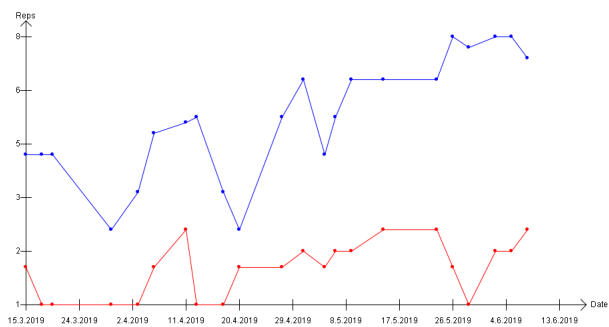
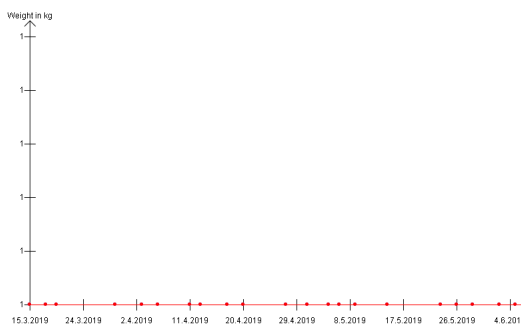
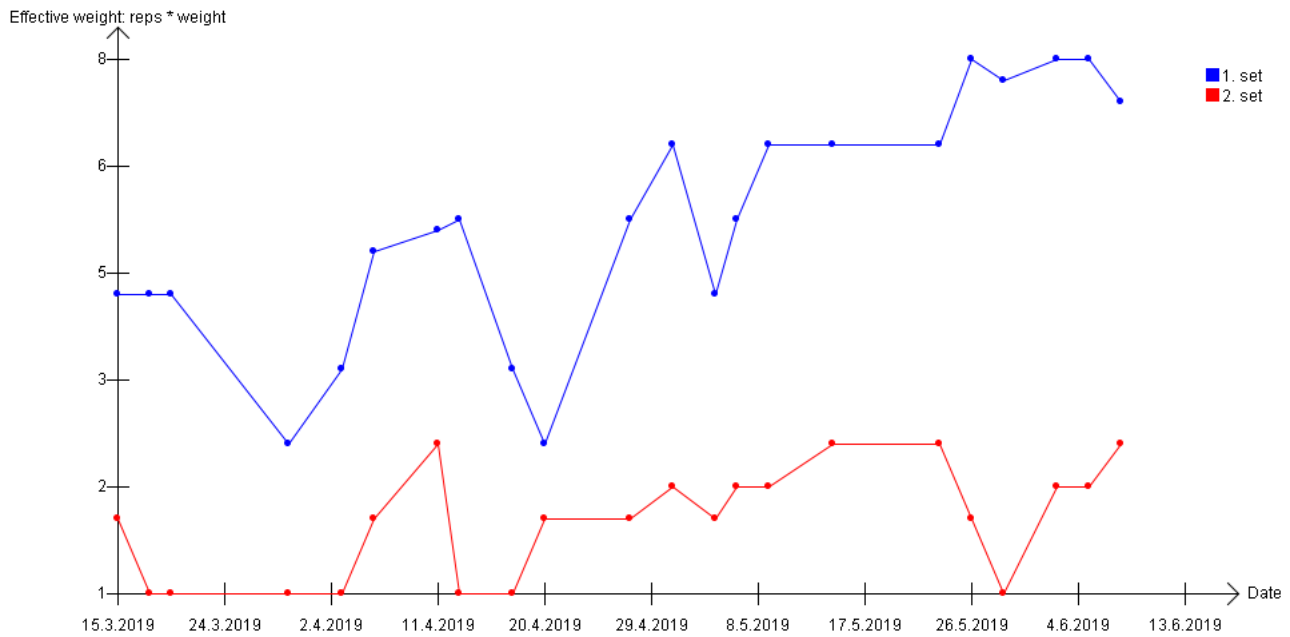


