



CrossFit Inguz Data

Data Source : crossfitinguz.com

Update Frequency : One time run

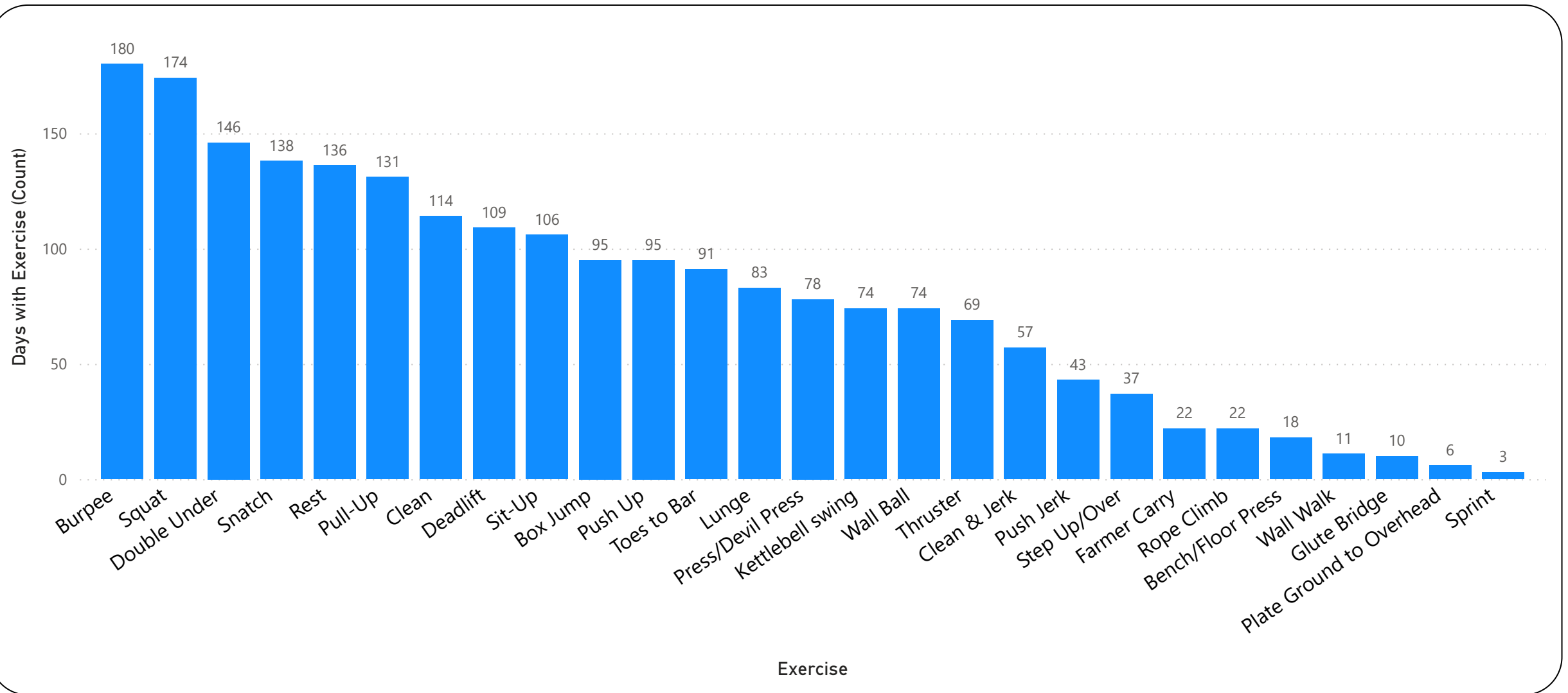
Data Date Range : 1/1/2020 To 2/28/2022

Introduction:

