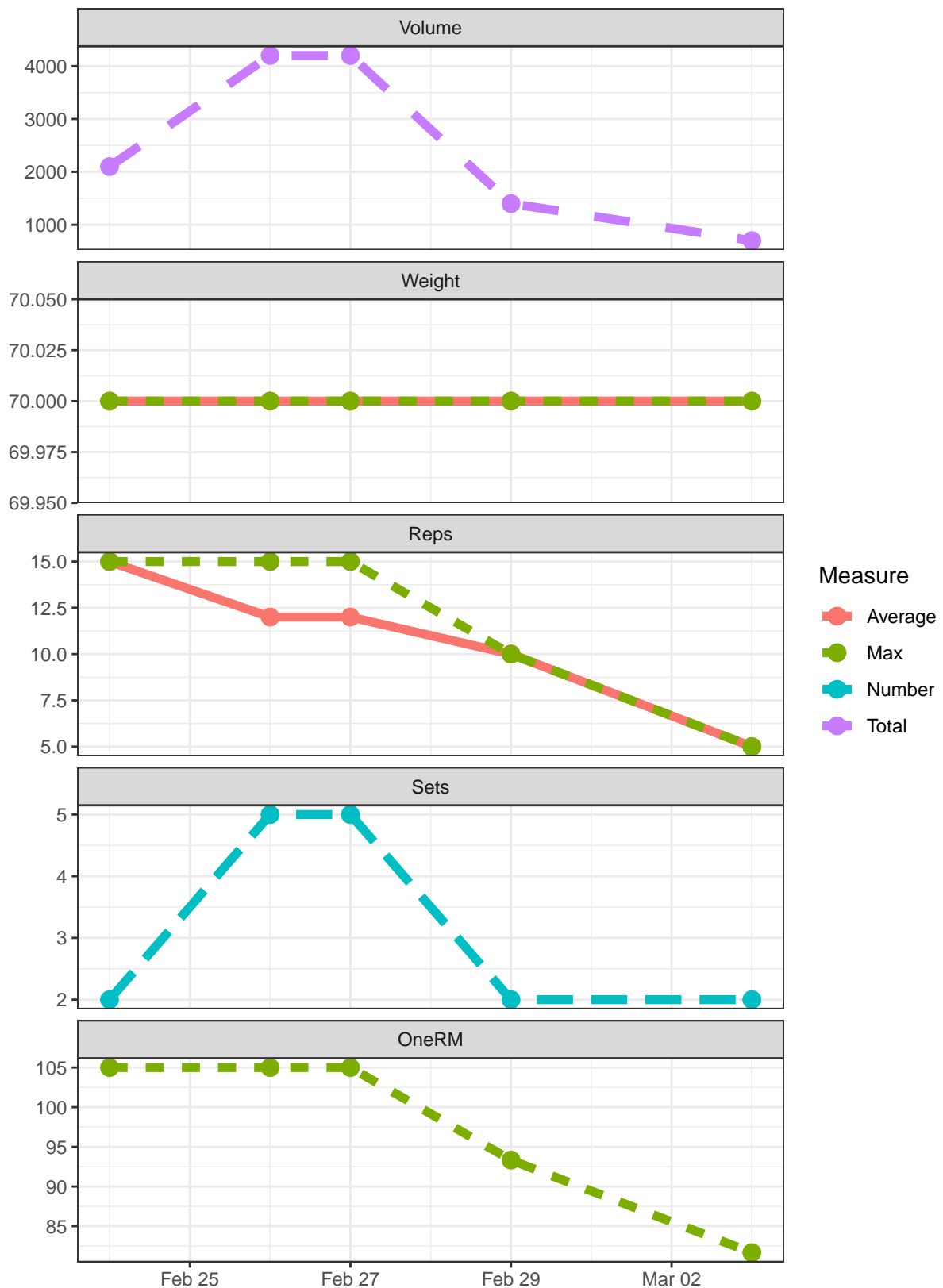




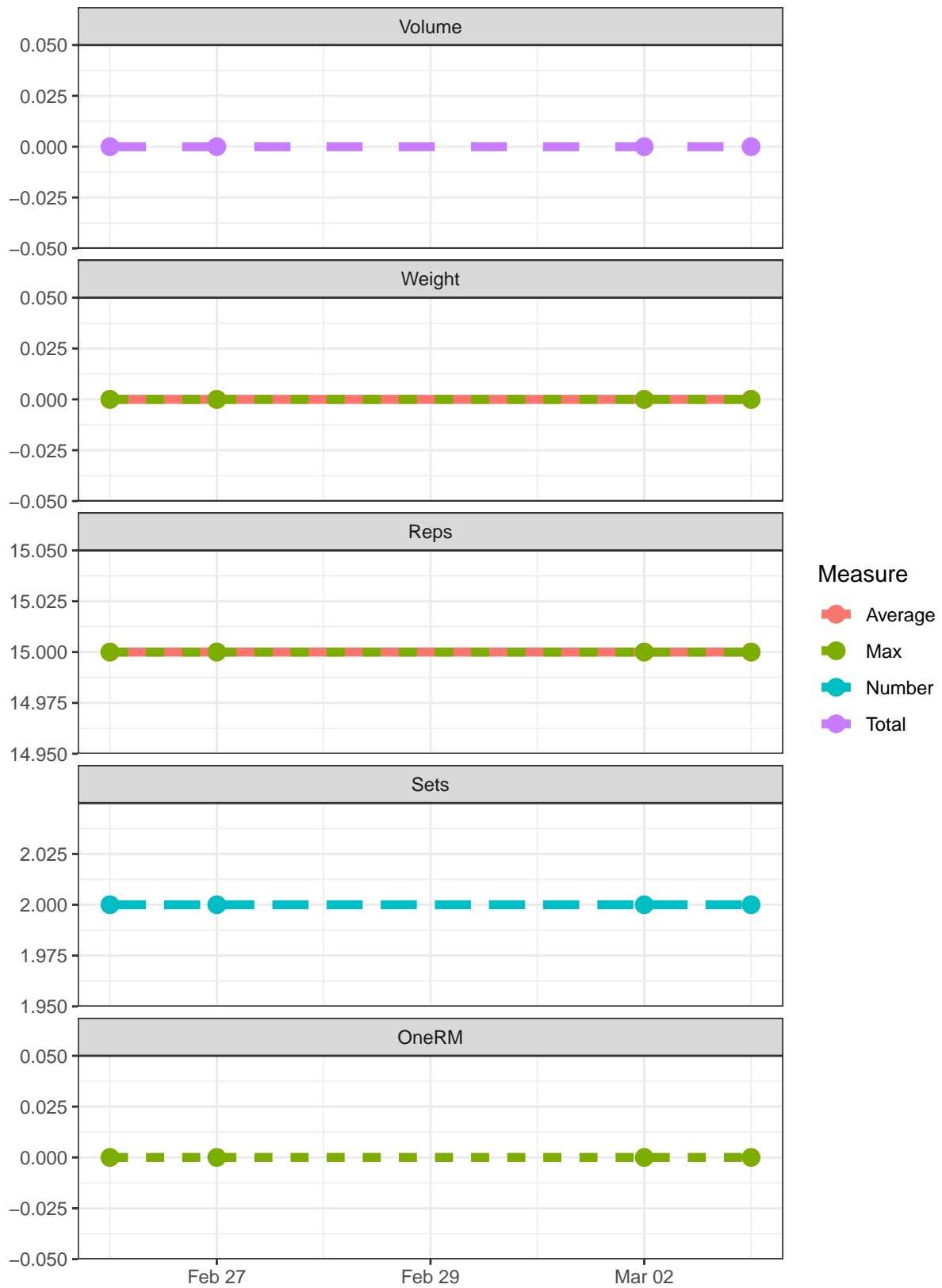


## Exercises Through Time

