



## CrossFit Inguz Data

**Data Source:** [crossfitinguz.com](https://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](https://crossfitinguz.com). CrossFit Inguz publishes a WOD (Workout of the Day) to their website daily. The dataset for this report includes workout data from 1/1/2020 to 2/28/2022 (790) days. For various reasons, there are fifty days where WOD data is missing (i.e., the webpage did not exist) which results in 740 days of data.

The dataset was generated using Python to scrape and wrangle data from [crossfitinguz.com](https://crossfitinguz.com).

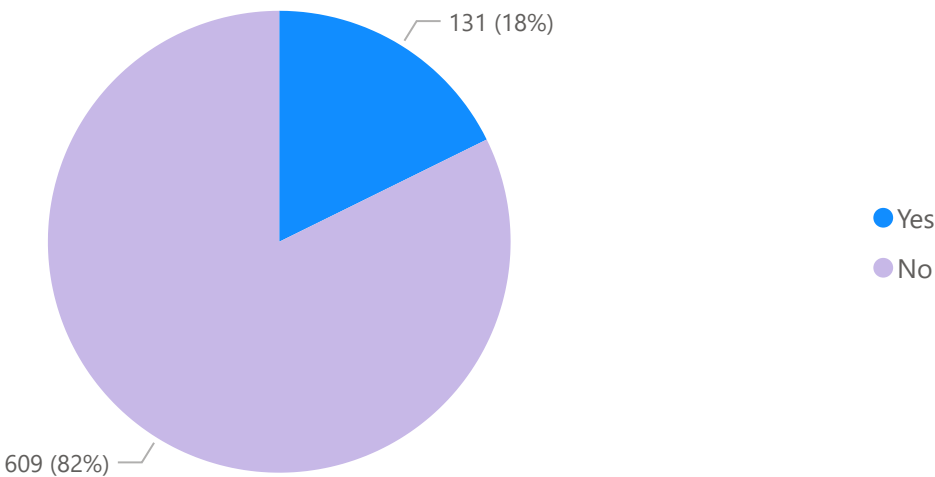
I have been a member of CrossFit Inguz since June 2021.

This page includes a horizontal bar chart (right) and a pie chart (below).