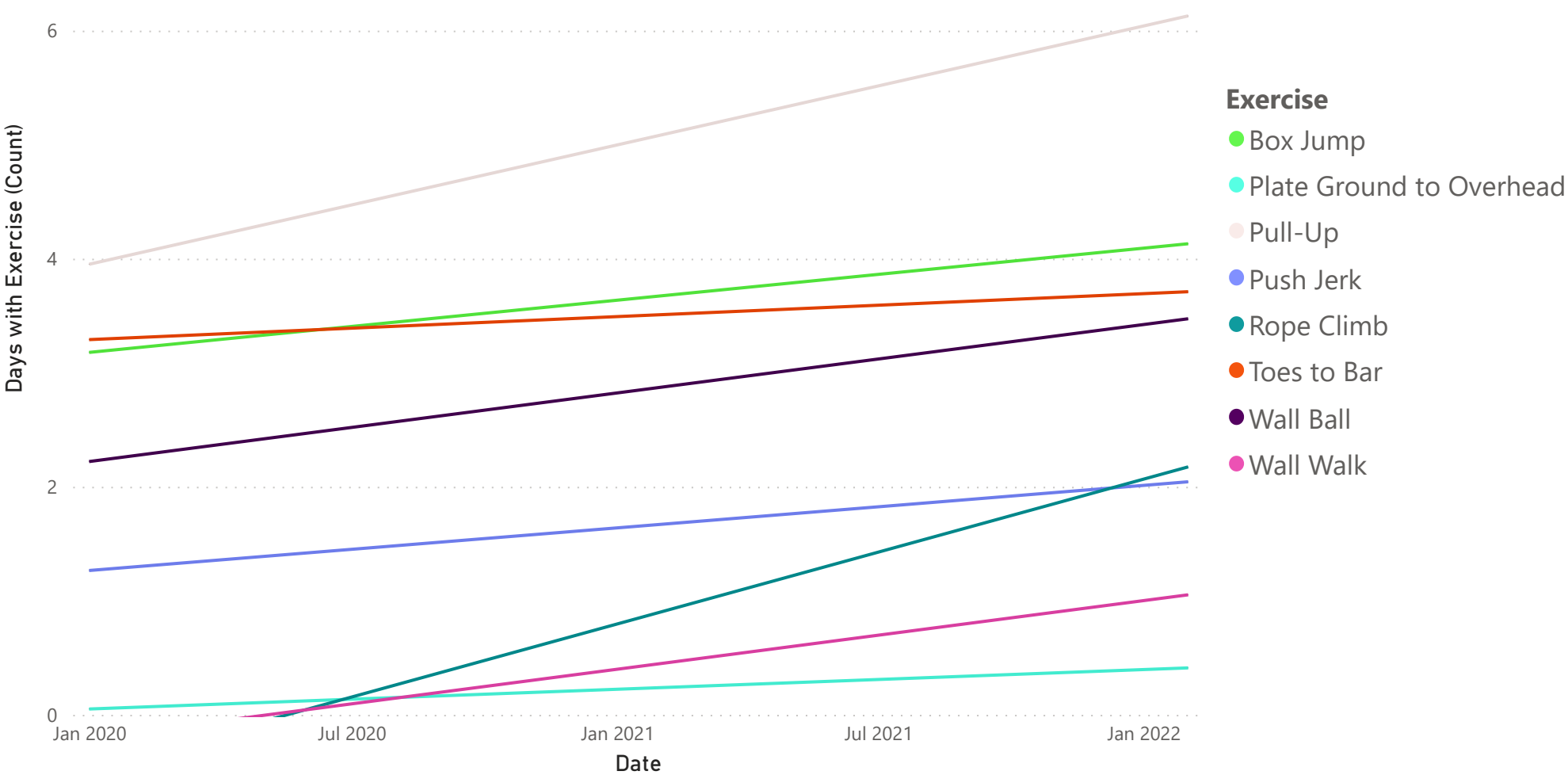
This report uses data scraped from crossfitinguz.com. CrossFit Inguz publishes a WOD (Workout of the Day) to their website daily. The dataset for this report includes WOD data from 1/1/2020 to 2/28/2022 (790) days. For a variety of reasons, there are fifty days where WOD data is missing (i.e., the webpage did not exist) which may affect some analysis within this report.

I've used the Requests Python package to make an HTTP get request from crossfitinguz.com and the BeautifulSoup package to parse the html of the response. Lastly, I used pandas to wrangle the data into a useable data set to produce the visuals for this report. This was done using Jupyter Notebook.