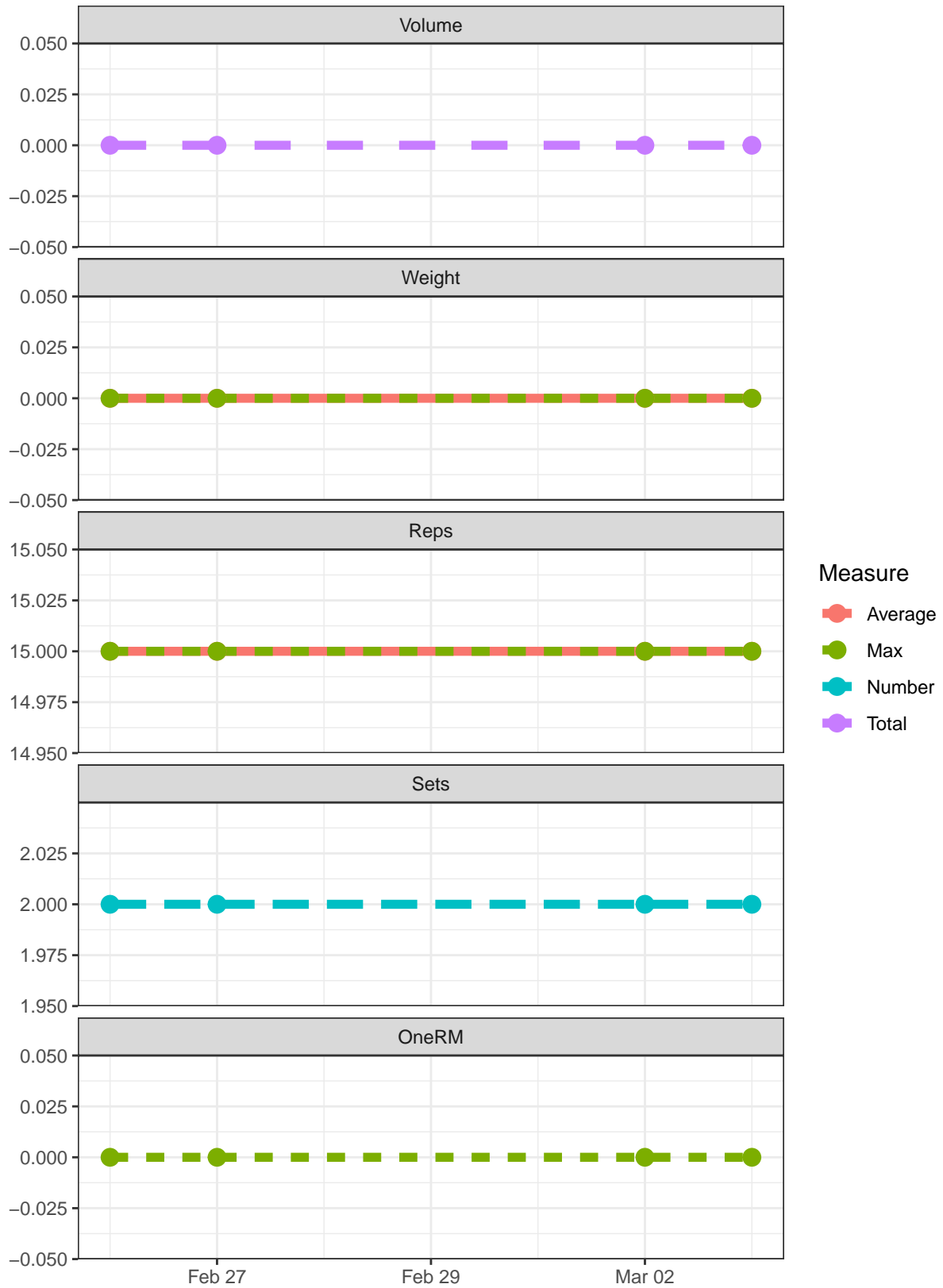
### Cable Lat Stretch – Wide Grip



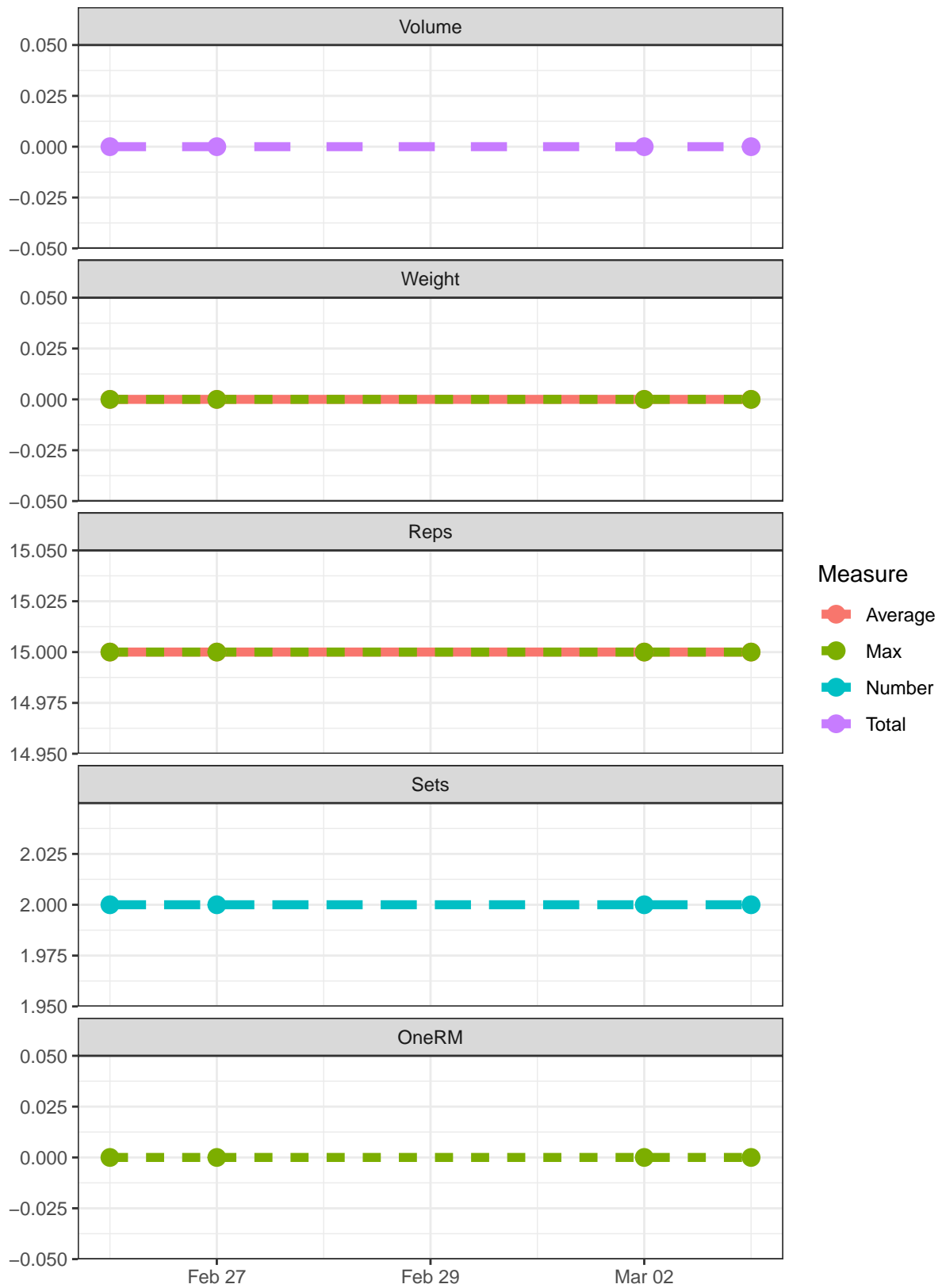
