Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment
10/08/2023	Back extension	Locked		Regular	3	13			No	
10/08/2023	Dumbbell Curl	Seated	EZ Bar	Regular	3	11	17	Kgs	No	
10/08/2023	Jogging	Treadmill	Treadmill	Warmup			1	Kilometres	No	
10/08/2023	Sit-Up	Bench, decline		Regular	3	8			No	
11/08/2023	Barbell Curl	Seated	EZ Bar	Regular	3	7	27	Kgs	No	
11/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	5	40	Kgs	Yes	Failure i state
11/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	8	30	Kgs	No	
11/08/2023	Pendlay Row	Floor	Barbell	Regular	3	8	40	Kgs	No	
11/08/2023	Squat	Floor	Barbell	Regular	3	8	30	Kgs	No	
13/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	35	Kgs	Yes	
13/08/2023	Jogging	Treadmill	Treadmill	Warmup			1	Kilometres	No	
13/08/2023	Pendlay Row	Floor	EZ Bar	Regular	3	8	37	Kgs	No	
13/08/2023	Squat	Floor	Barbell	Regular	3	8	35	Kgs	No	
14/08/2023	Back extension	Locked	Dumbbell(s)	Regular	3	6	13	Kgs	No	
14/08/2023	Cycling			Regular					No	
14/08/2023	Dumbbell Curl	Seated	Dumbbell(s)	Burn set	2	16	10	Kgs	Yes	
14/08/2023	Dumbbell Curl	Seated	Dumbbell(s)	Regular	3	6	13	Kgs	No	
14/08/2023	Sit-Up	Bench, decline		Regular	3	8			No	
15/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	35	Kgs	Yes	
15/08/2023	Pendlay Row	Floor	EZ Bar	Regular	3	8	37	Kgs	Yes	
15/08/2023	Squat	Floor	EZ Bar	Regular	3	9	37	Kgs	No	
16/08/2023	Pull-up	Pullup bar		Program	1	19			Yes	
17/08/2023	Jogging	Treadmill	Treadmill	Warmup					No	
17/08/2023	Sit-Up	Bench, decline		Regular	3	9			No	
17/08/2023	Yoga	Floor		Regular			15	Minutes	No	
18/08/2023	Bench Press	Floor	EZ Bar	Regular	3	7	37	Kgs	Yes	
18/08/2023	Jogging	Treadmill	Treadmill	Warmup						
18/08/2023	Pendlay Row	Floor	EZ Bar	Regular	3	8	37	Kgs	No	
18/08/2023	Squat	Floor	EZ Bar	Regular	3	11	37	Kgs	No	
20/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	35	Kgs	No	
20/08/2023	Dumbbell Curl	Seated		Regular	3	8	13	Kgs	Yes	
20/08/2023	Pendlay Row	Floor	Barbell	Regular	3	10	35	Kgs	No	
20/08/2023	Push-Up	Floor		Regular	3	10			Yes	
20/08/2023	Sit-Up	Floor		Regular	3	15			No	
20/08/2023	Squat	Floor	EZ Bar	Regular	3	12	37	Kgs	No	
21/08/2023	Back Extension	Locked		Regular	3	12			No	
21/08/2023	Cycling			Regular					No	
21/08/2023	Pull-Up			Program	1	12			Yes	
21/08/2023	Sit-Up			Regular					No	
22/08/2023	Bench Press		Barbell	Regular	3	7	35	Kgs	No	
22/08/2023	Pendlay Row		Barbell	Regular	3	11	35	Kgs	No	
22/08/2023	Squat	Floor	EZ Bar	Regular	3	12	37	Kgs	No	
24/08/2023	Sit-Up	Bench, decline		Regular	3	12	30	Minutes	No	
24/08/2023	Yoga	Floor		Regular	2	1	30	Minutes	No	
25/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	35	Kgs	No	
25/08/2023	Dumbbell Curl	Seated	Dumbbell(s)	Regular	3	8	13	Kgs	Yes	
25/08/2023	Pendlay Row	Floor	Barbell	Regular	3	7	45	Kgs	No	
25/08/2023	Squat	Floor	Barbell	Regular	3	12	45	Kgs	No	
27/08/2023	Bench Press	Bench, incline	Barbell	Burn set	1	40	20	kgs	Yes	
27/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	8	35	Kgs	No	
27/08/2023	Bulgarian Split Squat	Floor		Regular	3	15			No	
27/08/2023	Pendlay Row	Floor	EZ Bar	Burn set	1	25	27	kgs	Yes	
27/08/2023	Pendlay Row	Floor	Barbell	Regular	3	7	45	Kgs	No	
27/08/2023	Push-Up	Floor		Burn set	1	25			Yes	From knee position
27/08/2023	Squat	Floor	Barbell	Regular	3	12	45	Kgs	No	
29/08/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	40	kgs	Yes	
29/08/2023	Pendlay Row	Floor	Barbell	Regular	3	7	50	kgs	Yes	
29/08/2023	Squat	Floor	Barbell	Regular	3	10	50	kgs	No	
30/08/2023	Dumbbell Curl	Seated	Dumbbell(s)	Drop set					Yes	
31/08/2023	Sit-Up	Bench, decline		Regular	3	10			No	Tried to keep my neck and back / core stiff. Much heavier this way!