This is a column chart visualizing exercise counts. The count is calculated as each distinct day which includes a particular exercise. Please see Exercise List Dictionary.xlsx file included in the github repository for mapping of exercise names. The exercise 'Bike/Row/Run' has been filtered out of this visual since it is a combination of three exercises.



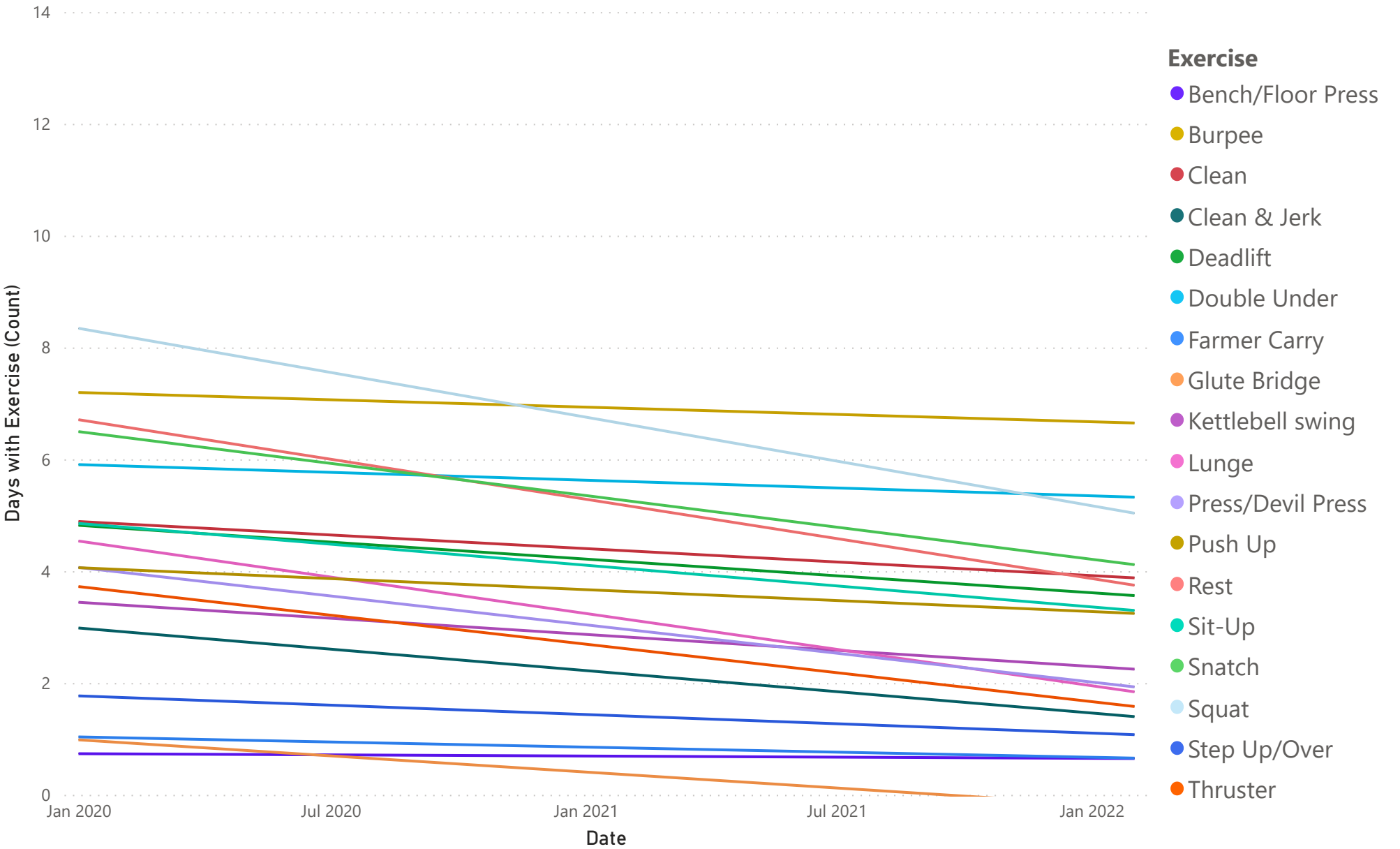
This visual depicts exercises with an upward trendline over the time period of the dataset. The trendline is based on the numbers of days with a particular exercise per month.



