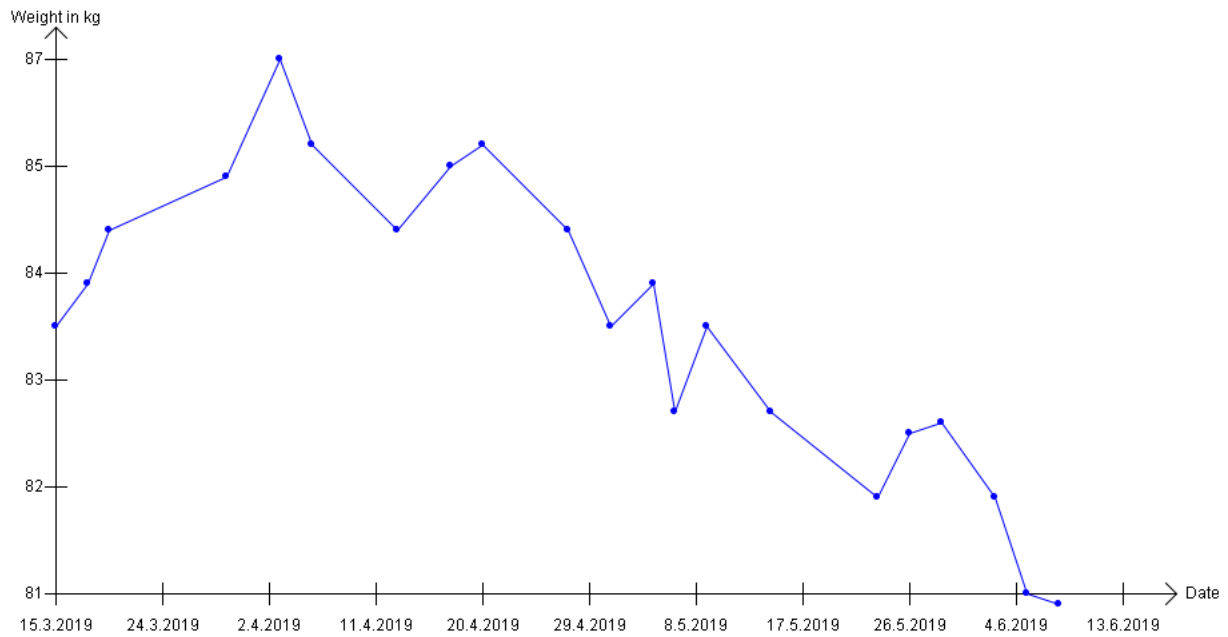


# trainings data

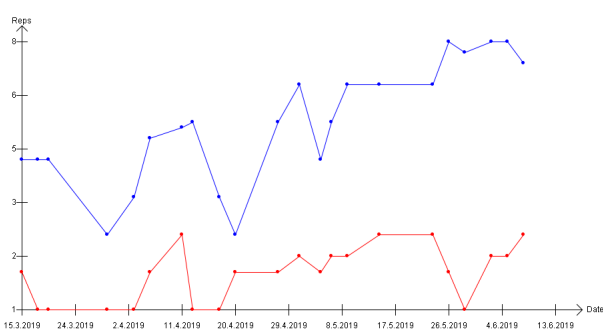
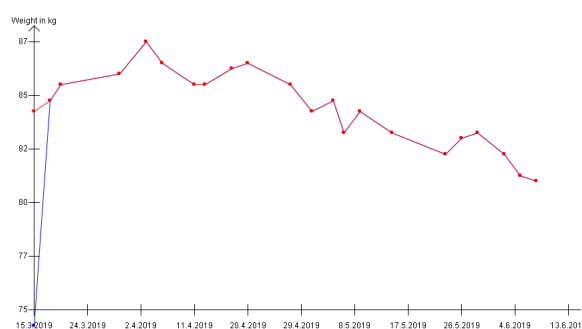
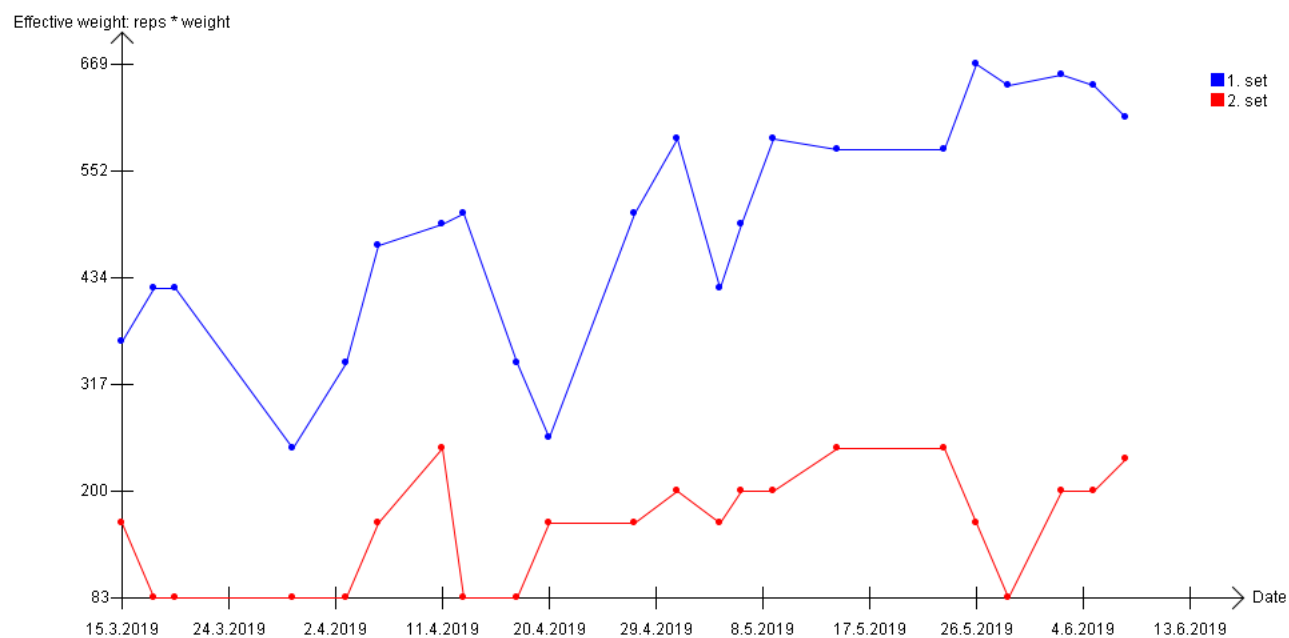
15.03.2019 - 21.06.2019

## weight



15.03.2019	85.0 kg
18.03.2019	85.5 kg
20.03.2019	86.0 kg
01.04.2019	86.7 kg
06.04.2019	87.9 kg
09.04.2019	87.0 kg
17.04.2019	86.0 kg
21.04.2019	86.8 kg
24.04.2019	87.0 kg
02.05.2019	86.0 kg
06.05.2019	85.0 kg
10.05.2019	85.5 kg
12.05.2019	84.0 kg
15.05.2019	85.0 kg
20.05.2019	84.0 kg
30.05.2019	83.0 kg
02.06.2019	83.8 kg
05.06.2019	83.9 kg
10.06.2019	83.0 kg
13.06.2019	82.0 kg
16.06.2019	81.7 kg