trainings data

15.03.2019 - 21.06.2019

pull ups

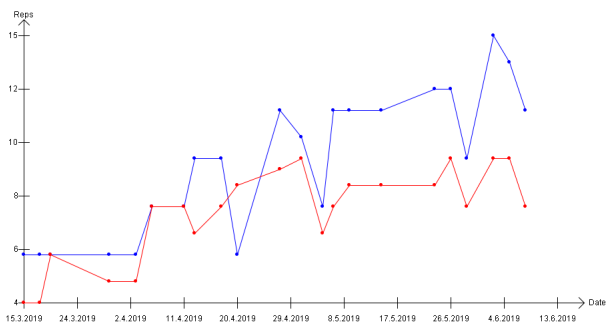
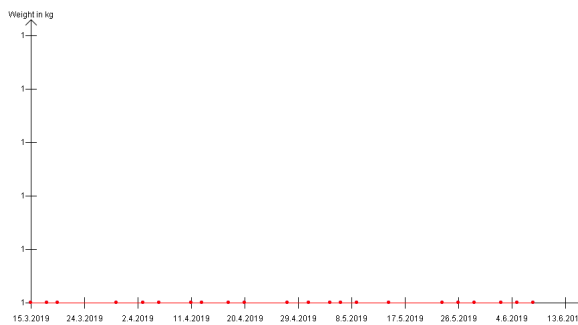
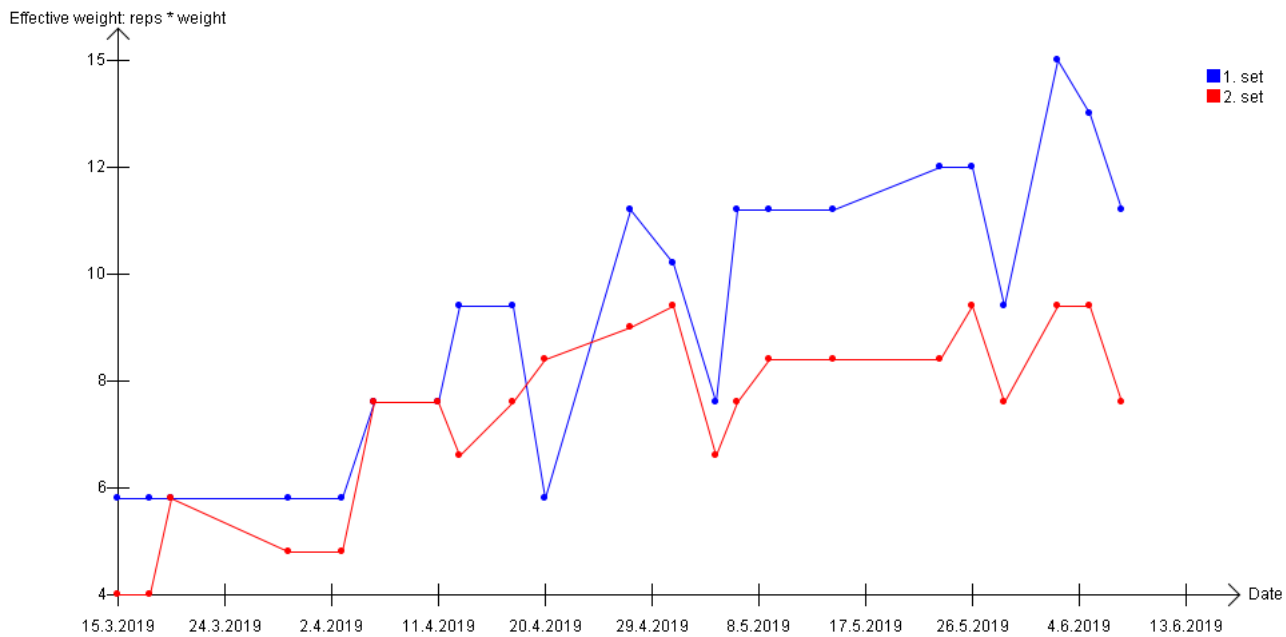