Attribute

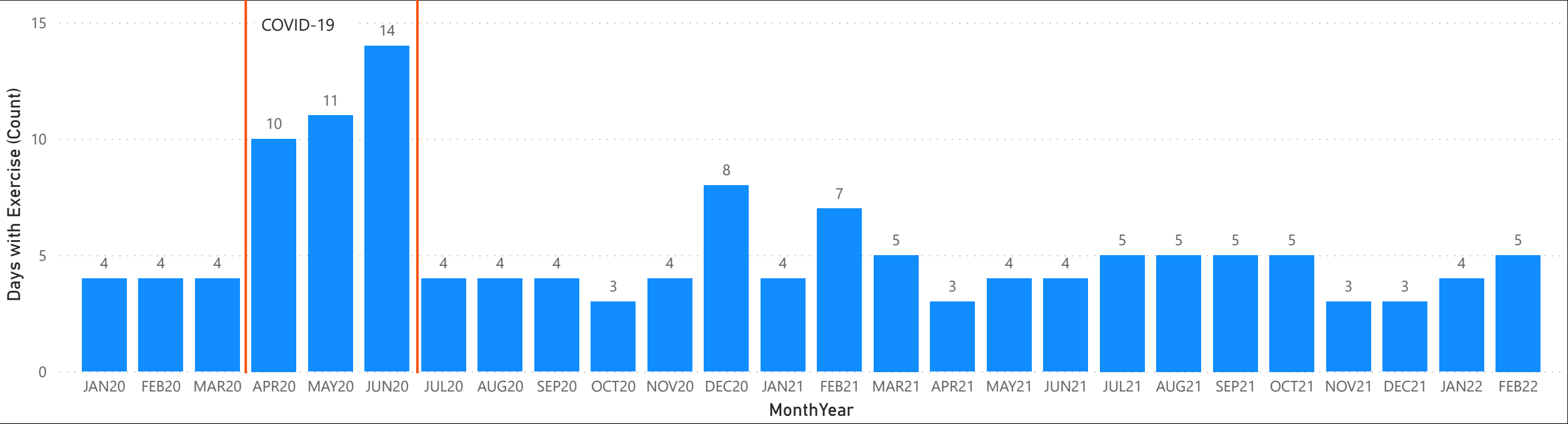
- ☐ Bench/Floor Press
- ☐ Bike/Row/Run
- ☒ Box Jump
- ☐ Burpee
- ☐ Clean
- ☐ Clean & Jerk
- ☐ Deadlift
- ☐ Double Under
- ☐ Farmer Carry
- ☐ Glute Bridge
- ☐ Kettlebell swing
- ☐ Lunge
- ☒ Plate Ground to Overhead
- ☐ Press/Devil Press
- ☒ Pull-Up
- ☒ Push Jerk
- ☐ Push Up
- ☐ Rest
- ☒ Rope Clim
- ☐ Sit-Up
- ☐ Snatch
- ☐ Sprint
- ☐ Squat
- ☐ Step Up/Over

This visual depicts exercises with a downward trendline over the time period of the dataset. The trendline is based on the numbers of days with a particular exercise per month.