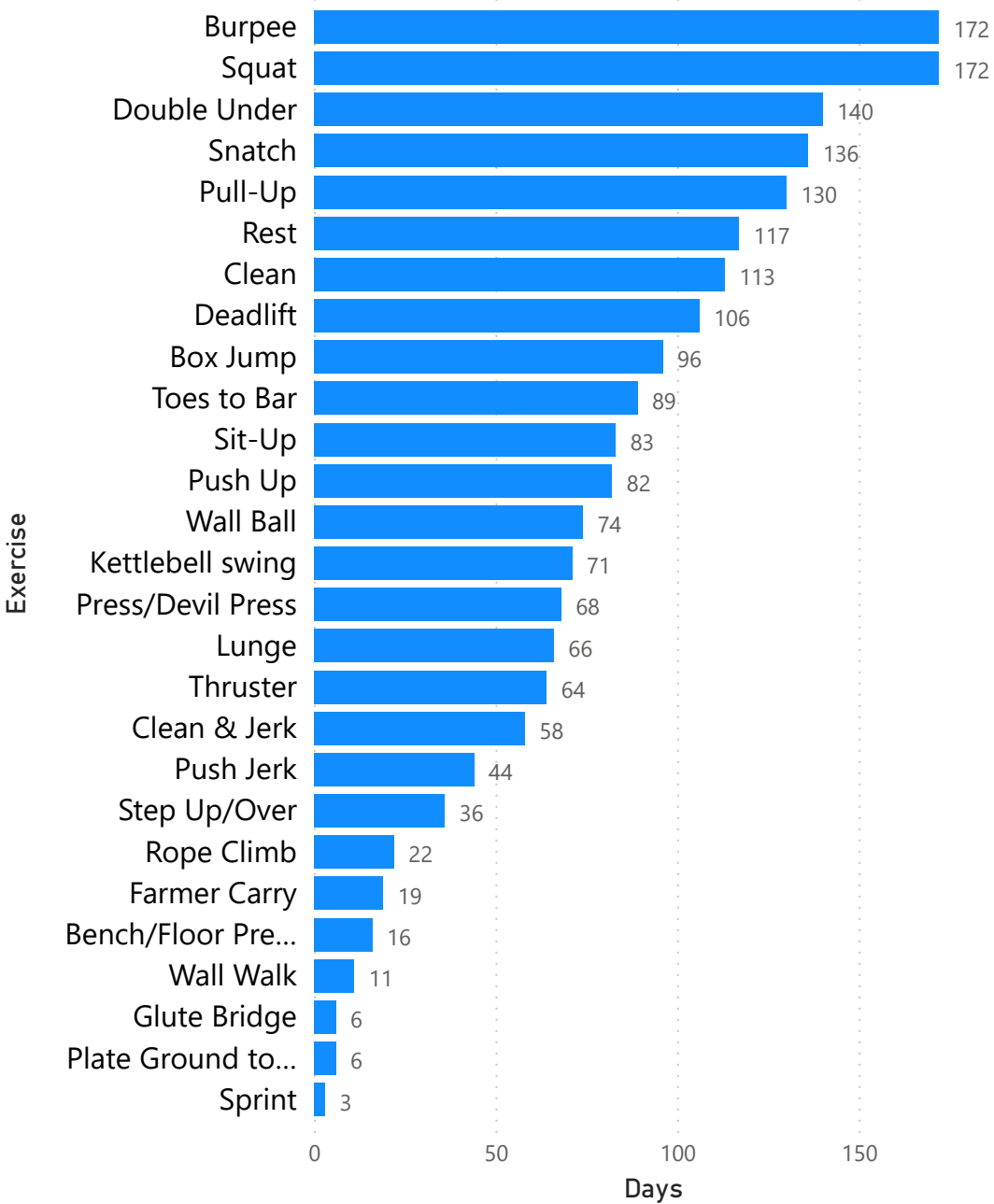
The bar **chart** visualizes exercise counts. The count is calculated as each distinct day which includes a particular exercise. The exercise 'Bike/Row/Run' has been filtered out of this visual since it is a combination of three exercises.

The **pie chart** looks at the number and percentage of days which include strength work. Strength work is separate and is done prior to the WOD.