## Bird Dog



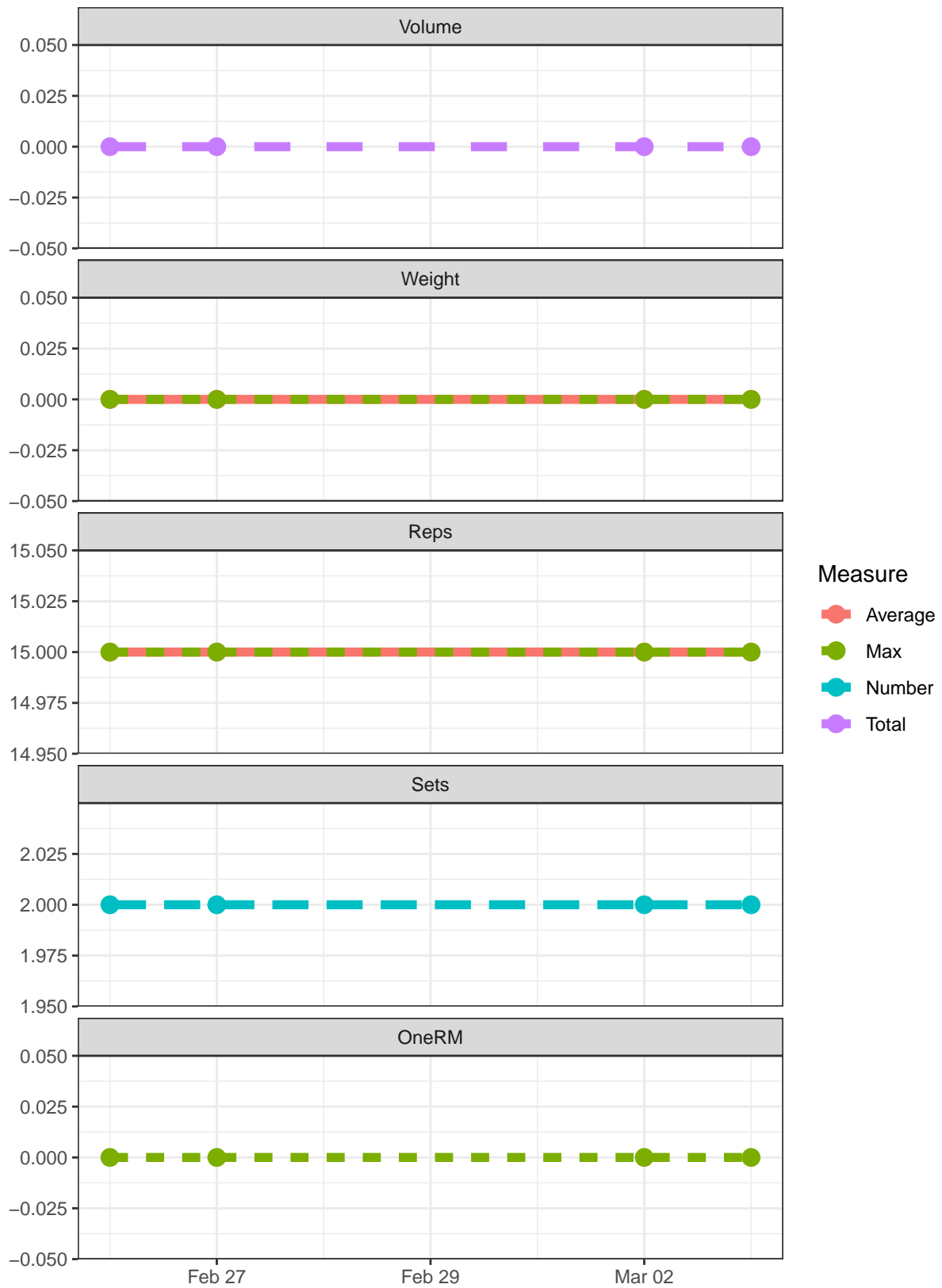
## Cobra



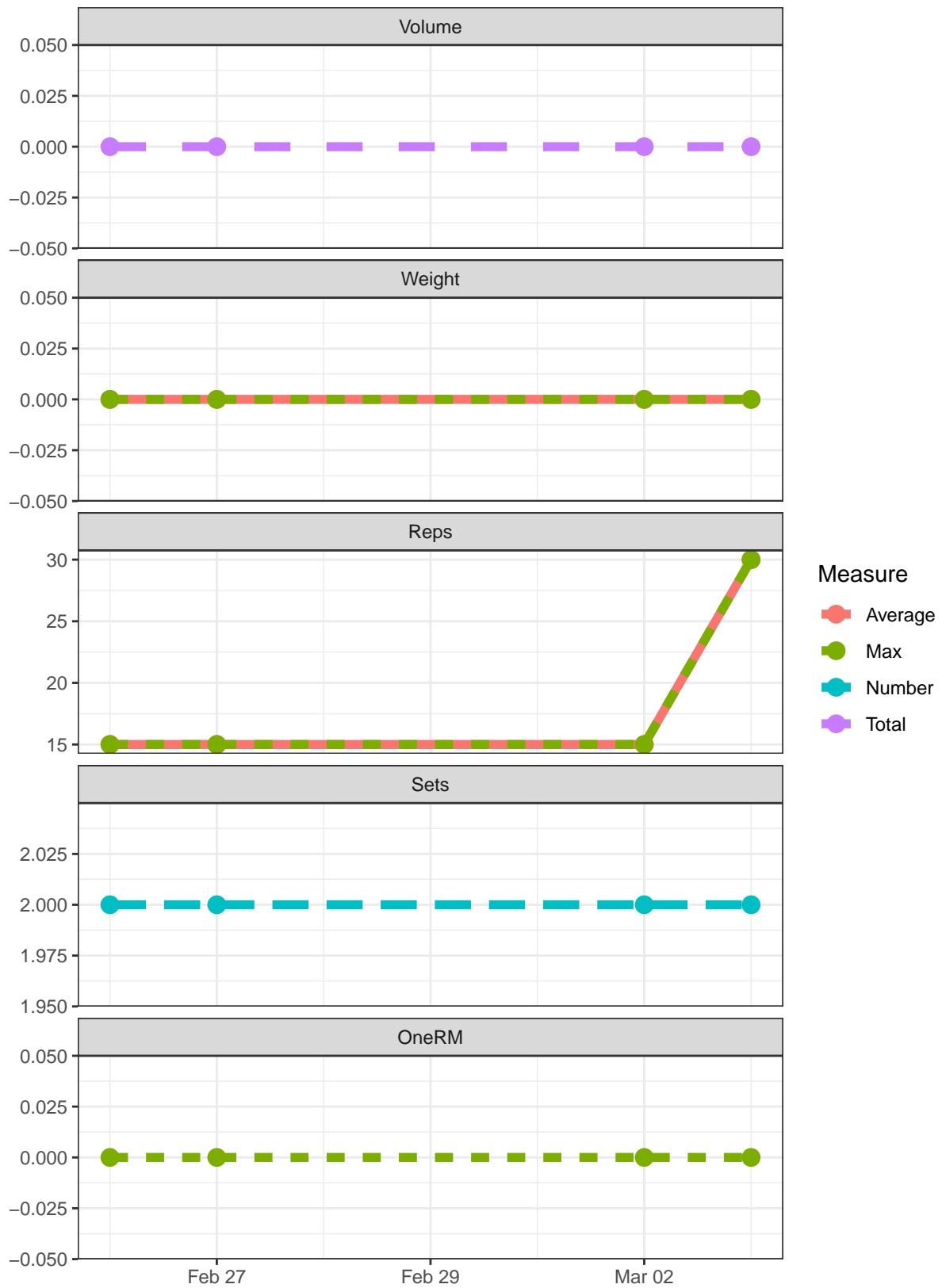
## Laying Elbow-back