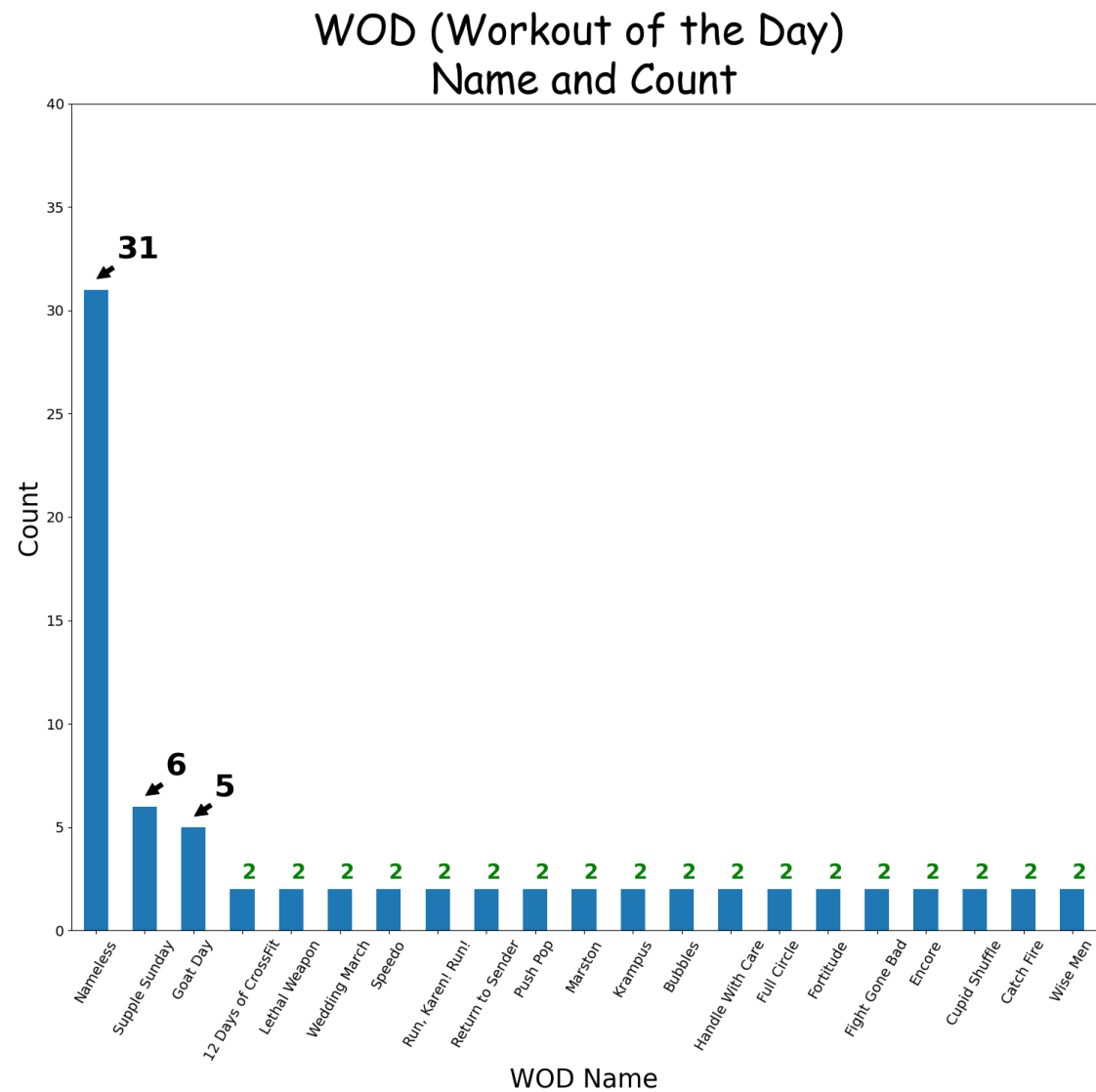
- Attribute
- ☒ Bench/Floor Press
 - ☐ Bike/Row/Run
 - ☐ Box Jump
 - ☒ Burpee
 - ☒ Clean
 - ☒ Clean & Jerk
 - ☒ Deadlift
 - ☒ Double Under
 - ☒ Farmer Carry
 - ☒ Glute Bridge
 - ☒ Kettlebell swing
 - ☒ Lunge
 - ☐ Plate Ground to Overhead
 - ☒ Press/Devil Press
 - ☐ Pull-Up
 - ☐ Push Jerk
 - ☒ Push Up
 - ☒ Rest
 - ☐ Rope Climb
 - ☒ Sit-Up
 - ☒ Snatch
 - ☐ Sprint
 - ☒ Squat
 - ☒ Step Up/Over

Rest is an exercise which is near and dear to my heart. This clustered column chart shows the number of days which include rest as a part of the workout. The count is relatively consistent with the exception of the months related to the COVID-19 outbreak. This page also includes a table showing detailed workout data for the month of June, 2020, the month with the highest number of days to include rest.