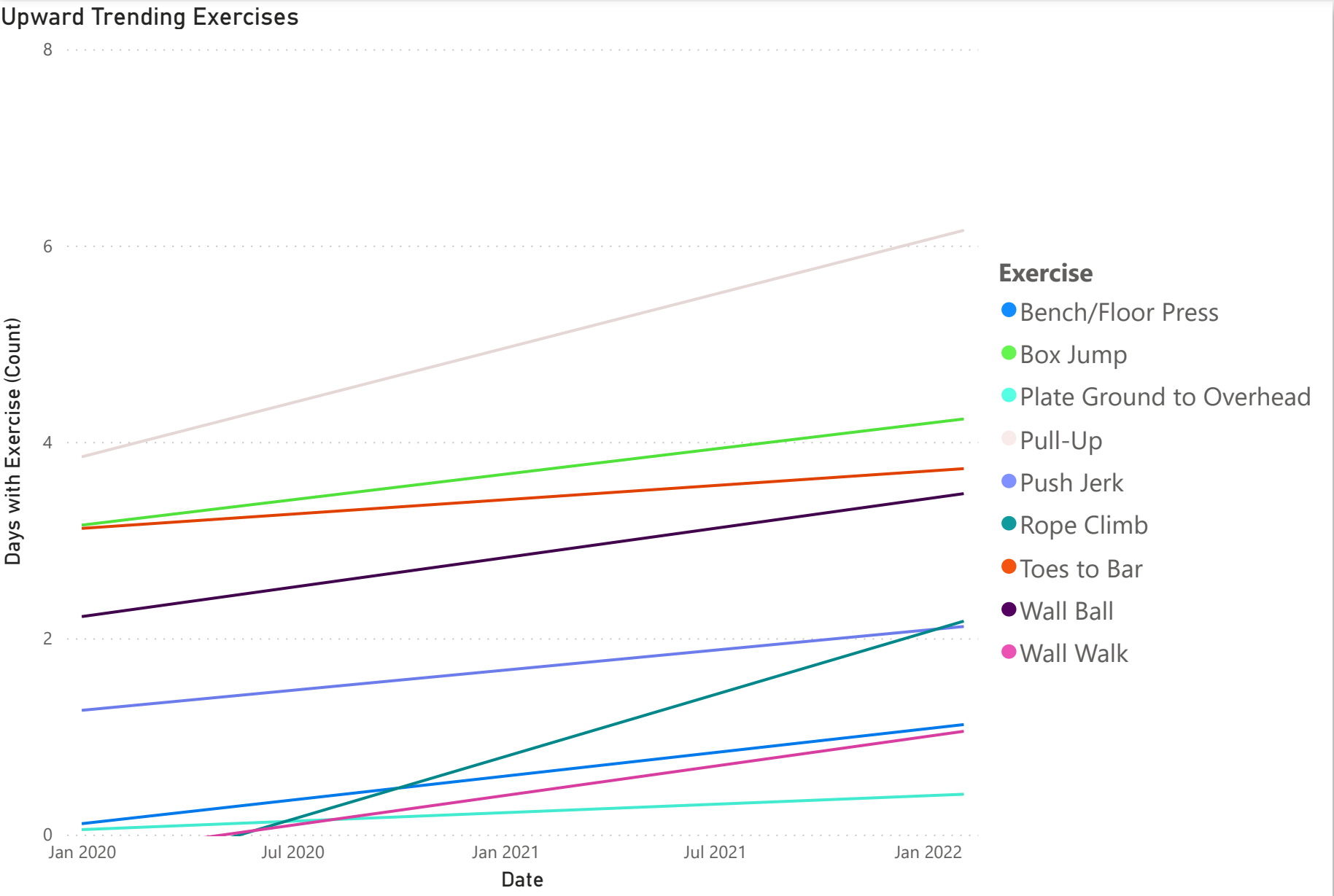
Strength Work



Exercise Count



This is a **line chart** visualizing 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. Isolate a specific exercise or alter the date range using the slicers.