Frequency: 1.59 workouts per week

	Set 1		Set 2	
	Weight	Reps	Weight	Reps
15.03.2019	1.0	5.0	1.0	2.0
18.03.2019	1.0	5.0	1.0	1.0
20.03.2019	1.0	5.0	1.0	1.0
01.04.2019	1.0	3.0	1.0	1.0
06.04.2019	1.0	4.0	1.0	1.0
09.04.2019	1.0	5.5	1.0	2.0
15.04.2019	1.0	5.8	1.0	3.0
17.04.2019	1.0	6.0	1.0	1.0
21.04.2019	1.0	4.0	1.0	1.0
24.04.2019	1.0	3.0	1.0	2.0
02.05.2019	1.0	6.0	1.0	2.0
06.05.2019	1.0	7.0	1.0	2.5
10.05.2019	1.0	5.0	1.0	2.0
12.05.2019	1.0	6.0	1.0	2.5
15.05.2019	1.0	7.0	1.0	2.5
20.05.2019	1.0	7.0	1.0	3.0
30.05.2019	1.0	7.0	1.0	3.0
02.06.2019	1.0	8.0	1.0	2.0
05.06.2019	1.0	7.8	1.0	1.0
10.06.2019	1.0	8.0	1.0	2.5

13.06.2019	1.0	8.0	1.0	2.5
16.06.2019	1.0	7.5	1.0	3.0

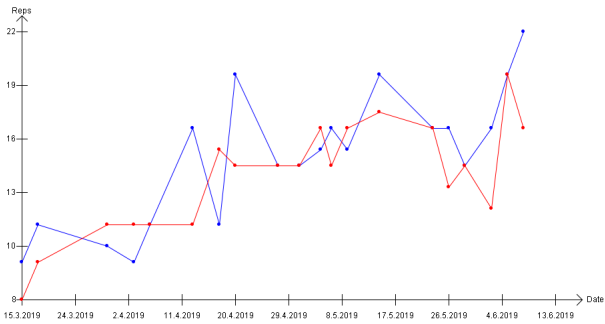
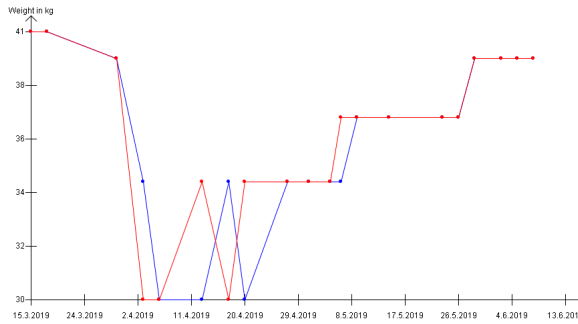
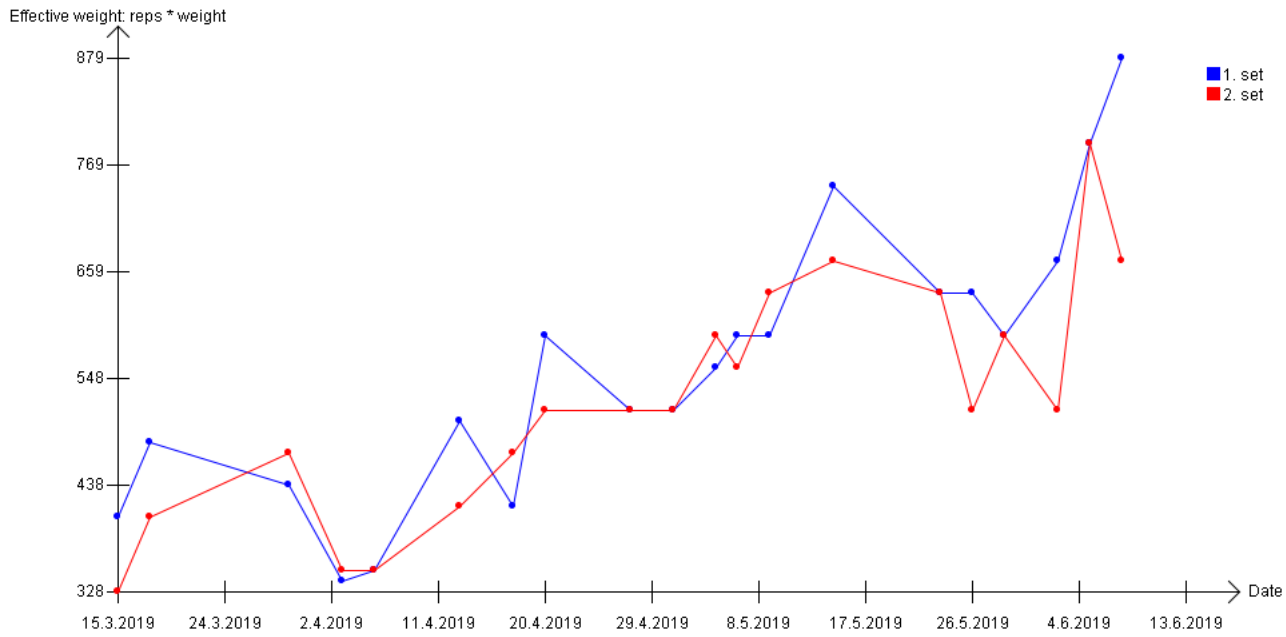
dips