Lifts



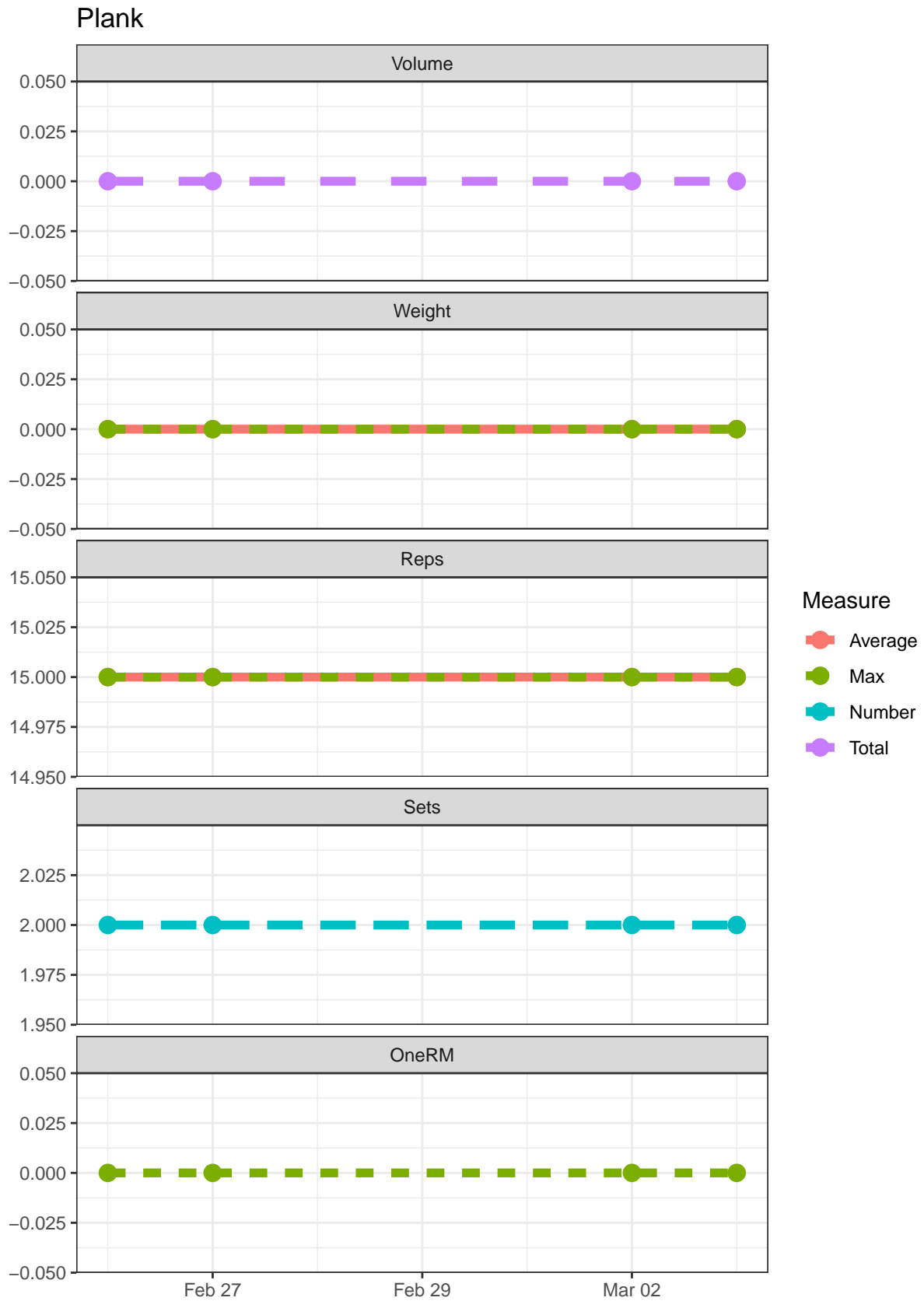
## Laying Leg Lift And Hold



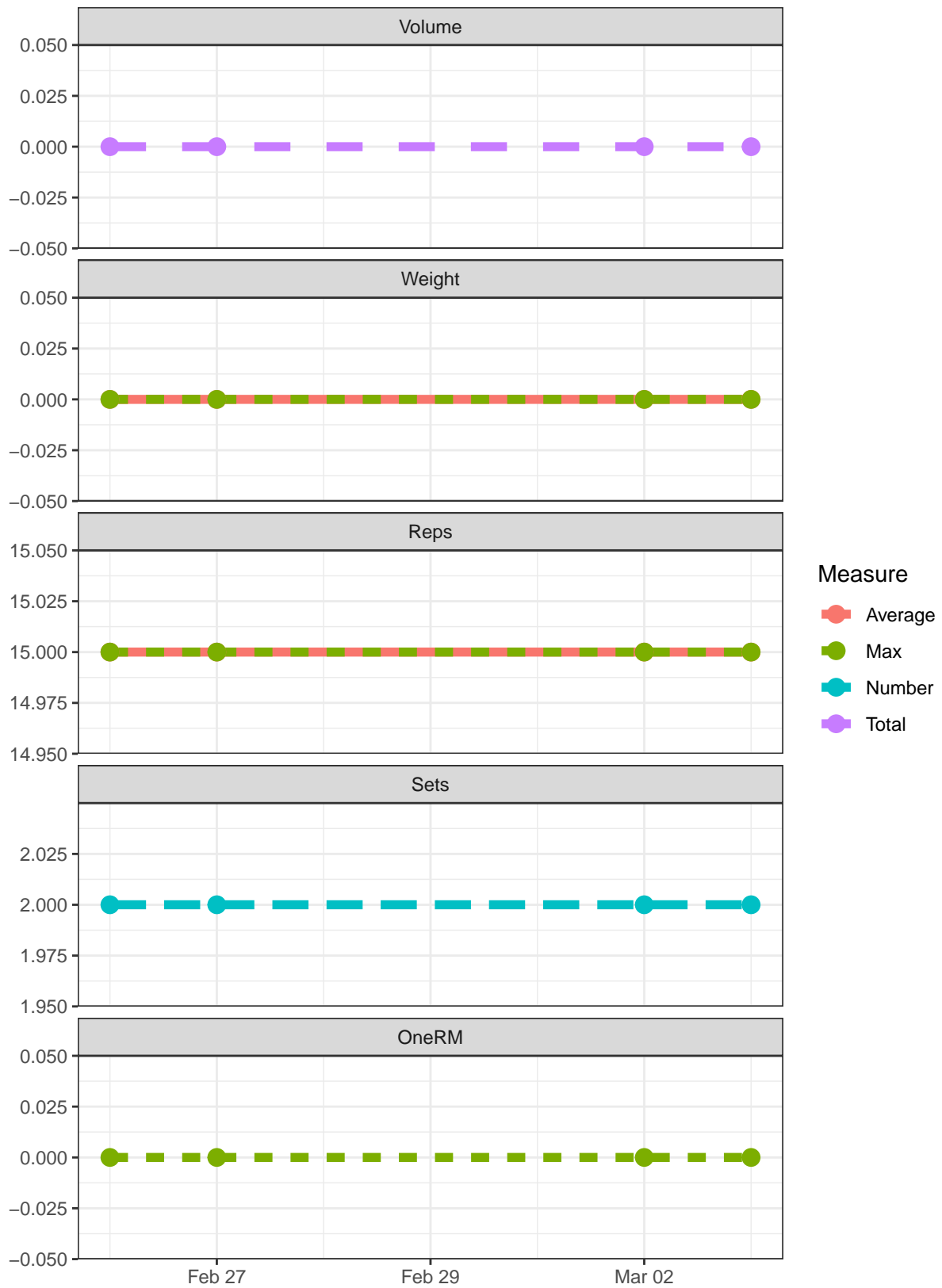
