

Workout Logs Summary (Synthetic)

Total sessions: 173 across 10 users. Date range: 2025-09-25 to 2026-01-23.

User u1 - Session Summary

Number of sessions: 16. First: 2025-10-10. Last: 2026-01-17.

Last sessions (date -> main lifts/cardio):

2025-12-21: Face Pull 5x10@23kg; Seated Cable Row 3x5@15kg; Incline Walk 12min

2025-12-23: Incline Walk 20min; Face Pull 4x12@19kg; Seated Cable Row 5x10@15kg

2025-12-26: Incline Walk 12min; Plank 4x8@19kg; Face Pull 4x12@23kg

2026-01-02: Face Pull 4x15@20kg; Lateral Raise 4x10@17kg; Seated Cable Row 4x8@19kg

2026-01-04: Seated Cable Row 4x6@18kg; Lateral Raise 3x8@21kg; Face Pull 2x5@15kg

2026-01-17: Incline Walk 10min; Face Pull 3x12@21kg; Lateral Raise 3x5@19kg

User u10 - Session Summary

Number of sessions: 18. First: 2025-10-01. Last: 2026-01-20.

Last sessions (date -> main lifts/cardio):

2025-12-07: Push-Up 2x15@23kg; Plank 5x5@19kg; Rowing Erg 25min
2025-12-16: Rowing Erg 20min; Cycling 12min; Goblet Squat 2x10@12kg
2025-12-17: Rowing Erg 25min; Kettlebell Swing 3x6@9kg; Plank 2x5@23kg
2025-12-21: Goblet Squat 2x6@13kg; Push-Up 4x6@20kg; Kettlebell Swing 2x15@7kg
2026-01-18: Push-Up 3x15@18kg; Plank 4x12@19kg; Rowing Erg 20min
2026-01-20: Cycling 12min; Rowing Erg 25min; Goblet Squat 2x10@9kg

User u2 - Session Summary

Number of sessions: 16. First: 2025-10-01. Last: 2026-01-19.

Last sessions (date -> main lifts/cardio):

2025-12-11: Overhead Press 3x5@71kg; Bench Press 3x8@44kg; Barbell Row 2x8@47kg

2025-12-16: Overhead Press 2x6@81kg; Deadlift 5x12@29kg; Bench Press 4x12@58kg

2025-12-17: Overhead Press 5x10@59kg; Deadlift 2x10@83kg; Back Squat 2x8@67kg

2026-01-04: Overhead Press 2x15@91kg; Deadlift 3x10@67kg; Back Squat 5x10@53kg

2026-01-16: Deadlift 4x15@56kg; Back Squat 2x8@68kg; Overhead Press 3x6@85kg

2026-01-19: Overhead Press 4x8@33kg; Bench Press 2x6@34kg; Deadlift 3x15@75kg

User u3 - Session Summary

Number of sessions: 18. First: 2025-10-03. Last: 2026-01-19.

Last sessions (date -> main lifts/cardio):

2025-12-16: Plank 4x12@21kg; Leg Press 5x8@71kg; Lat Pulldown 4x12@21kg
2025-12-28: Push-Up 2x12@16kg; Lat Pulldown 3x15@17kg; Cycling 20min
2026-01-04: Plank 4x15@10kg; Cycling 15min; Leg Press 5x6@69kg
2026-01-09: Push-Up 4x8@21kg; Leg Press 3x15@83kg; Plank 2x6@16kg
2026-01-10: Lat Pulldown 5x12@27kg; Push-Up 2x10@23kg; Plank 5x15@18kg
2026-01-19: Lat Pulldown 4x6@17kg; Leg Press 2x12@68kg; Plank 3x6@17kg

User u4 - Session Summary

Number of sessions: 20. First: 2025-09-27. Last: 2026-01-13.

Last sessions (date -> main lifts/cardio):

2025-12-25: Biceps Curl 4x6@19kg; Leg Curl 3x10@21kg; Leg Press 4x8@48kg
2025-12-26: Leg Curl 5x6@21kg; Biceps Curl 3x10@17kg; Lat Pulldown 2x12@17kg
2025-12-28: Biceps Curl 2x5@24kg; Incline Dumbbell Press 3x12@19kg; Lateral Raise 5x6@16kg
2026-01-01: Biceps Curl 4x8@17kg; Leg Press 4x8@112kg; Triceps Pushdown 4x12@22kg
2026-01-03: Incline Dumbbell Press 3x8@20kg; Lateral Raise 3x10@23kg; Triceps Pushdown 4x8@20kg
2026-01-13: Incline Dumbbell Press 3x15@16kg; Triceps Pushdown 3x5@19kg; Chest Fly 5x8@19kg

User u5 - Session Summary

Number of sessions: 18. First: 2025-10-01. Last: 2026-01-10.