31/08/2023	Sit-Up	Floor		Regular	3	20			No	
31/08/2023	Standing Calf Raise	Floor	Ledge	Regular	3	20			No	
31/08/2023	Yoga			Regular			15	Minutes	No	
01/09/2023	Bench Press	Bench, incline	Smith Machine	Regular	3	7	40	Kgs	Yes	
01/09/2023	Pendlay Row	Floor	Barbell	Regular	3	8			No	
01/09/2023	Squat	Floor	Smith Machine	Regular	3	7	60	Kgs	No	
03/09/2023	Bench Press	Bench, incline	Barbell	Regular	3	7	40	Kgs	Yes	
03/09/2023	Pendlay Row	Floor	Barbell	Regular	3	10	40	Kgs	No	
03/09/2023	Squat	Floor	Barbell	Regular	3	10	50	Kgs	No	
04/09/2023	Dumbbell Curl	Seated	Dumbbell(s)	Drop set					No	
04/09/2023	Pendlay Row		Bike	Regular					No	
04/09/2023	Sit-Up	Bench, decline	Plates	Regular	3	8	15	Kgs	No	
05/09/2023	Bench Press	Bench, incline	Barbell	Burn set	1	11	30	Kgs	Yes	
05/09/2023	Bench Press	Bench, incline	Barbell	Regular	3	5	48	Kgs	Yes	
05/09/2023	Pendlay Row	Floor	EZ Bar	Burn set			37	Kgs	Yes	
05/09/2023	Pendlay Row	Floor	Barbell	Regular	3	8	50	Kgs	No	
05/09/2023	Squat	Floor	Barbell	Regular	3	10	50	Kgs	No	
07/09/2023	Kneeling Ab Wheel Roll-Out	Floor	Ab-wheel	Regular	3	9	200	Centimetres	No	
07/09/2023	Yoga			Regular			15	Minutes	No	
08/09/2023	Bench Press	Bench, decline	Barbell	Regular	4	7	48	Kgs	Yes	
08/09/2023	Pendlay Row	Floor	Barbell	Regular	1	8	48	Kgs	No	Back hurts! Stopped
08/09/2023	Squat	Floor	Smith Machine	Regular	4	10	50	Kgs	No	
10/09/2023	Bench press	Bench, decline	Barbell	Regular	3	7	50	Kgs	Yes	
10/09/2023	Dumbbell Chest Fly	Bench, flat	Dumbbell(s)	Regular	3	8	10	Kgs	No	
10/09/2023	Dumbbell Lateral Raise	Bench, incline	Dumbbell(s)	Regular	3	8	7	Kgs	No	
10/09/2023	Pendlay Row	Floor	Barbell	Regular	4	8	50	Kgs	No	
10/09/2023	Squat	Floor	Barbell	Regular	3	11	50	Kgs	No	
11/09/2023	Chin-Up	Pullup bar	Pullup bar	Program	1	14			Yes	Every 15s
11/09/2023	Swimming	Water		Regular			30	Minutes	No	
12/09/2023	Bench Press	Bench, flat	Barbell	Regular	4	5	50	Kgs	No	
12/09/2023	Squat	Floor	Smith Machine	Regular	4	8	60	Kgs	No	
14/09/2023	Kneeling Ab Wheel Roll-Out	Floor	Ab-wheel	Regular	4	8	220	Centimetres	No	
14/09/2023	Sit-Up	Bench, decline		Regular	3	8	10	Kgs	No	
14/09/2023	Yoga	Floor		Regular					No	
15/09/2023	Dumbbell Curl	Seated		Drop set					Yes	
15/09/2023	Overhead Press	Floor		Drop set					Yes	
15/09/2023	Squat	Floor	Smith Machine	Regular	4	10	60	Kgs	No	
15/09/2023	Standing Calf Raise	Ledge		Regular	3	20	40	Kgs	No	
17/09/2023	Bench press	Bench, decline		Burn set	1	15	40	Kgs	Yes	
17/09/2023	Bench Press	Bench, decline		Regular	3	5	55	Kgs	Yes	
17/09/2023	Chin-Up	Pullup bar	Resistance band(s)	Burn set	1	9			Yes	
17/09/2023	Pull-Up	Pullup bar	Resistance band(s)	Burn set	1	4			Yes	
17/09/2023	Pull-Up			Program	1	11				
17/09/2023	Pull-Up	Pullup bar		Regular	3	4			Yes	
17/09/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	No	
17/09/2023	Standing Calf Raise	Floor	Christiane	Regular	3	15	62	Kgs	Yes	
19/09/2023	Bench Press	Bench, flat		Regular	4	5	50	Kgs	No	