## laying side hip adductor lift



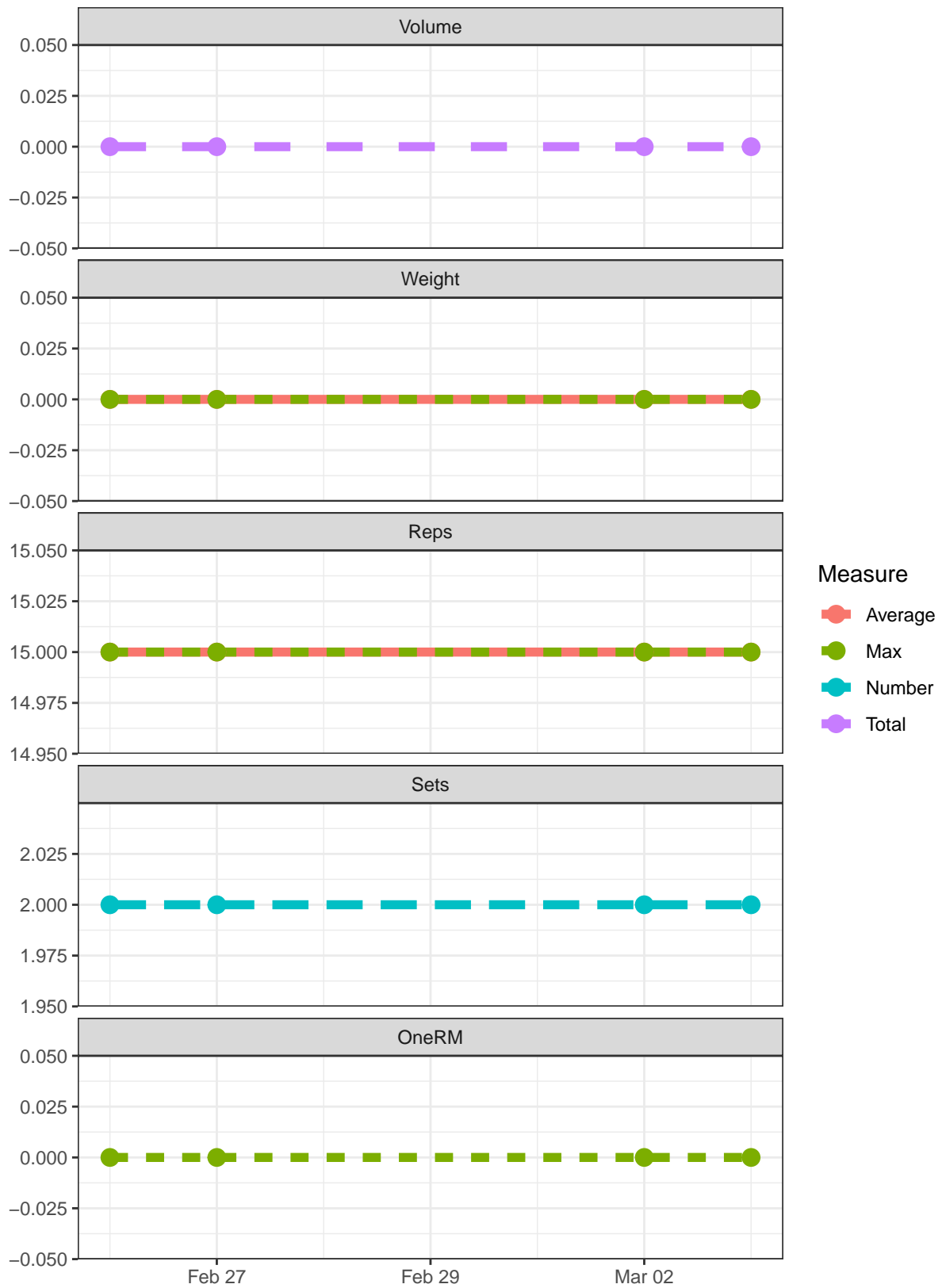




## Standing Crunch