Frequency: 1.59 workouts per week

	Set 1		Set 2	
	Weight	Reps	Weight	Reps
15.03.2019	1.0	6.0	1.0	4.0
18.03.2019	1.0	6.0	1.0	4.0
20.03.2019	1.0	6.0	1.0	6.0
01.04.2019	1.0	6.0	1.0	5.0
06.04.2019	1.0	6.0	1.0	5.0
09.04.2019	1.0	8.0	1.0	8.0
15.04.2019	1.0	8.0	1.0	8.0
17.04.2019	1.0	10.0	1.0	7.0
21.04.2019	1.0	10.0	1.0	8.0
24.04.2019	1.0	6.0	1.0	9.0
02.05.2019	1.0	12.0	1.0	9.5
06.05.2019	1.0	11.0	1.0	10.0
10.05.2019	1.0	8.0	1.0	7.0
12.05.2019	1.0	12.0	1.0	8.0
15.05.2019	1.0	12.0	1.0	9.0
20.05.2019	1.0	12.0	1.0	9.0
30.05.2019	1.0	13.0	1.0	9.0
02.06.2019	1.0	13.0	1.0	10.0
05.06.2019	1.0	10.0	1.0	8.0
10.06.2019	1.0	15.0	1.0	10.0
13.06.2019	1.0	14.0	1.0	10.0
16.06.2019	1.0	12.0	1.0	8.0

cable rowing



Frequency: 1.44 workouts per week

	Set 1		Set 2	
	Weight	Reps	Weight	Reps
15.03.2019	41.0	10.0	41.0	8.0
18.03.2019	41.0	12.0	41.0	10.0
01.04.2019	40.0	11.0	40.0	12.0
06.04.2019	35.0	10.0	30.0	12.0
09.04.2019	30.0	12.0	30.0	12.0
17.04.2019	30.0	17.0	35.0	12.0
21.04.2019	35.0	12.0	30.0	16.0
24.04.2019	30.0	20.0	35.0	15.0
02.05.2019	35.0	15.0	35.0	15.0
06.05.2019	35.0	15.0	35.0	15.0
10.05.2019	35.0	16.0	35.0	17.0
12.05.2019	35.0	17.0	37.5	15.0
15.05.2019	37.5	16.0	37.5	17.0
20.05.2019	37.5	20.0	37.5	18.0
30.05.2019	37.5	17.0	37.5	17.0
02.06.2019	37.5	17.0	37.5	14.0
05.06.2019	40.0	15.0	40.0	15.0
10.06.2019	40.0	17.0	40.0	13.0
13.06.2019	40.0	20.0	40.0	20.0
16.06.2019	40.0	22.0	40.0	17.0