1/1/2020

2/1/2022

☐ Bench/Floor Press

☐ Box Jump

☐ Plate Ground to Overhead

☐ Pull-Up

☐ Push Jerk

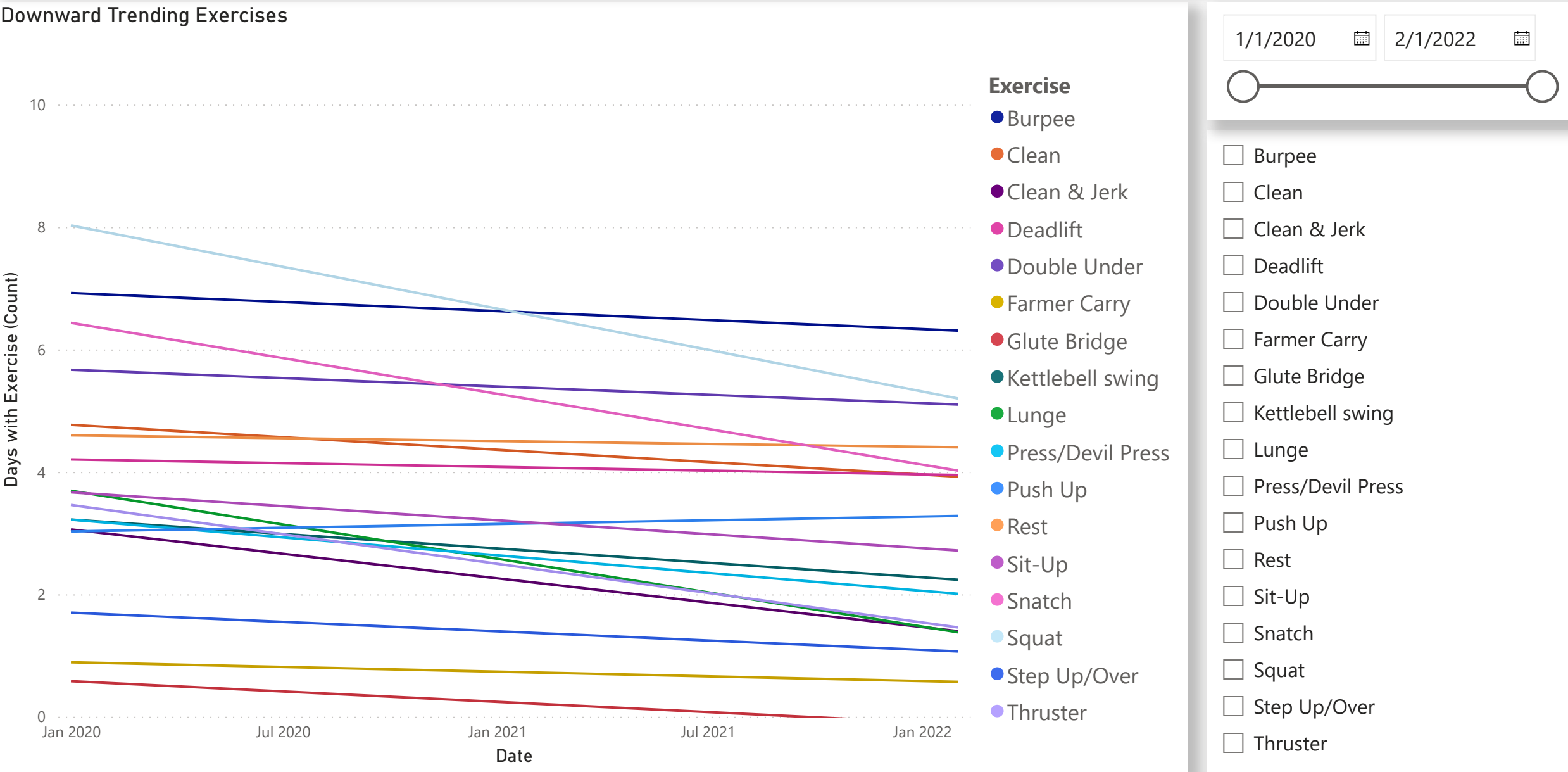
☐ Rope Climb

☐ Toes to Bar

☐ Wall Ball

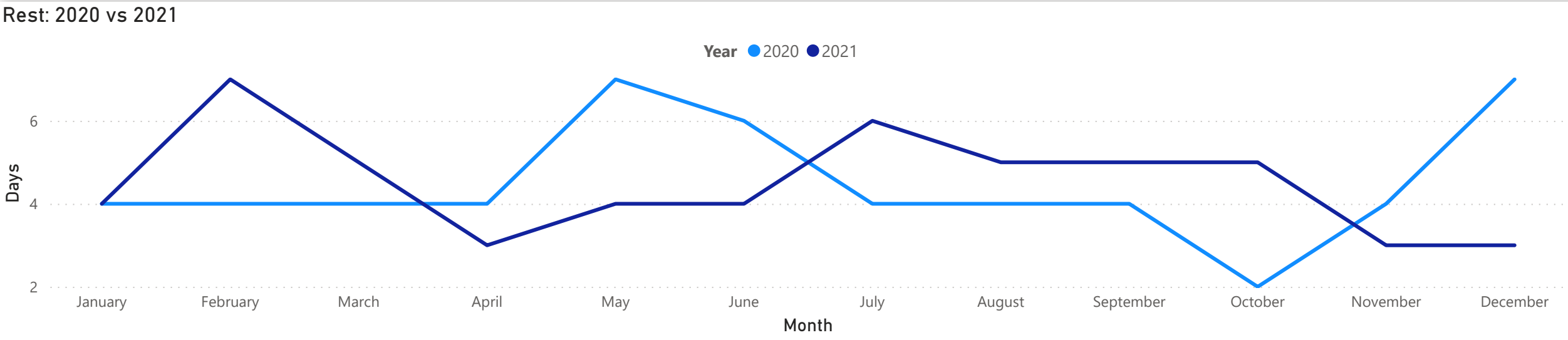
