In [1]:

```
import pandas as pd
import numpy as np
import matplotlib.pyplot as plt

data = pd.read_excel('/kaggle/input/gym-exercises-dataset/Gym Exercises Dataset.xlsx')

data.head()
```

Out[1]:

	Exercise_Name	Description_URL	
0	Rickshaw Carry	https://www.bodybuilding.com/exercises/ricksha...	https://www.bodybuilding.
1	Single-Leg Press	https://www.bodybuilding.com/exercises/single-...	https://www.bodybuilding.c
2	Landmine twist	https://www.bodybuilding.com/exercises/landmin...	https://www.bodybuilding.c
3	Weighted pull-up	https://www.bodybuilding.com/exercises/weighte...	https://www.bodybuilding.c
4	T-Bar Row with Handle	https://www.bodybuilding.com/exercises/t-bar-r...	https://www.bodybuilding.

In [2]:

```
print(data.shape)
print(data.muscle_gp.unique())
```

```
(471, 10)
['Forearms' 'Quadriceps' 'Abdominals' 'Lats' 'Middle Back' 'Lower Bac
k'
 'Shoulders' 'Biceps' 'Glutes' 'Triceps' 'Hamstrings' 'Neck' 'Chest'
 'Traps' 'Calves' 'Abductors' 'Adductors']
```

In [3]:

```
data.columns
```

Out[3]:

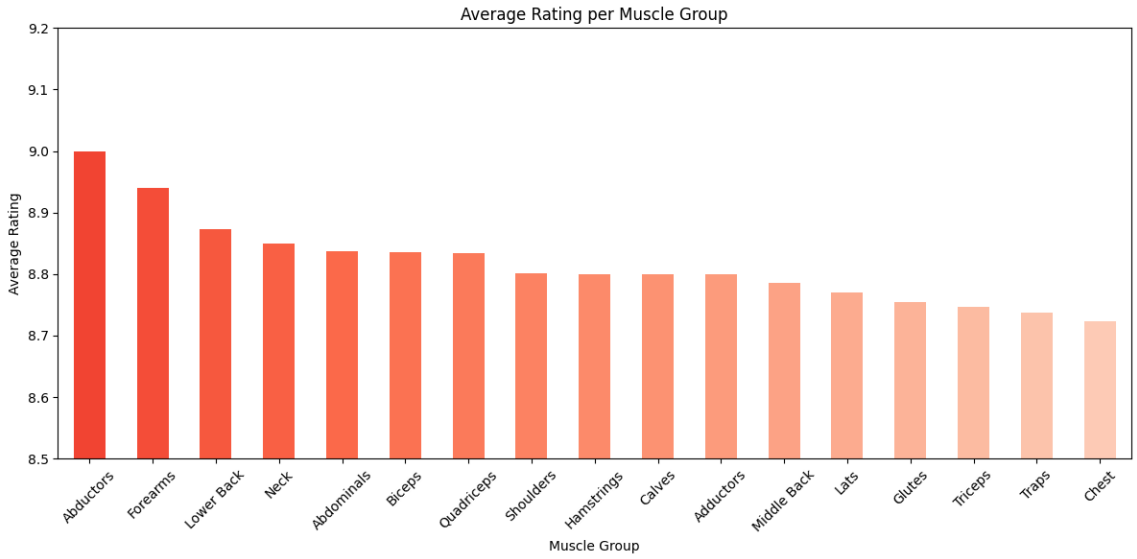
```
Index(['Exercise_Name', 'Description_URL', 'Exercise_Image', 'Exercise
_Image1',
       'muscle_gp_details', 'muscle_gp', 'equipment_details', 'Equipme
nt',
       'Rating', 'Description'],
      dtype='object')
```

Which muscle groups are best rated?

In [4]:

```
average_rating_per_group = data.groupby('muscle_gp')['Rating'].mean()
average_rating_per_group = average_rating_per_group.sort_values(ascending=False)
gradient_colors = np.linspace(0.6, 0.2, len(average_rating_per_group))

plt.figure(figsize=(12, 6))
average_rating_per_group.plot(kind='bar', color=plt.cm.Reds(gradient_colors))
plt.ylim((8.5,9.2))
plt.xlabel('Muscle Group')
plt.ylabel('Average Rating')
plt.title('Average Rating per Muscle Group')
plt.xticks(rotation=45)
plt.tight_layout()
plt.show()
```



What about the Equipment used?

In [5]:

```
average_rating_per_group = data.groupby('Equipment')['Rating'].mean()
average_rating_per_group = average_rating_per_group.sort_values(ascending=False)
gradient_colors = np.linspace(0.6, 0.2, len(average_rating_per_group))

plt.figure(figsize=(12, 6))
average_rating_per_group.plot(kind='bar', color=plt.cm.Greens(gradient_colors))
plt.ylim((8,9.2))
plt.xlabel('Equipment')
plt.ylabel('Average Rating')
plt.title('Average Rating per Equipment')
plt.xticks(rotation=45)
plt.tight_layout()
plt.show()
```