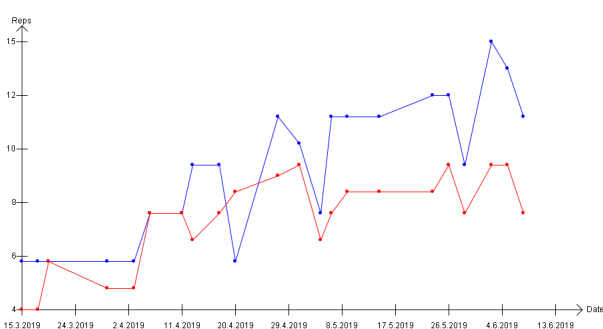
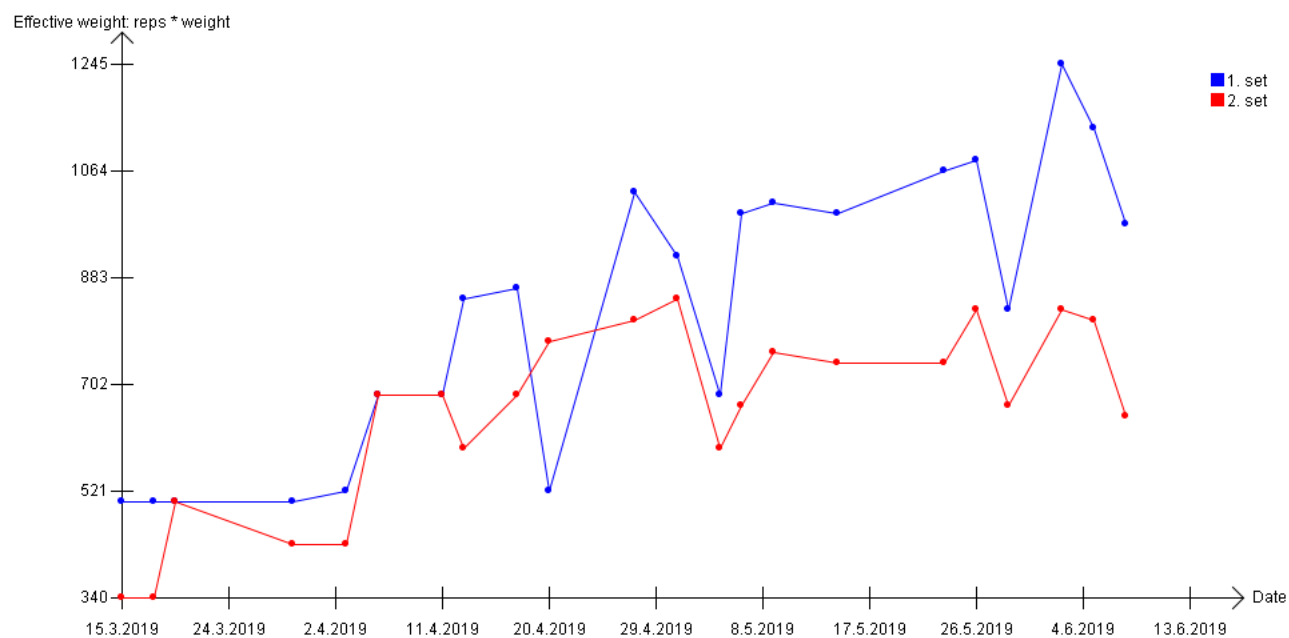
## pull ups



Frequency: 1.59 workouts per week

	Set 1		Set 2	
	Weight	Reps	Weight	Reps
15.03.2019	75.0	5.0	85.0	2.0
18.03.2019	85.5	5.0	85.5	1.0
20.03.2019	86.0	5.0	86.0	1.0
01.04.2019	86.7	3.0	86.7	1.0
06.04.2019	87.9	4.0	87.9	1.0
09.04.2019	87.0	5.5	87.0	2.0
15.04.2019	86.0	5.8	86.0	3.0
17.04.2019	86.0	6.0	86.0	1.0
21.04.2019	86.8	4.0	86.8	1.0
24.04.2019	87.0	3.0	87.0	2.0
02.05.2019	86.0	6.0	86.0	2.0
06.05.2019	85.0	7.0	85.0	2.5
10.05.2019	85.5	5.0	85.5	2.0
12.05.2019	84.0	6.0	84.0	2.5
15.05.2019	85.0	7.0	85.0	2.5
20.05.2019	84.0	7.0	84.0	3.0
30.05.2019	83.0	7.0	83.0	3.0
02.06.2019	83.8	8.0	83.8	2.0
05.06.2019	83.9	7.8	83.9	1.0
10.06.2019	83.0	8.0	83.0	2.5
13.06.2019	82.0	8.0	82.0	2.5
16.06.2019	81.7	7.5	81.7	3.0