Last sessions (date -> main lifts/cardio):

2025-12-15: Incline Walk 10min; Face Pull 5x12@20kg; Plank 3x8@23kg
2025-12-25: Incline Walk 25min; Seated Cable Row 4x12@24kg; Plank 3x8@22kg
2025-12-26: Seated Cable Row 5x10@22kg; Lateral Raise 5x10@23kg; Face Pull 5x5@15kg
2026-01-01: Incline Walk 20min; Lateral Raise 4x5@20kg; Seated Cable Row 5x6@17kg
2026-01-03: Face Pull 3x10@11kg; Lateral Raise 5x6@22kg; Incline Walk 12min
2026-01-10: Plank 4x15@19kg; Face Pull 2x15@17kg; Seated Cable Row 2x5@20kg

User u6 - Session Summary

Number of sessions: 14. First: 2025-10-09. Last: 2026-01-19.

Last sessions (date -> main lifts/cardio):

2025-12-26: Face Pull 5x5@20kg; Incline Walk 12min; Seated Cable Row 2x5@24kg
2026-01-02: Plank 2x6@22kg; Face Pull 3x5@18kg; Lateral Raise 4x5@23kg
2026-01-14: Seated Cable Row 3x5@20kg; Plank 3x15@19kg; Face Pull 5x5@22kg
2026-01-15: Face Pull 4x10@19kg; Incline Walk 25min; Plank 2x8@20kg
2026-01-16: Incline Walk 15min; Plank 2x15@17kg; Face Pull 3x12@13kg
2026-01-19: Seated Cable Row 3x12@20kg; Lateral Raise 3x5@23kg; Incline Walk 10min

User u7 - Session Summary

Number of sessions: 20. First: 2025-10-02. Last: 2026-01-22.

Last sessions (date -> main lifts/cardio):

2025-12-08: Cycling 15min; Goblet Squat 3x5@16kg; Kettlebell Swing 4x6@10kg
2025-12-13: Rowing Erg 12min; Cycling 20min; Push-Up 3x6@19kg
2026-01-06: Goblet Squat 4x10@9kg; Cycling 12min; Plank 2x8@18kg
2026-01-09: Rowing Erg 12min; Goblet Squat 3x8@18kg; Push-Up 4x6@23kg
2026-01-14: Rowing Erg 20min; Goblet Squat 4x10@10kg; Cycling 10min
2026-01-22: Goblet Squat 4x15@11kg; Kettlebell Swing 4x8@13kg; Rowing Erg 20min

User u8 - Session Summary

Number of sessions: 15. First: 2025-09-29. Last: 2026-01-18.

Last sessions (date -> main lifts/cardio):

2025-12-25: Lat Pulldown 2x6@18kg; Push-Up 4x12@25kg; Cycling 15min
2025-12-28: Cycling 15min; Push-Up 4x12@24kg; Leg Press 5x10@135kg
2026-01-07: Lat Pulldown 3x15@19kg; Push-Up 3x10@15kg; Plank 3x6@21kg
2026-01-10: Push-Up 3x15@20kg; Leg Press 3x5@76kg; Cycling 15min
2026-01-14: Push-Up 5x8@20kg; Leg Press 4x10@111kg; Cycling 20min
2026-01-18: Leg Press 2x15@68kg; Lat Pulldown 2x12@16kg; Cycling 25min

User u9 - Session Summary

Number of sessions: 18. First: 2025-10-04. Last: 2026-01-20.

Last sessions (date -> main lifts/cardio):

2025-12-23: Kettlebell Swing 4x8@19kg; Plank 3x12@21kg; Rowing Erg 12min
2025-12-31: Kettlebell Swing 4x10@15kg; Plank 2x10@25kg; Rowing Erg 10min
2026-01-07: Goblet Squat 4x5@22kg; Plank 2x8@25kg; Push-Up 3x12@14kg
2026-01-16: Cycling 15min; Push-Up 4x8@18kg; Plank 4x15@19kg
2026-01-18: Kettlebell Swing 4x15@7kg; Cycling 12min; Goblet Squat 5x5@12kg
2026-01-20: Rowing Erg 12min; Kettlebell Swing 4x10@11kg; Goblet Squat 3x12@14kg