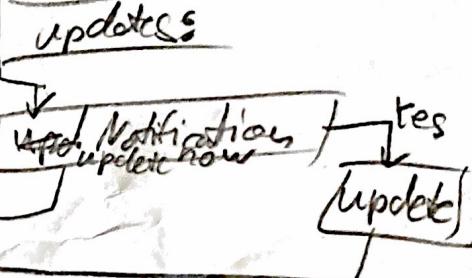
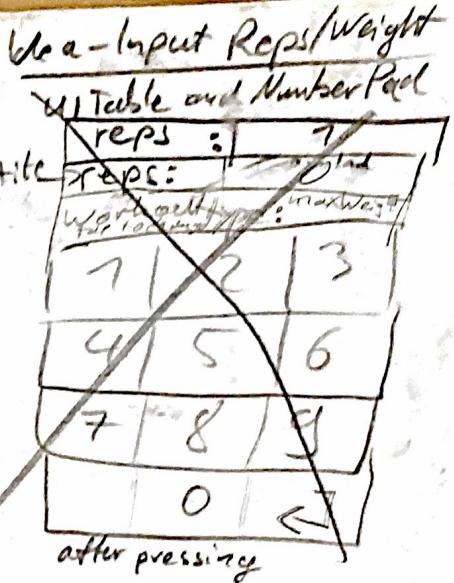
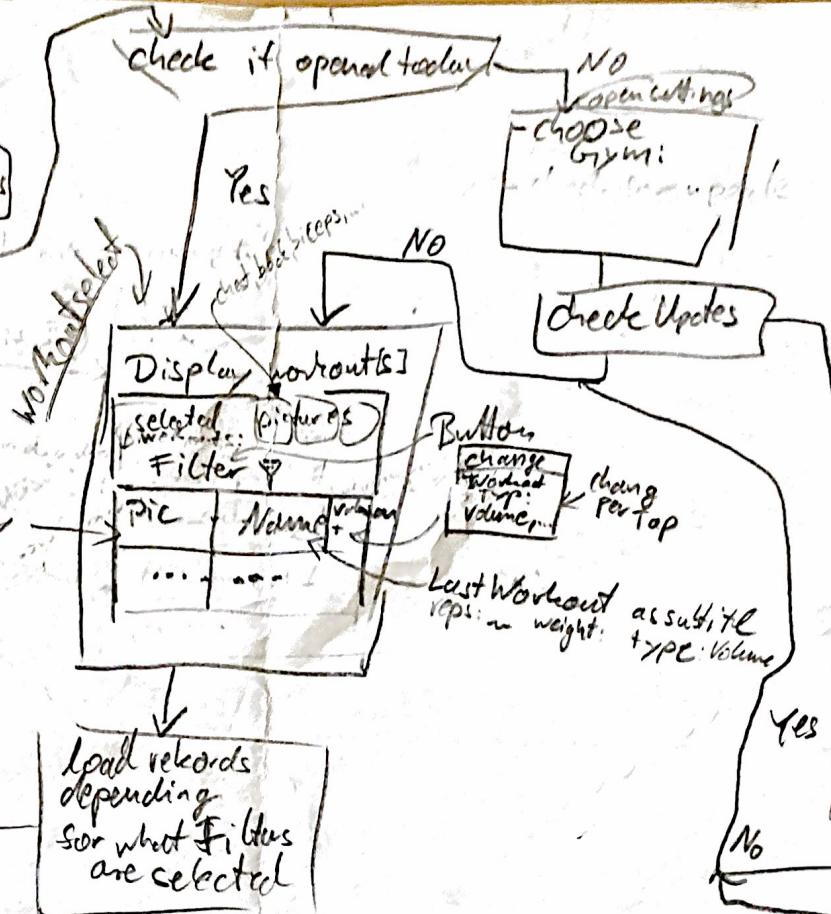
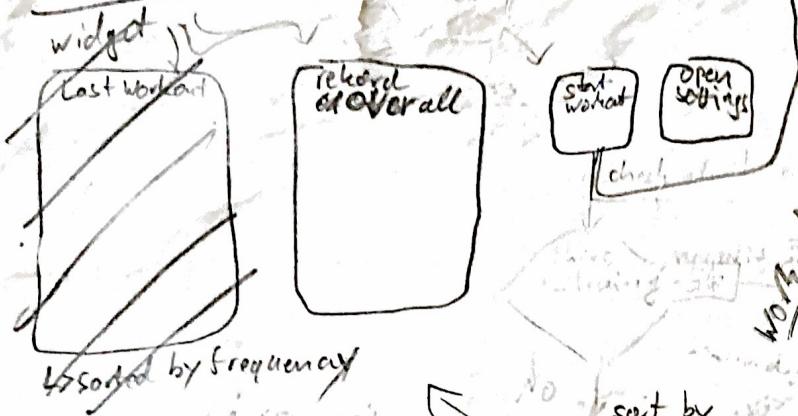


