puts "🌱 Seeding spices..."

# Seed your database here

chest = Category.create(category: "Chest")

legs = Category.create(category: "Legs")

back = Category.create(category: "Back")

abs = Category.create(category: "Abs")

arms = Category.create(category: "Arms")

flex = Category.create(category: "Flex")

cardio = Category.create(category: "Cardio")

**With note**

Exercise.create(monday: "Push ups" mon\_note: "Can do on knees or toes" category\_id: chest.id)

Exercise.create(tuesday: "Plank" tues\_note: "Can do on knees or toes" category\_id: chest.id)

Exercise.create(wednesday: "Burpees" wed\_note: "Can add a jump at end" category\_id: chest.id)

Exercise.create(thursday: "Dips" thurs\_note: "Need a dip stand or similar" category\_id: chest.id)

Exercise.create(friday: "Incline push-ups" fri\_note: "Arms are raised" category\_id: chest.id)

Exercise.create(saturday: "Decline push-ups" sat\_note: "Legs are raised" category\_id: chest.id)

Exercise.create(monday: "Squats" mon\_note: "Narrow or wide leg stance" category\_id: legs.id)

Exercise.create(tuesday: "Lunge" tues\_note: "Knee to touch floor" category\_id: legs.id)

Exercise.create(wednesday: "Reverse lunge" wed\_note: "Knee to touch floor" category\_id: legs.id)

Exercise.create(thursday: "Jump squats" thurs\_note: "Wide leg stance" category\_id: legs.id)

Exercise.create(friday: "Glute bridge" fri\_note: "Keep core tight" category\_id: legs.id)

Exercise.create(saturday: "Calf raises" sat\_note: "Use a step or similar" category\_id: legs.id)

Exercise.create(monday: "Superman" mon\_note: "Keep core tight" category\_id: back.id)

Exercise.create(tuesday: "Pull-ups" tues\_note: "Can do with bands" category\_id: back.id)

Exercise.create(wednesday: "Inverted row" wed\_note: "Can use bedsheet" category\_id: back.id)

Exercise.create(thursday: "Plank row" thurs\_note: "Can use dumbbells" category\_id: back.id)

Exercise.create(friday: "Bird dog" fri\_note: "Keep core tight" category\_id: back.id)

Exercise.create(saturday: "Lower back extension" sat\_note: "Keep core tight" category\_id: back.id)

Exercise.create(monday: "Crunch" mon\_note: "Can use medicine ball" category\_id: abs.id)

Exercise.create(tuesday: "V-ups" tues\_note: "Keep arms and legs straight" category\_id: abs.id)

Exercise.create(wednesday: "Reverse crunch" wed\_note: "Keep core tight" category\_id: abs.id)

Exercise.create(thursday: "Flutter kicks" thurs\_note: "Keep core tight" category\_id: abs.id)

Exercise.create(friday: "Sit ups" fri\_note: "Can use medicine ball" category\_id: abs.id)

Exercise.create(saturday: "Russian twist" sat\_note: "Can use medicine ball" category\_id: abs.id)

Exercise.create(monday: "Tricep dips" mon\_note: "Can use chair or bar" category\_id: arms.id)

Exercise.create(tuesday: "Crab crawl" tues\_note: "Keep body high and tight" category\_id: arms.id)

Exercise.create(wednesday: "Tricep push-ups" wed\_note: "Can do on knees" category\_id: arms.id)

Exercise.create(thursday: "Chin ups" thurs\_note: "Can use a band" category\_id: arms.id)

Exercise.create(friday: "Pike push-ups" fri\_note: "Keep core tight" category\_id: arms.id)

Exercise.create(saturday: "Plank up and downs" sat\_note: "Keep core tight" category\_id: arms.id)

Exercise.create(monday: "Run" mon\_note: "Run as fast as you can" category\_id: cardio.id)

Exercise.create(tuesday: "Skip" tues\_note: "Single or double skips" category\_id: cardio.id)

Exercise.create(wednesday: "Box jump" wed\_note: "Low or high box can be used" category\_id: cardio.id)

Exercise.create(thursday: "Jumping jacks" thurs\_note: "Keep core tight" category\_id: cardio.id)

Exercise.create(friday: "High knees" fri\_note: "Keep core tight" category\_id: cardio.id)

Exercise.create(saturday: "Butt kicks" sat\_note: "Keep core tight" category\_id: cardio.id)

Exercise.create(monday: "Knee to chest" mon\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(monday: "Quad stretch" mon\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(tuesday: "Sphinx pose" tues\_note: "Elbows under shoulders" category\_id: flex.id)

Exercise.create(tuesday: "Downward dog pose" tues\_note: "Keep core tight" category\_id: flex.id)

Exercise.create(wednesday: "Shoulder roll" wed\_note: "Keep core tight" category\_id: flex.id)

Exercise.create(wednesday: "Crossbody stretch" wed\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(thursday: "Butterfly stretch" thurs\_note: "Knees to floor" category\_id: flex.id)

Exercise.create(thursday: "Triceps stretch" thurs\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(friday: "Hamstring stretch" fri\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(friday: "Cat-cow pose" fri\_note: "Inhale up, exhale down" category\_id: flex.id)

Exercise.create(saturday: "Runner’s lunge" sat\_note: "30 sec each side" category\_id: flex.id)

Exercise.create(saturday: "Pidgeon pose" sat\_note: "30 sec each side" category\_id: flex.id)

**Without note**

Exercise.create(monday: "Push ups", category\_id: chest.id)

Exercise.create(tuesday: "Plank", category\_id: chest.id)

Exercise.create(wednesday: "Burpees", category\_id: chest.id)

Exercise.create(thursday: "Dips", category\_id: chest.id)

Exercise.create(friday: "Incline push-ups", category\_id: chest.id)

Exercise.create(saturday: "Decline push-ups", category\_id: chest.id)

Exercise.create(monday: "Squats", category\_id: legs.id)

Exercise.create(tuesday: "Lunge", category\_id: legs.id)

Exercise.create(wednesday: "Reverse lunge", category\_id: legs.id)

Exercise.create(thursday: "Jump squats", category\_id: legs.id)

Exercise.create(friday: "Glute bridge", category\_id: legs.id)

Exercise.create(saturday: "Calf raises", category\_id: legs.id)

Exercise.create(monday: "Superman", category\_id: back.id)

Exercise.create(tuesday: "Pull-ups", category\_id: back.id)

Exercise.create(wednesday: "Inverted row", category\_id: back.id)

Exercise.create(thursday: "Plank row", category\_id: back.id)

Exercise.create(friday: "Bird dog", category\_id: back.id)

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Exercise.create(thursday: "Triceps stretch", category\_id: flex.id)

Exercise.create(friday: "Hamstring stretch", category\_id: flex.id)

Exercise.create(friday: "Cat-cow pose", category\_id: flex.id)

Exercise.create(saturday: "Runner’s lunge”, category\_id: flex.id)

Exercise.create(saturday: "Pidgeon pose", category\_id: flex.id)