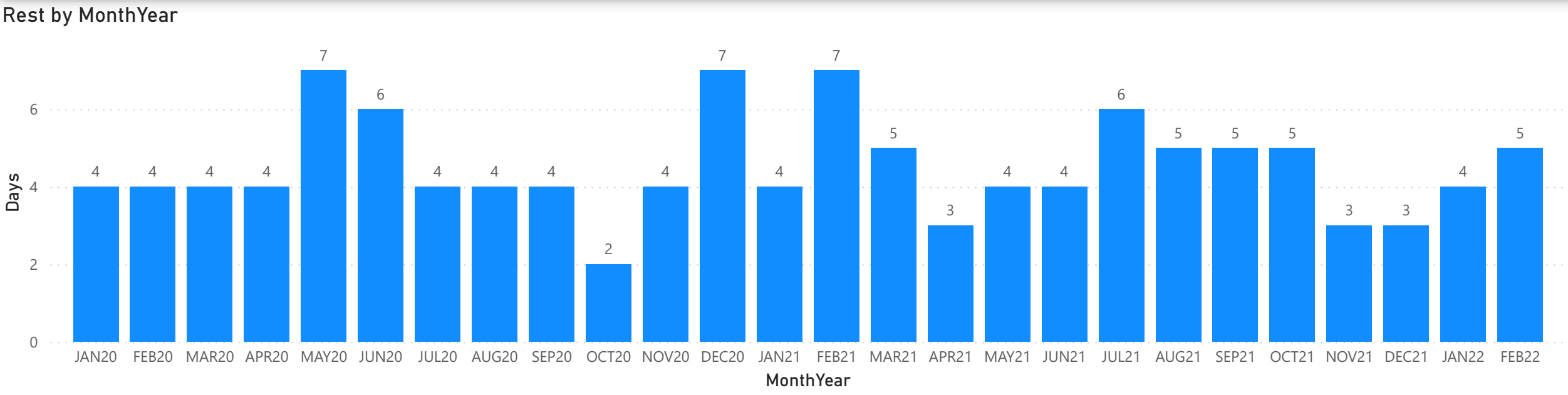
☐ Wall Walk

This is a **line chart** visualizing 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. Isolate a specific exercise or alter the date range using the slicers.



I love workouts which include rest periods.