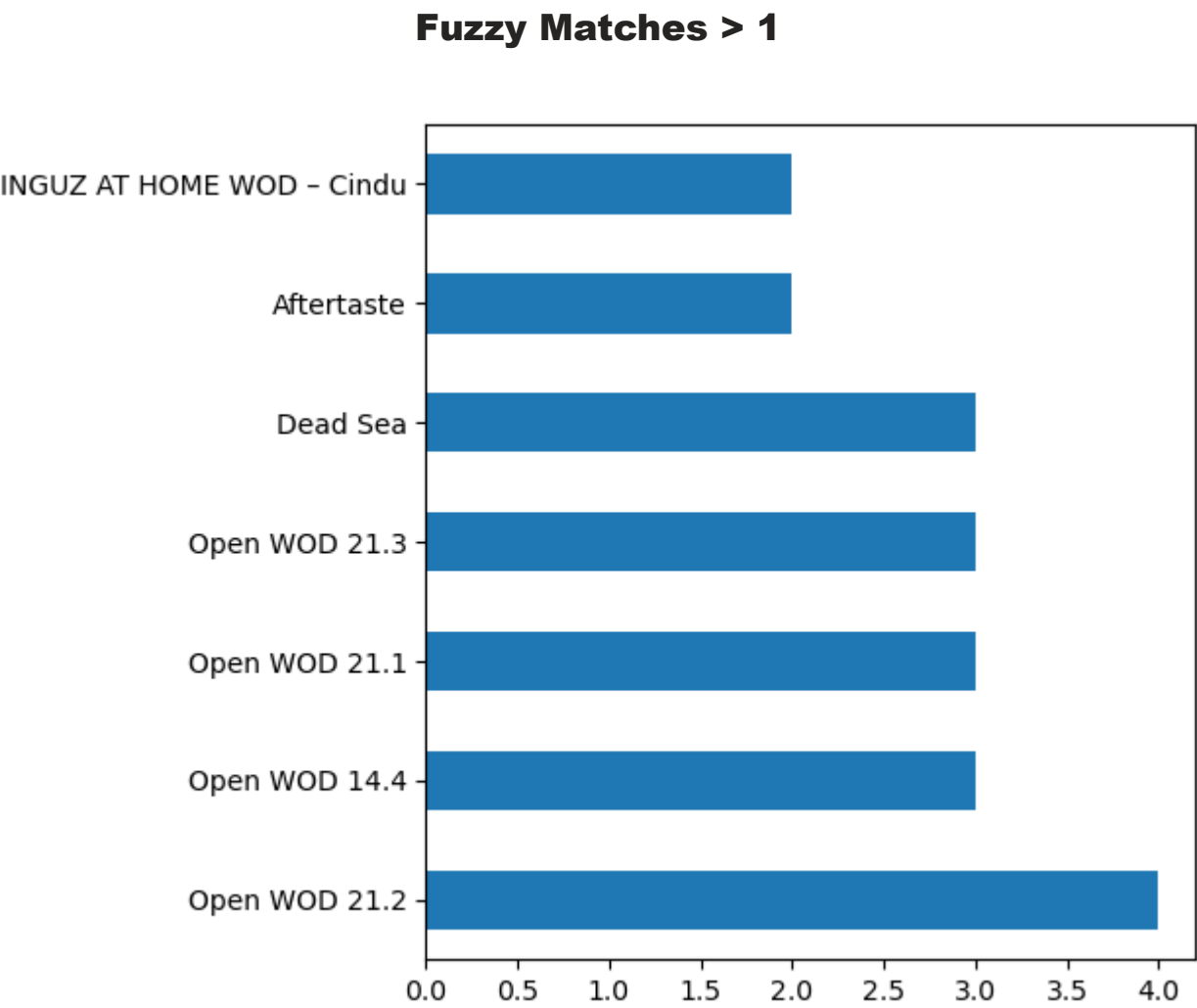


Day	Data	Rest
6/1/2020	INGUZ AT HOME WOD, 15 Minute AMRAP; 1 Double DB Clean & Jerk (50's/35's), 2 Double DB Clean & Jerk (50's/35's), 3 Double DB Clean & Jerk (50's/35's), ...and so on..., * Continue to add 1 DB clean & jerk per round until time expires. Post rounds and reps completed to social media., BODY ARMOR, 5 Giant Sets; 8 Tempo Dumbbell Floor Press (5 Seconds Down), 8 Tempo Double Dumbbell Bent Over Row (5 Seconds Down), * Rest as needed between sets.	1
6/2/2020	INGUZ AT HOME WOD, For Time; 21-18-15-12-9-6-3; Double Dumbbell Squats (50's/35's) / Barbell Front Squat (95/65#), 200 Meter Run (250 Meter Row, 12/9 Cal Bike) After Each Round, * With a single dumbbell complete 27-24-21-18-15-12-9 reps of a goblet squat. Post time to social media., BODY ARMOR, For Quality; 50 V-Ups, 1:30 Hollow Hold, 50 V-Ups, * Break up v-ups and hollow hold as needed.	0
6/3/2020	INGUZ AT HOME WOD, 5 Rounds x 2 Minute AMRAP; 35 Double Unders (60 Singles / Toe Taps), 5 Lateral Dumbbell Burpees, Max Devil's Press in Time Remaining (Barbell Power Snatch 115/85#), Rest 2 Minutes, * Score is total devil's press complete across the 5 rounds., BODY ARMOR, 7 Minute AMRAP; 7 Close Grip Push-ups, 7 Wide Grip Push-ups, 7 Hand Release Push-ups, 30 Banded Pull-Aparts	1
6/4/2020	INGUZ AT HOME WOD, 5 Rounds for Time; 100' Walking Lunge (30 Alternating Lunges), 200 Meter Single Arm Farmers Carry (50/35#), (or 400m Run, 500m Row, 25/18 Calorie Bike), 30 AbMat Sit-ups, * Post time to social media.	0
6/7/2020	INGUZ AT HOME WOD, On the Minute x 10: 16 Single Arm Russian DB Swings (switch at 8 reps), Max Front Plank in Time Remaining, Rest 5 Minutes, On the Minute x 10: 10 Single Arm	1
Total		14