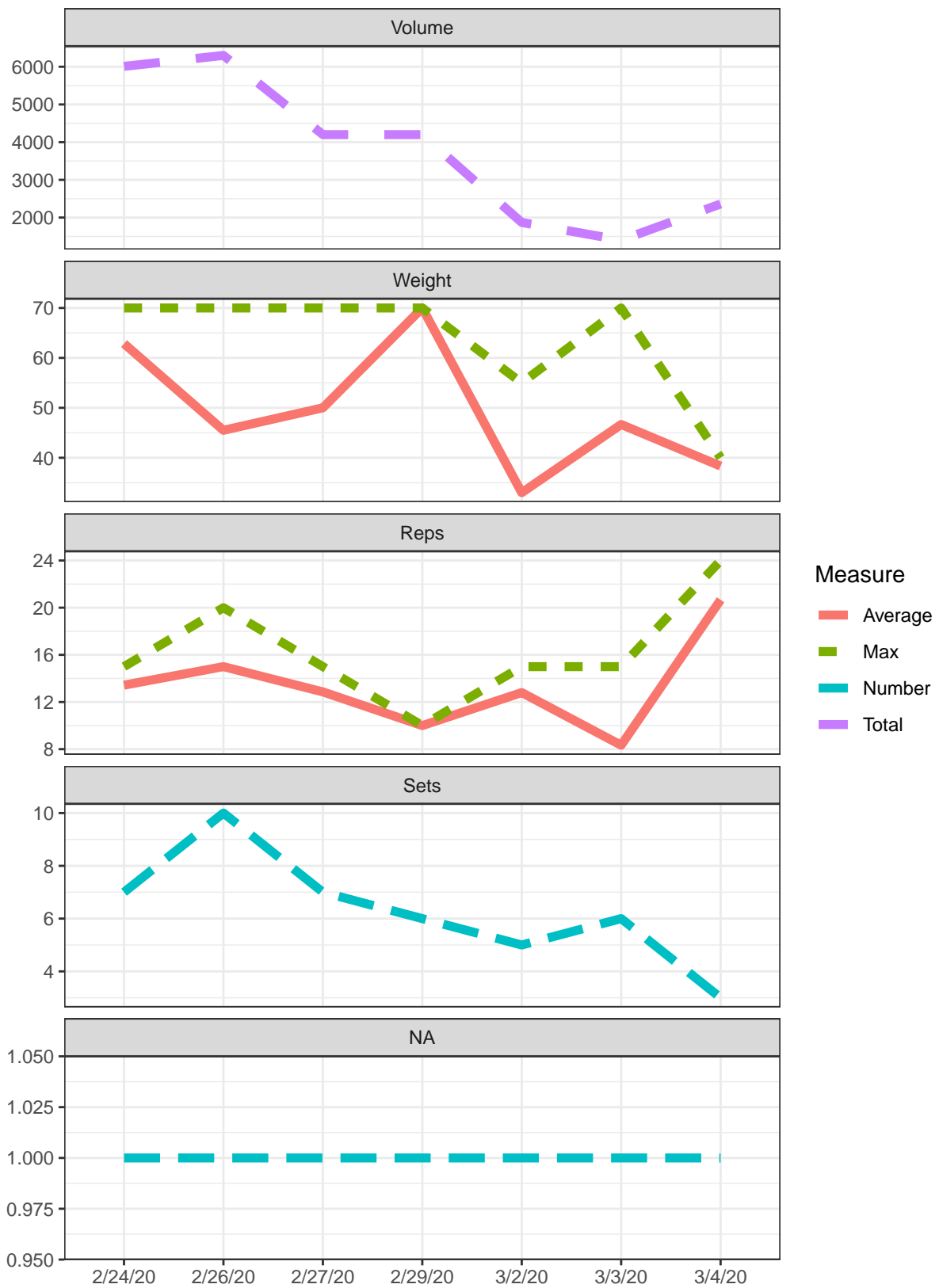


## Standing Side Bend

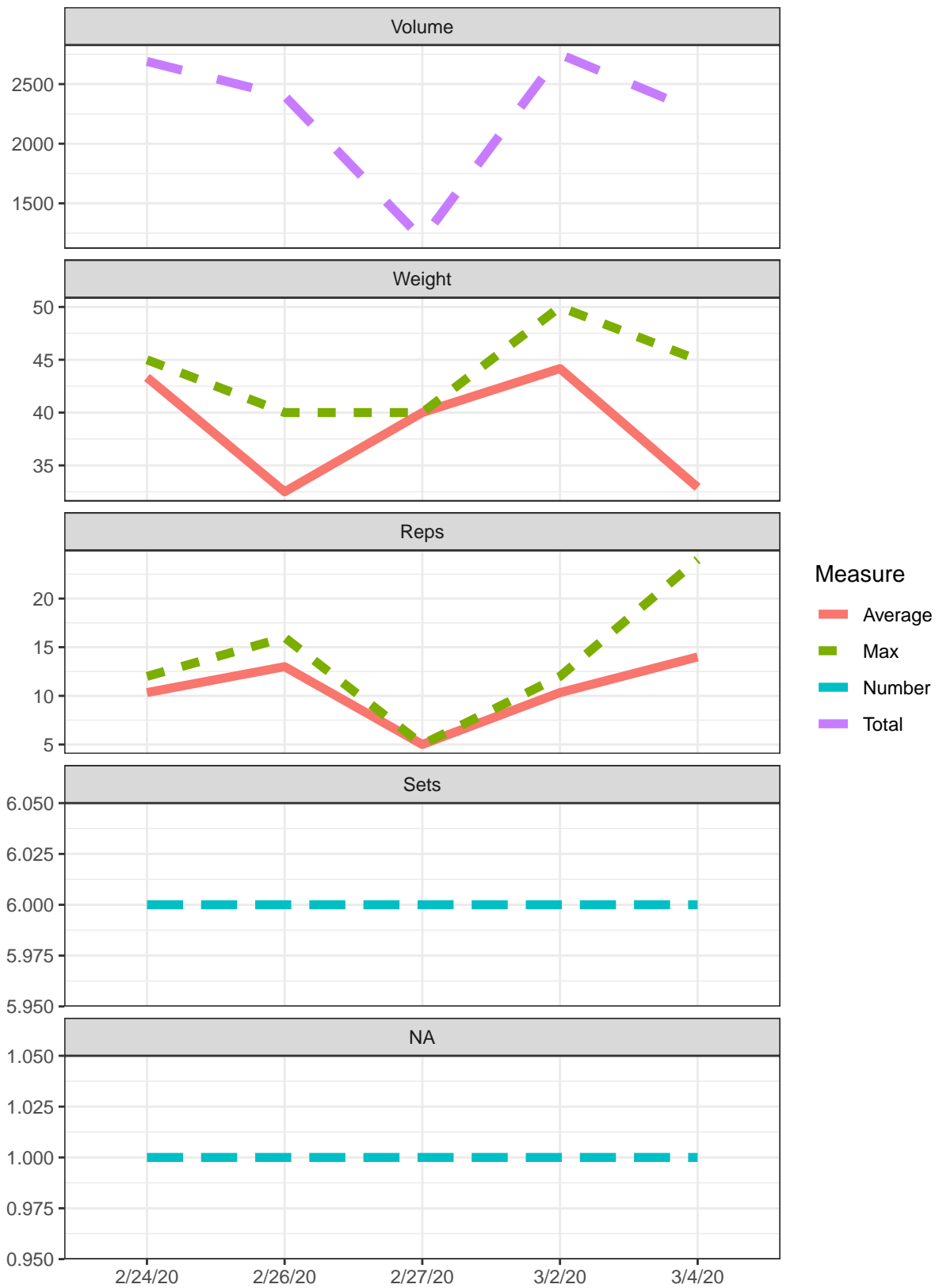


## Group Through Time