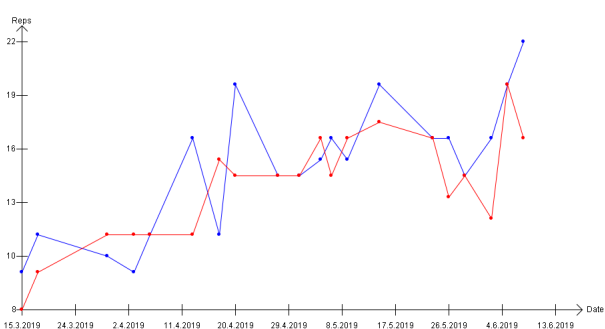
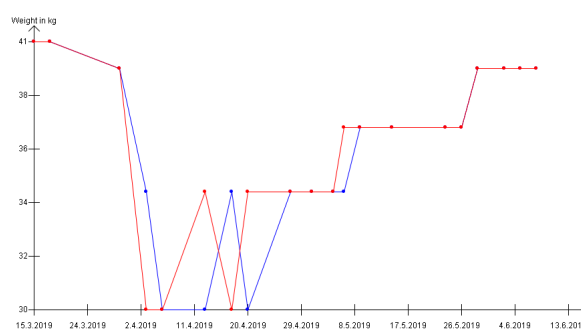
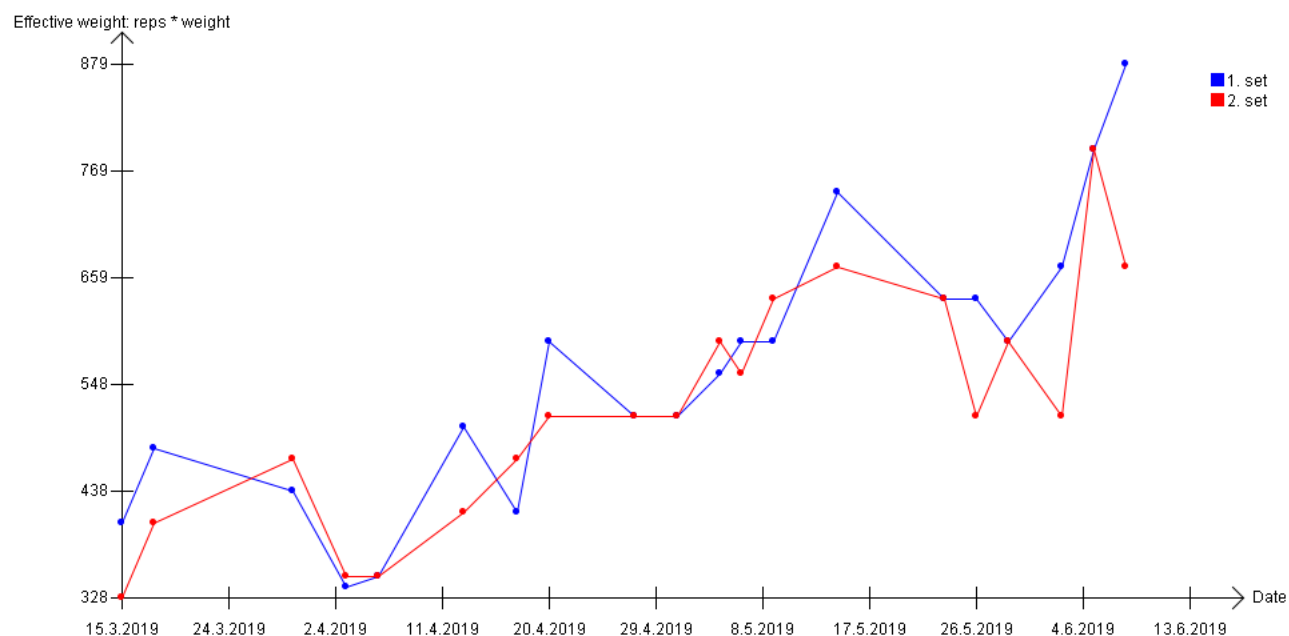
dips



Frequency: 1.59 workouts per week

	Set 1		Set 2	
	Weight	Reps	Weight	Reps
15.03.2019	85.0	6.0	85.0	4.0
18.03.2019	85.5	6.0	85.5	4.0
20.03.2019	86.0	6.0	86.0	6.0
01.04.2019	86.7	6.0	86.7	5.0
06.04.2019	87.9	6.0	87.9	5.0
09.04.2019	87.0	8.0	87.0	8.0
15.04.2019	86.0	8.0	86.0	8.0
17.04.2019	86.0	10.0	86.0	7.0
21.04.2019	86.8	10.0	86.8	8.0
24.04.2019	87.0	6.0	87.0	9.0
02.05.2019	86.0	12.0	86.0	9.5
06.05.2019	85.0	11.0	85.0	10.0
10.05.2019	85.5	8.0	85.5	7.0
12.05.2019	84.0	12.0	84.0	8.0
15.05.2019	85.0	12.0	85.0	9.0
20.05.2019	84.0	12.0	84.0	9.0
30.05.2019	83.0	13.0	83.0	9.0
02.06.2019	83.8	13.0	83.8	10.0
05.06.2019	83.9	10.0	83.9	8.0
10.06.2019	83.0	15.0	83.0	10.0
13.06.2019	82.0	14.0	82.0	10.0
16.06.2019	81.7	12.0	81.7	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