This is a column chart built using the python visual integration within Power BI. It visualizes workout-of-the-day (WOD) names which have been used more than one time. WODs that do not have a name are included as 'Nameless'. WOD names were able to be identified in the vast majority of cases by using the first row of WOD data which contained either an open or close parenthesis. This visual is dependent on certain Python packages being imported and will error out when the pbix file is opened without the packages.



The bar chart on the left is built using the python visual integration within Power BI. It visualizes workout-of-the-day (WOD) names which have a fuzzy match with at least one other WOD name (to exclude itself). It counts each distinct fuzzy match so that a fuzzy match to a WOD name which is used more than once will not result in multiple fuzzy matches. The table on the right includes fuzzy match detail. Fuzzy matching logic uses the *get_close_matches()* function from the *difflib* package and uses a cutoff value of .7. This visual is dependent on certain Python packages being imported and will error out when the pbix file is opened without the packages.



WOD Name	Fuzzy Match
Aftertaste	Aftermath
Aftertaste	Alternate
Dead Sea	Dead Meat
Dead Sea	Dead Space
Dead Sea	Heated Seats
INGUZ AT HOME WOD – Cindu	INGUZ AT HOME WOD – Cookie Monster
INGUZ AT HOME WOD – Cindu	INGUZ AT HOME WOD – Three-Peat
Open WOD 14.4	Open WOD 21.1
Open WOD 14.4	Open WOD 21.2
Open WOD 14.4	Open WOD 21.3
Open WOD 21.1	Open WOD 14.4
Open WOD 21.1	Open WOD 21.2
Open WOD 21.1	Open WOD 21.3
Open WOD 21.2	Open 22.2
Open WOD 21.2	Open WOD 14.4
Open WOD 21.2	Open WOD 21.1
Open WOD 21.2	Open WOD 21.3
Open WOD 21.3	Open WOD 14.4
Open WOD 21.3	Open WOD 21.1
Open WOD 21.3	Open WOD 21.2