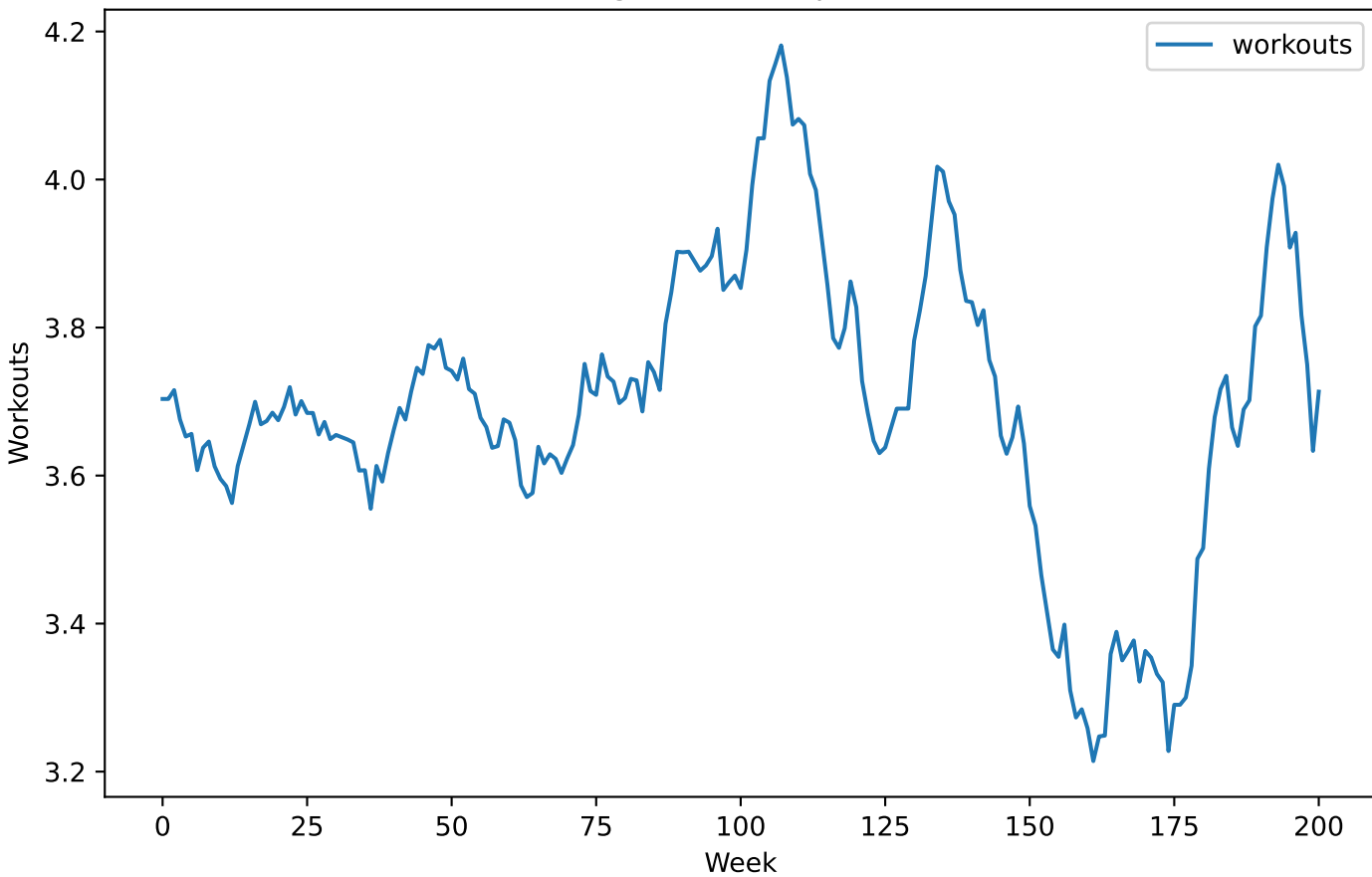
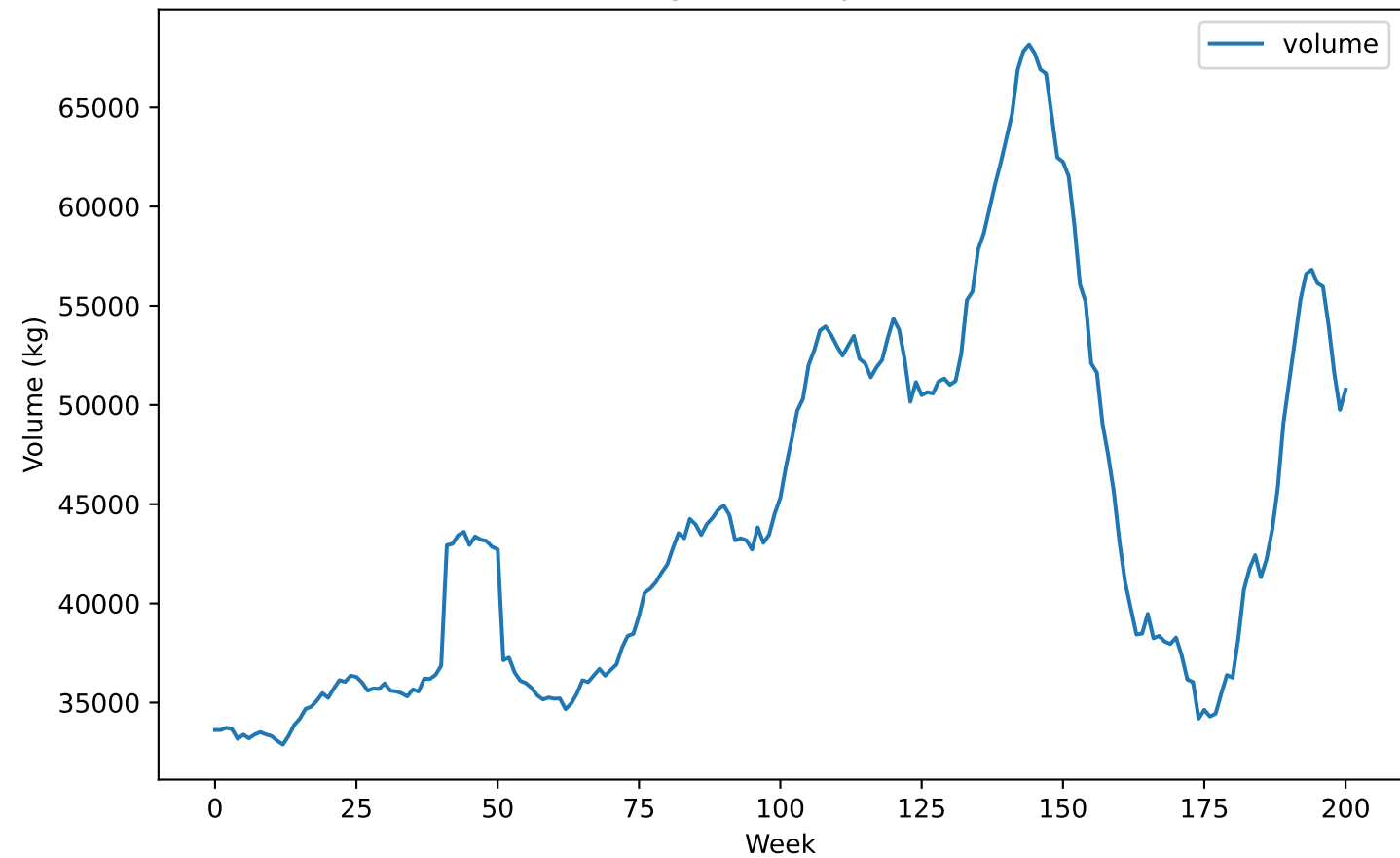


