**Current Objectives:**

How many minutes -> hours per week?

187 minutes per week = 3 hours per week

How many sessions were completed and skipped?

Completed: 452 sessions / 12 sessions per week = 37.7 weeks

Skipped: 171 sessions / 12 sessions per week = 14.3 weeks

Which was the most and least consistent month?

Most: March

Least: December

January – 32 sessions, 610 minutes = 10 hours, 10 minutes – 19.06 mins/session

February – 38 sessions, 750 minutes = 12 hours, 30 minutes – 19.74 mins/session

March – 56 sessions, 1150 minutes = 19 hours, 10 minutes – 20.54 mins/session

April – 44 sessions, 975 minutes = 16 hours, 15 minutes – 22.16 mins/session

May – 30 sessions, 705 minutes = 11 hours, 45 minutes – 23.5 mins/session

June – 45 sessions, 950 minutes = 15 hours, 50 minutes – 21.11 mins/session

July – 32 sessions, 735 minutes = 12 hours, 15 minutes – 22.97 mins/session

August – 42 sessions, 975 minutes = 16 hours 15 minutes – 23.21 mins/session

September – 41 sessions, 855 minutes = 14 hours, 15 minutes – 20.85 mins/session

October – 35 sessions, 765 minutes = 12 hours, 45 minutes – 21.86 mins/session

November - 31 sessions, 630 minutes = 10 hours, 30 minutes – 20.32 mins/session

December – 27 sessions, 655 minutes = 10 hours, 55 minutes – 24.26 mins/session

Total: 19.06+19.74+20.54+22.16+23.5+21.11+22.97+23.21+20.85+21.86+20.32+24.26 = 259.58 / 12 =

21.63 mins/session on average

What is the average time spent per month?

610+750+1150+975+705+950+735+975+855+765+630+655 = 9755/12 =

812 mins/60 = 13 hours 32 minutes

What is the median time spent per month?

610,630,655,705,735,750,765,855,950,975,975,1150 = (750+765)/2 =

757.5mins/60 = 12 hours, 37.5 minutes

What is the range of time spent per month?

610 -> 1150 minutes

10 hours to 19 hours

Total time spent for the year?

9755 mins = 162 hours, 35 mins

Total time missed for the year?

12 weeks \* 3 hours/weeks = 42.75 hours or 2565 minutes

Heaviest repetition weight for each compound lift

Overhead Press – 135 lbs

Sumo Deadlift – 405 lbs

Conventional Deadlift – 385 lbs

Squat – 285 lbs

Bench Press – 225 lbs

Lowest repetition weight for each compound lift

Overhead Press – 95 lbs

Sumo Deadlift – 275 lbs

Conventional Deadlift – 275 lbs

Squat – 225 lbs

Bench Press – 135 lbs

Most and least improved workouts

Most: Sumo Deadlift

Least: Overhead Press

Overhead Press 125 -> 135, 10 lbs

Sumo Deadlift 295 -> 405, 110 lbs

Conventional Deadlifts – 295 -> 385, 90 lbs

Squat 225 -> 285, 60 lbs

Bench Press 185 -> 225, 40 lbs

What are the total repetitions for each barbell exercise?

Overhead Press – 771 repetitions

Sumo Deadlift – 481 repetitions

Conventional Deadlift – 494 repetitions

Squat – 618 repetitions

Bench Press – 780 repetitions

Total: 771+481+494+618+780 = 3144 repetitions

What are the total repetitions for each accessory exercise?

Dumbbell Row – 600 repetitions

Lateral Pull Down – 1143 repetitions

Shoulder Shrug – 396 repetitions

Flat Dumbbell – 768 repetitions

Incline Dumbbell - 480 repetitions

Leg Curl – 615 repetitions

Dumbbell Shoulder - 1233 repetitions

Dumbbell Curl – 1224 repetitions

Tricep Pull Down – 1242 repetitions

Pull Back Machine - 672 repetitions

Total: 600+1143+396+768+480+615+1233+1224+1242+672 = 8373 repetitions

What are the total repetitions for each month and the total average per session?

January – 32 sessions, 636 repetitions – 19.8 reps/session

February – 38 sessions, 693 repetitions – 18.2 reps/session

March - 56 sessions, 1008 repetitions – 18 reps/session

April – 44 sessions, 801 repetitions – 18.2 reps/session

May – 30 sessions, 516 repetitions – 17.2 reps/session

June – 45 sessions, 864 repetitions – 19.2 reps/session

July – 32 sessions, 585 repetitions - 18.3 reps/session

August – 42 sessions, 714 repetitions - 17 reps/session

September- 41 sessions, 738 repetitions – 18 reps/session

October – 35 sessions, 627 repetitions – 17.9 reps/session

November - 31 sessions, 558 repetitions – 18 reps/session

December – 27 sessions, 438 repetitions – 16.2 reps/session

Total: (19.8+18.2+18+18.2+17.2+19.2+18.3+17+18+17.9+18+16.2) / (12) = 18 reps/session

What is the volume vs. intensity of the workouts in terms of reps/weight?

What variables affected workouts?

Missed days (vacation, pickleball, studying), form issues (controlled speed, bracing, grip, stance, breathing, depth), injuries (lower back, left shoulder, thumb rip), , gear(straps, belt, chalk, grip tape, knee sleeves, proper shoes), rushing time, nutrition, sleep, stress

Which body category was the most and least targeted?

Most: Arms

Least: Chest

Legs – 182 sessions

Arms – 208 sessions

Chest – 104 sessions

Back – 130 sessions

**Future Objectives:**

Implement RPE scale?

Track comments/feedback of the day’s workout?

Predicting future 1RM?

No PRs for this year, got back to previous 1RMs

Optimal Workload?

3x3, 3x5, or 3x8 at 60-70%