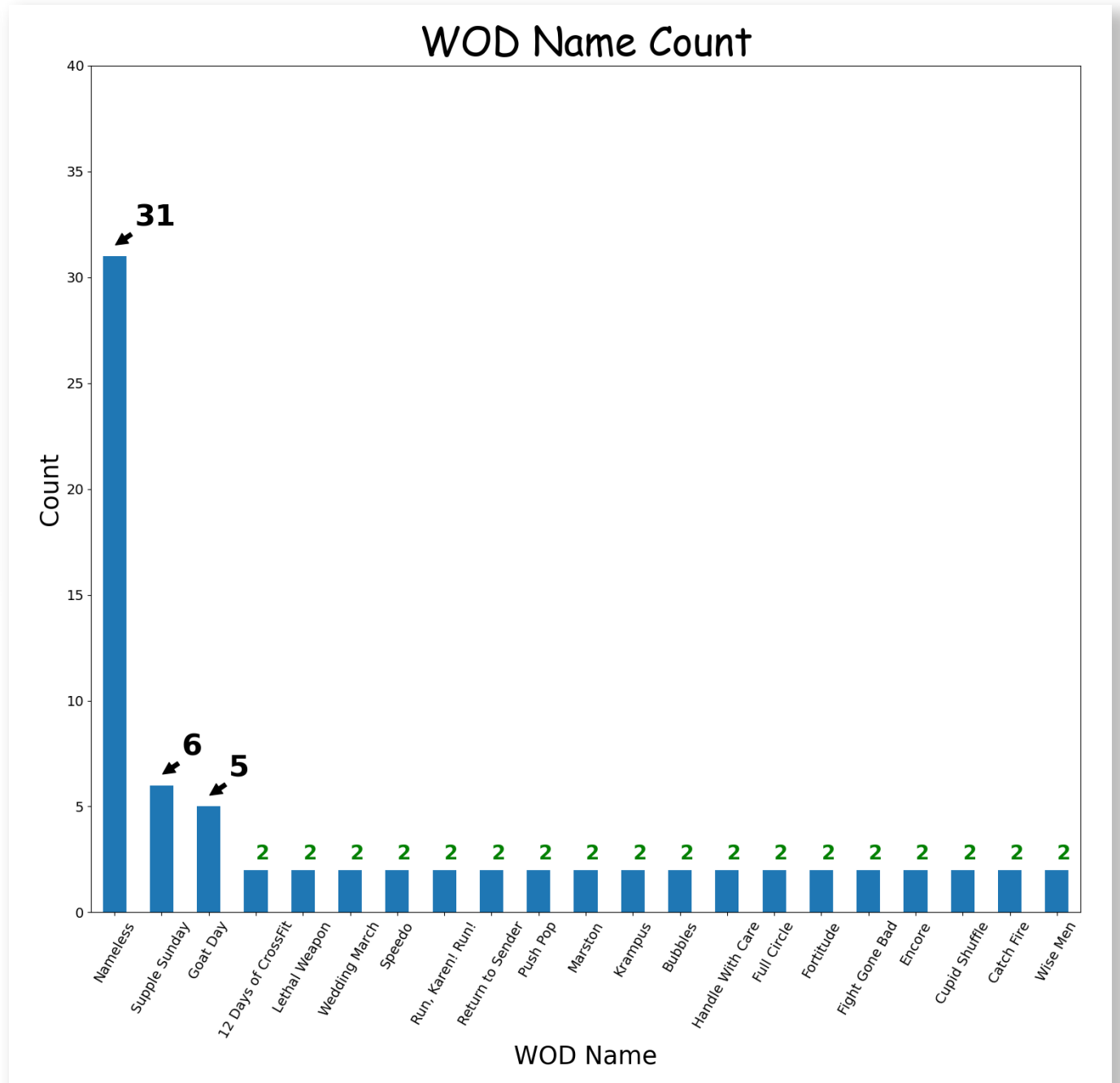
Below is a **column chart** showing the number of days which include rest as a part of the workout by month. The count is relatively consistent. The bottom visual is a **line chart** which also shows the number of days with a workout including rest. This chart compares 2020 vs 2021.



This is a **column chart** built using the **python visual** integration within Power BI. It is showing WOD names which have been used more than one time. WODs that do not have a name are grouped together 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.