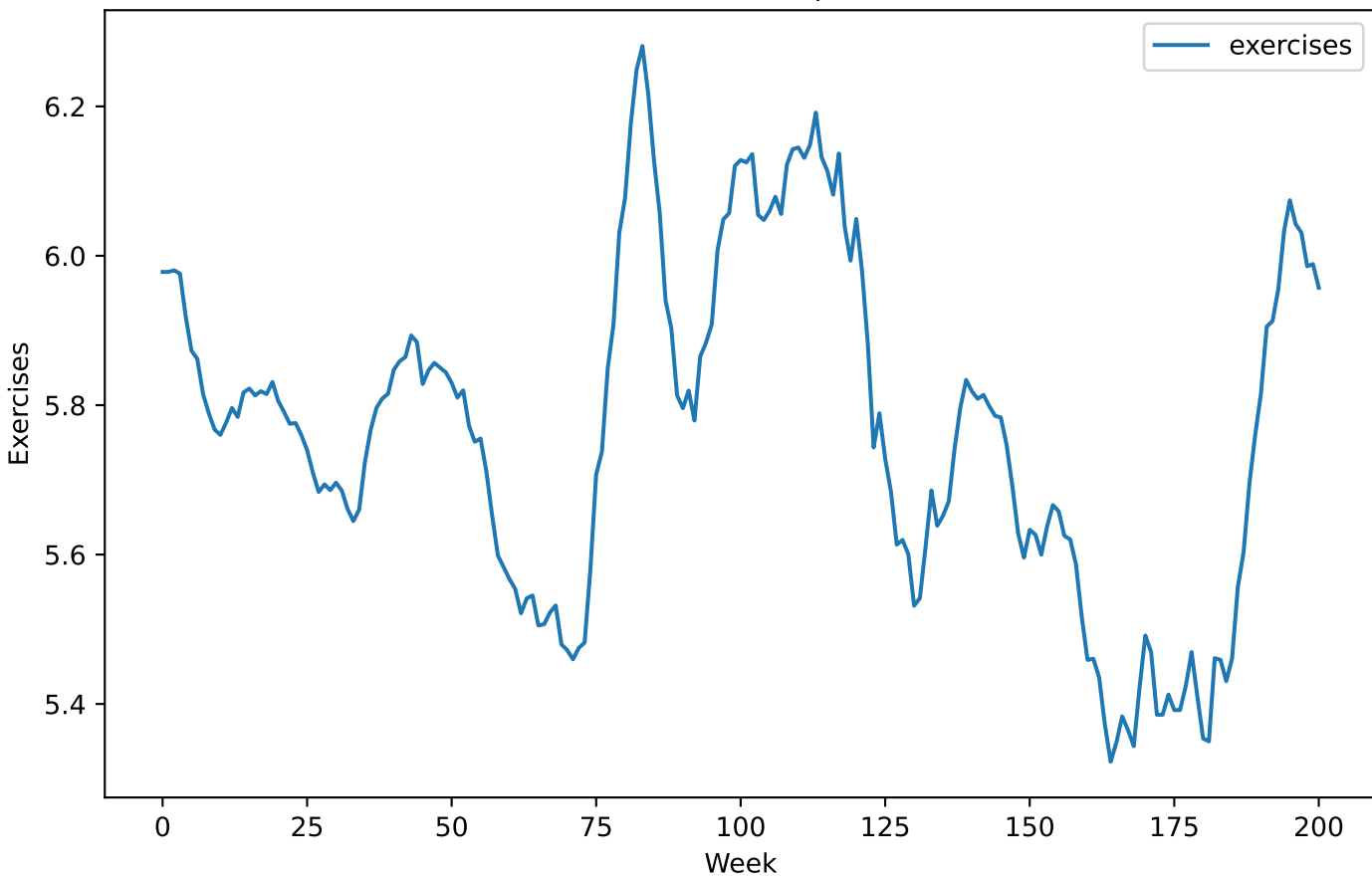
Average workouts per week



Average volume per week



Number of exercises per workout



Number of sets per exercise