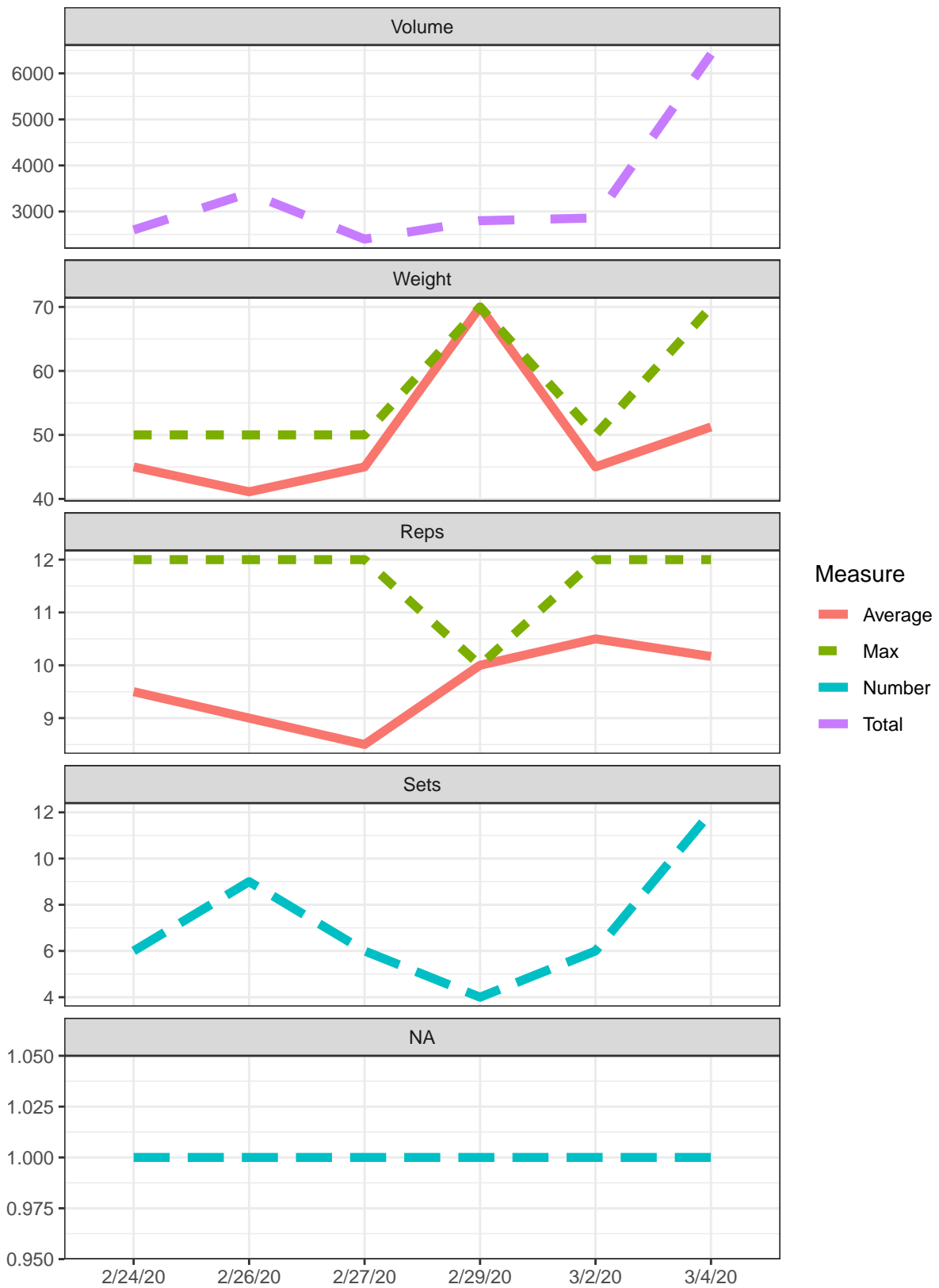
Back



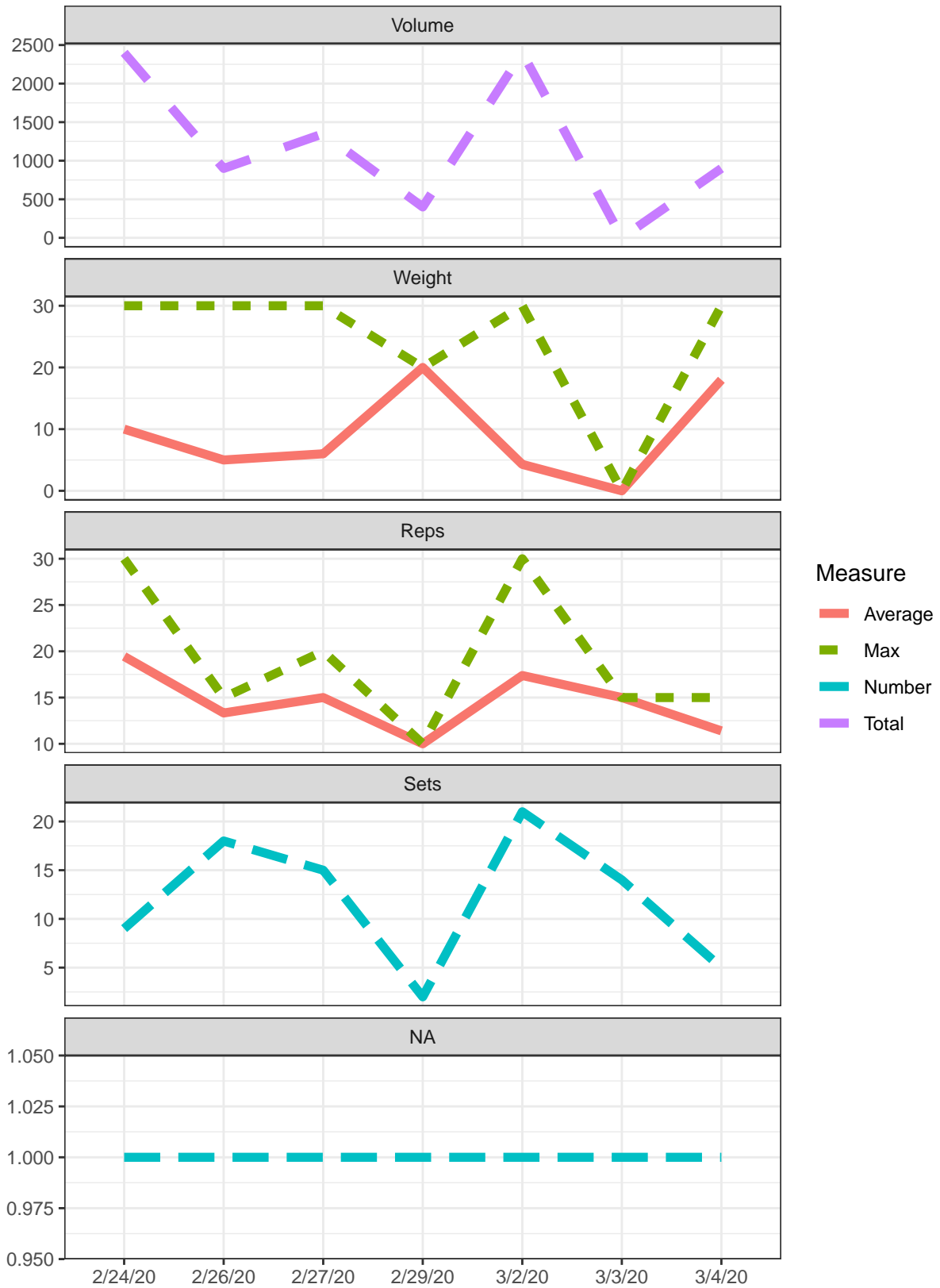
## Biceps



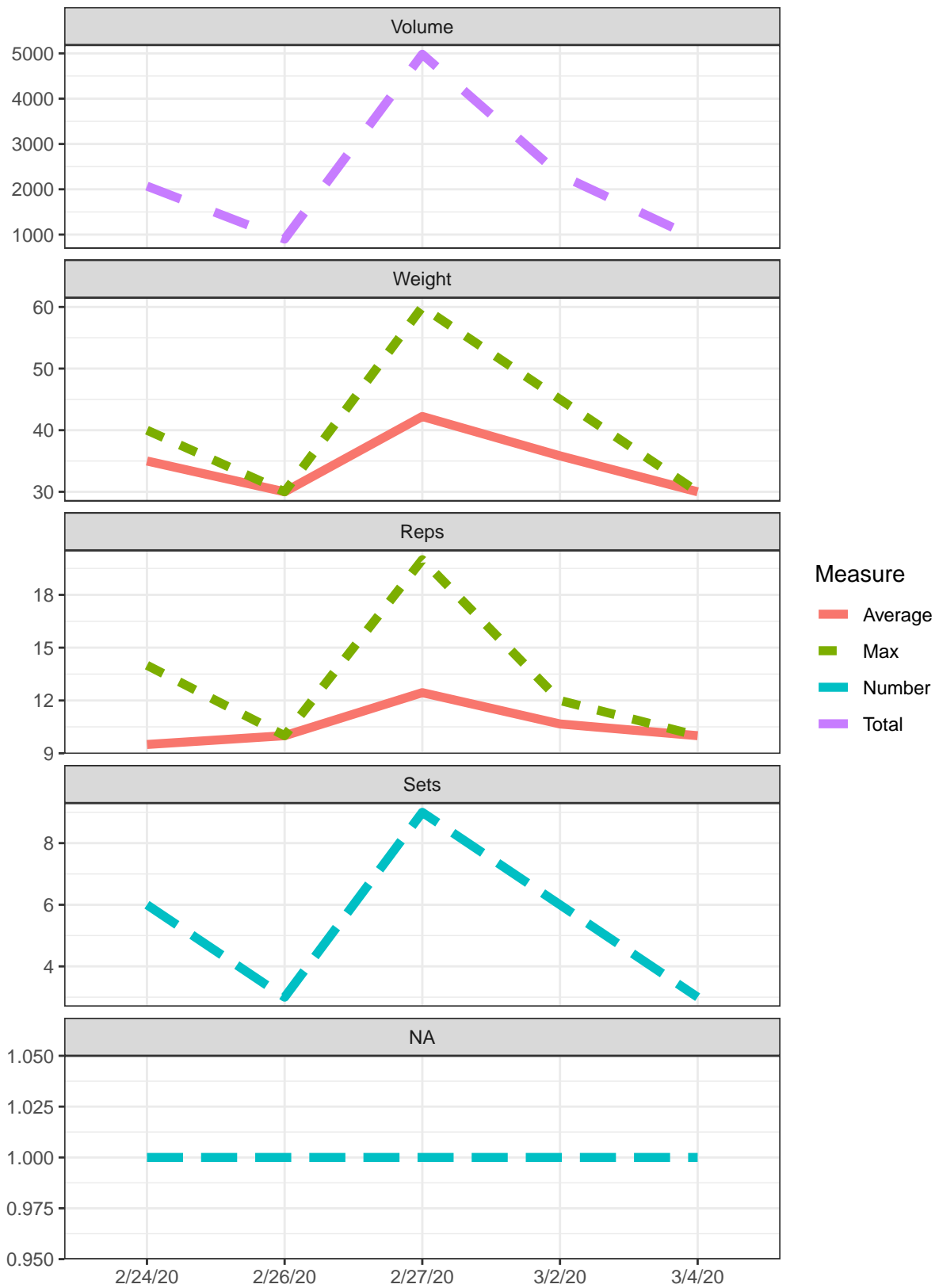