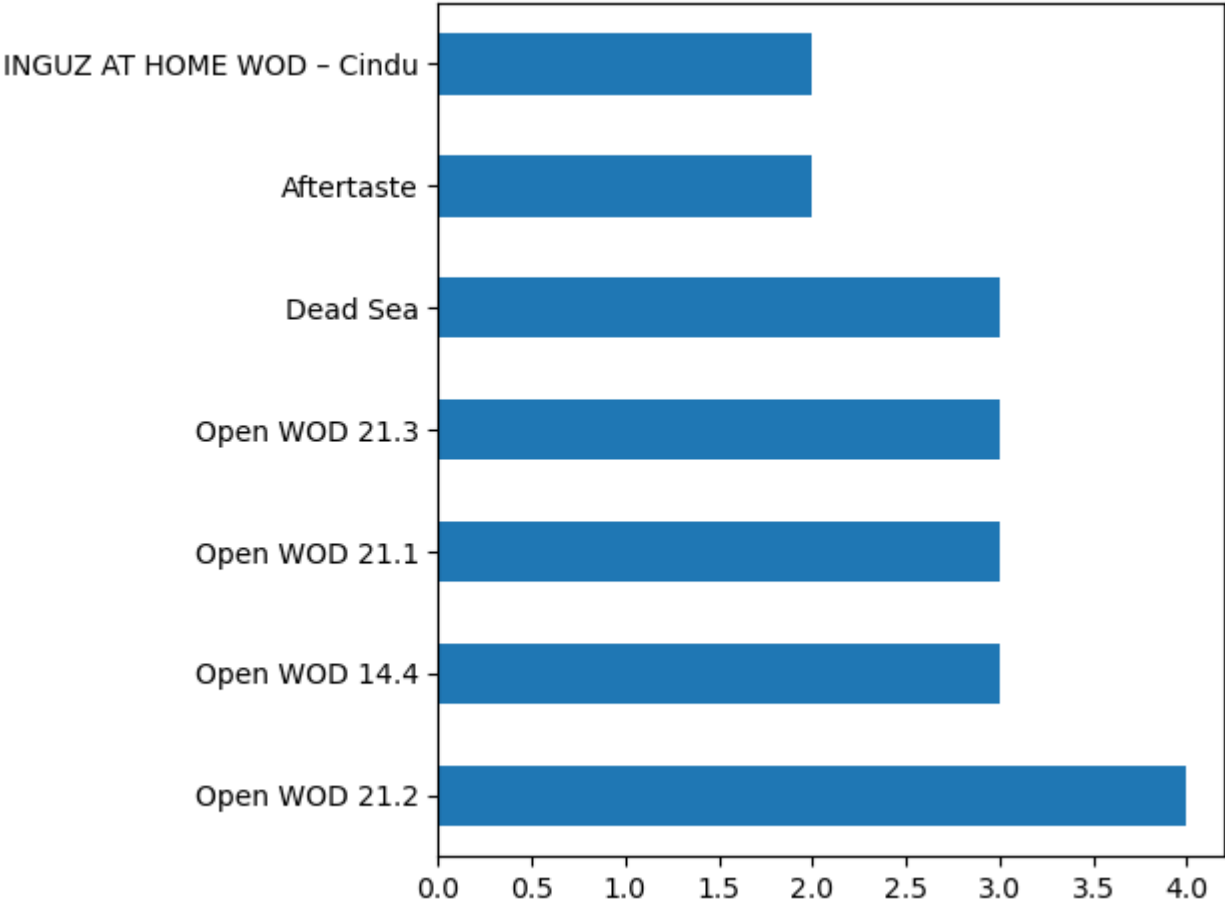
\*This visual is dependent on certain Python packages being imported and will error out when the pbix file is opened without the packages.



The **bar chart** on the left is built using the **python visual** integration within Power BI. It visualizes 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.

\*This visual is dependent on certain Python packages being imported and will error out when the pbix file is opened without the packages.

Fuzzy Matches > 1



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 21.2	Open 22.2
Open WOD 21.1	Open WOD 14.4
Open WOD 21.2	Open WOD 14.4
Open WOD 21.3	Open WOD 14.4
Open WOD 14.4	Open WOD 21.1
Open WOD 21.2	Open WOD 21.1
Open WOD 21.3	Open WOD 21.1
Open WOD 14.4	Open WOD 21.2
Open WOD 21.1	Open WOD 21.2
Open WOD 21.3	Open WOD 21.2
Open WOD 14.4	Open WOD 21.3
Open WOD 21.1	Open WOD 21.3
Open WOD 21.2	Open WOD 21.3