Work Slow Training app:



- TODO's :
- test setUnit
 - test SaveWorkout
 - maybe Sync problems
 - check out tools in Code

num bar
Last Set
Reps
Set Type Weight Reps
Last Set Add Set Delete Set

Settings

Select Gym current: ...
Add Gym
Delete Gym

File format:

All Exercises.json

```
{ "legs": {  
    "Squats": {  
        "Count": 0, for stats  
        "expanded": false, if show the input field  
        "bodypart": "legs", for reps and weight  
        "lastWorkout": E  
    }  
},  
    ... a whole workout, an array of sets  
}  
]  
,"rekords": {  
    "volume": 0,  
    "maxWeight": 90,  
    "unit-volume": "kg*reps",  
    "unit-maxweight": "kg"  
},  
"volume": {  
    "amount": 0,  
    "unit": "kg*reps",  
    "reps": 3,  
},  
"maxWeight": {  
    "amount": 90,  
    "unit": "kg",  
    "reps": 1  
}
```

~~date last time~~ " " " " ~~sweat~~ing got from last Workout

Grund für die Zsmführung von alltagsspter + rehroffs + 62% Exercises ist darstellen in Liste.

a Workout:

Σ "Squats": [

Σ "repetitions": 2,
"weight": 8
"unit": "kg"
"amount": 98,

18-39-Of",
"time": "2024.01.22",
"type": "max_weight",
"gymLocation": "--",
"comment": "#"

1

71

~~Coordinate; update clouds~~

~~continues~~: new ~~notable~~ rendering

↳ [] rooms
↳ situations out of main functions

~~15 after add new set. FIX IT.~~

Feature-List:

add exercises (Pic/trame)

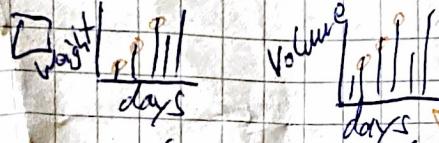
which gym selection

auto load etd setting (last Repetition/weight,...) load most often muscle combinations

Volume / Power training selector

Update function for whole application

Visualization



visualize which day record

ECR instead of JSON??

Sections of current APP

weight von letzten Mal schon ausgetragen

Delete workouts

Back up Workouts)

share Workouts ?)

list by frequency

19.3.2023

move performed save in array make insert function delete row copy rest from fun rows

show already selected bodyparts

tap on row row gets bigger
(see draws)

mehrübungen:

Ground Base (Combo decline)
Beide exercise Arnold über Kopf

ask in the beginning which gym

check record has workout by boot up

settings neu laden, wenn nach öffnen

Both side weight one side

migrate last workout All workouthistory records

Särending E J → E Särending → change every where

all pics .JPG - format

sort by date

calculate count, and records

self again WORKS.
save row in dictionary

Gym tracker

More ideas:

- Übungen: inverse butterfly, Schultern "Costis Maschine", Schulterpres, cable crossbrust, Ausfallschritt, negativ Bauchdrücken, Führungs-, ~~squat by count then by time~~, Seated dip weights/no weight, Bauch Maschine, Beinpresse sitzend, Klimmzug mit weight
- Start comment emoji
- all settings function I should use 'settings' as input

OLD

workout keys

Brust, Bauch, Beine, Bizeps, Trizeps,
Rücken, Schulter

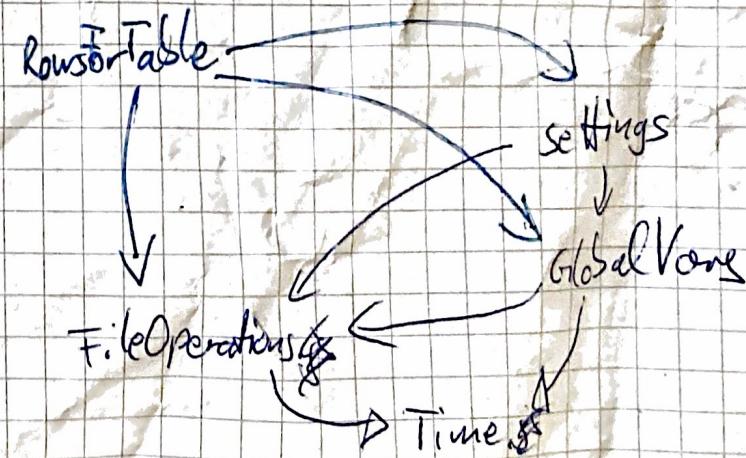
workout format:

[workout key] - dd - ^{Name}
month - yyyy - hh:mm
MM

- Aktionen: Aug., Nov., Okt., Sept., Apr.
alle Namen die nicht ganz ausgeschrieben werden

Exercises:

Dependency-Tree



~~routine: every pull (Error: ... 3), show table~~

~~routine: implemented Table.insert()~~

~~global array from table updateRow(=)~~