# Chest



## Core

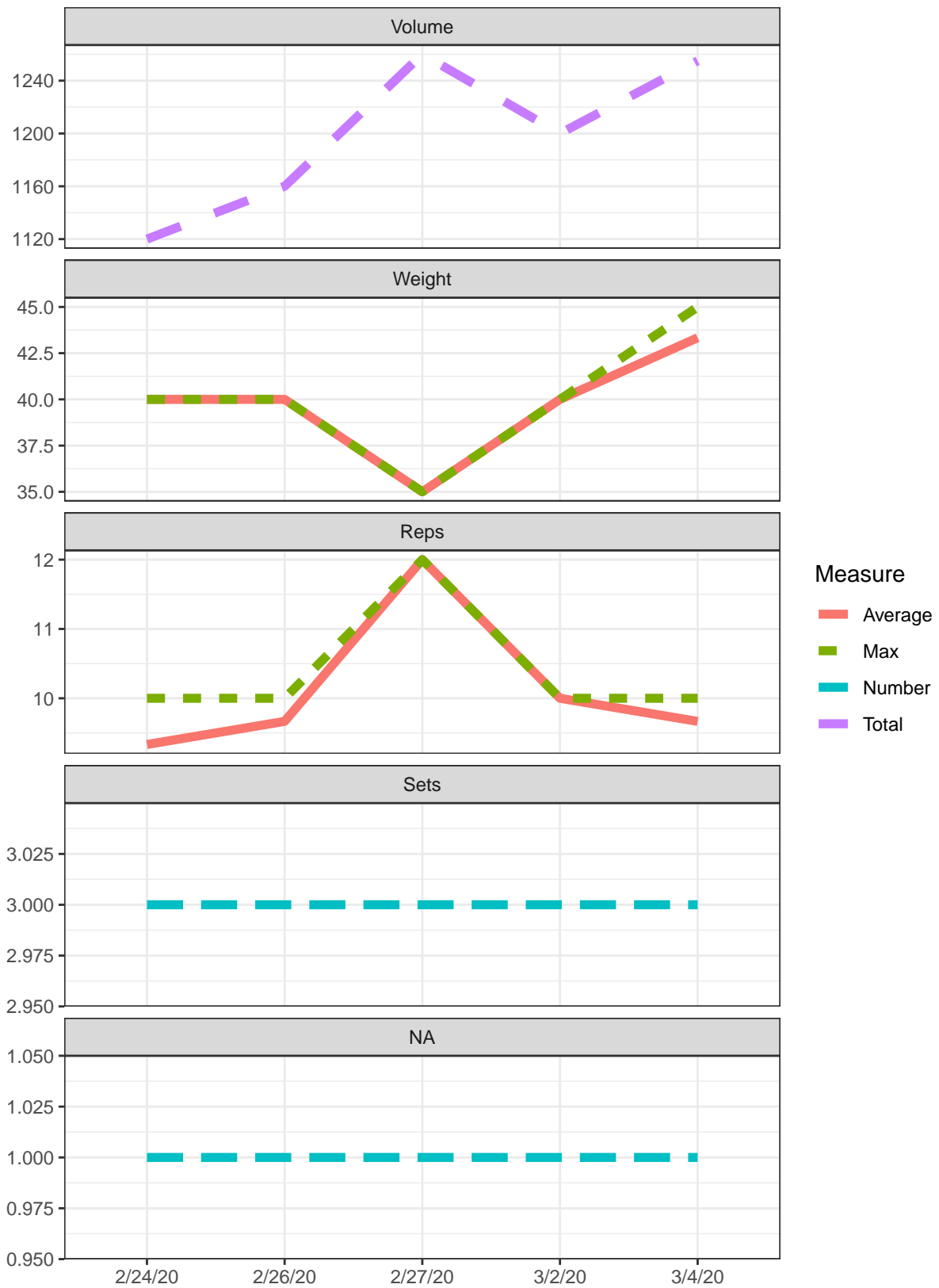


## Shoulders





# Triceps



## UpperLeg

