gymroutine

Kenny

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Lets analyze my gym routine

```r
library(tidyverse)
```

```
## ── Attaching core tidyverse packages ───────────────────── tidyverse 2.0.0 ──
## ✓ dplyr     1.1.4     ✓ readr     2.1.5
## ✓ forcats   1.0.0     ✓ stringr   1.5.1
## ✓ ggplot2   3.5.1     ✓ tibble    3.2.1
## ✓ lubridate 1.9.3     ✓ tidyr     1.3.1
## ✓ purrr     1.0.2
## ── Conflicts ─────────────────────────────────────── tidyverse_conflicts() ──
## ✗ dplyr::filter() masks stats::filter()
## ✗ dplyr::lag()    masks stats::lag()
## ℹ Use the conflicted package (<http://conflicted.r-lib.org/>) to force all conflicts to becom
e errors
```

```r
w <- read.csv("workouts.csv")
n_distinct(w$Excercise)     ## How many different workouts do I do in total? 21
```

```
## [1] 21
```

What is the max, min, and average amount of reps that I do for all exercises?

```r
w %>%
  summarise(max(w$Reps),min(w$Reps),mean(w$Reps))
```

```
##   max(w$Reps) min(w$Reps) mean(w$Reps)
## 1          15           3     9.541667
```

What is max and min reps by the type of excercise day?

```r
w %>%
  group_by(w$Day) %>%
  summarise(max(w$Reps),min(w$Reps))
```

```
## # A tibble: 4 × 3
##   `w$Day` `max(w$Reps)` `min(w$Reps)`
##   <chr>           <int>         <int>
## 1 lower a            15             3
## 2 lower b            15             3
## 3 upper a            15             3
## 4 upper b            15             3
```

which days do I lift the most amount of weight during one exercise?

```
ggplot(data = w)+
  geom_point(mapping = aes(x = Day, y  = Weight))
```