19/09/2023	Dumbbell Chest Fly	Bench, flat	Dumbbell(s)	Regular	3	8	12	Kgs	No	
19/09/2023	Dumbbell Lateral Raise	Bench, incline	Dumbbell(s)	Regular	3	8	7.5	Kgs	No	
19/09/2023	Pull-Up	Pullup bar	Resistance band(s)	Regular	4	4			No	
19/09/2023	Squat	Floor	Smith Machine	Regular	3	12	60	Kgs	No	
21/09/2023	Kneeling Ab Wheel Roll-Out	Floor	Ab-wheel	Regular	3	9	225	Centimetres	No	
21/09/2023	Sit-Up	Bench, decline		Regular	3	8			No	Focus on negatives
22/09/2023	Bench Press	Bench, decline		Drop set					Yes	50 & 40 Kgs
22/09/2023	Bench Press	Bench, decline		Regular	3	3	60	Kgs	Yes	
22/09/2023	Dumbbell Curl	Seated		Drop set					Yes	
22/09/2023	Pull-Up	Pullup bar		Regular	3	4			Yes	Something's off
22/09/2023	Squat	Floor		Regular	3	8	70	Kgs	No	
24/09/2023	Bulgarian Split Squat	Floor		Regular	3	15			No	
24/09/2023	Dumbbell Chest Fly	Bench, decline	Dumbbell(s)	Burn set	1	20	10	Kgs	Yes	
24/09/2023	Dumbbell Chest Fly	Bench, decline	Dumbbell(s)	Regular	3	9	12	Kgs	Yes	
24/09/2023	Dumbbell Lateral Raise	Bench, incline	Dumbbell(s)	Regular	3	10	10	Kgs	Form	
24/09/2023	Front Squat	Floor	Barbell	Regular	1	15	40	Kgs	No	
24/09/2023	Pull-Up	Pullup bar	Resistance band(s)	Regular	3	5			No	
24/09/2023	Push-Up	Floor	Pushup bars	Regular	3	9			Yes	
26/09/2023	Dumbbell Horizontal External Shoulder Rotation	Bench, flat	Dumbbell(s)	Regular	3	10	10	Kgs	No	
26/09/2023	Sit-Up	Bench, decline		Regular	3	9			Form	
27/09/2023	Push-Up	Floor	Pushup bars	Regular	3	10			Yes	
27/09/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	Pre	
28/09/2023	Kneeling Ab Wheel Roll-Out	Floor	Ab-wheel	Regular	4	9	225	Centimetres	Tempo	
28/09/2023	Yoga	Floor		Regular			15	Minutes	No	
01/10/2023	Bench Press	Bench, flat	Barbell	Regular	3	8	40	Kgs	Yes	Temporary left arm pain
01/10/2023	Chin-Up	Pullup bar	Resistance band(s)	Burn set	1	8			Form	
01/10/2023	Chin-Up	Pullup bar		Regular	3	4			Yes	
01/10/2023	Dumbbell Chest Fly	Bench, flat	Dumbbell(s)	Regular	3	10				
01/10/2023	Pull-Up	Pullup bar	Resistance band(s)	Regular	3	5			Pre	
01/10/2023	Push-Up	Floor	Pushup bars	Regular	3	10			Muscular	
01/10/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	Muscular	
01/10/2023	Standing Calf Raise	Floor	Resistance band(s)	Regular	3	20			Pre	
04/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	3	4	20	Kgs	Partial	
04/10/2023	Squat	Floor	Smith Machine	Regular	4	12	60	Kgs	No	
08/10/2023	Dumbbell Chest Fly	Bench, flat	Dumbbell(s)	Regular	3	12	12	Kgs	No	
08/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	3	6	22	Kgs	No	
08/10/2023	Pull-Up	Pullup bar	Resistance band(s)	Partial reps					Form	
09/10/2023	Sit-Up	Bench, decline	Plates	Regular			10	Kgs	Tempo	
10/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	4	7	20	Kgs	Partial	Failure left before right
10/10/2023	Pull-Up	Pullup bar	Resistance band(s)	Burn set	3	5			Form	
10/10/2023	Squat	Floor	Smith Machine	Regular	4	12	60	Kgs	No	
12/10/2023	Kneeling Ab Wheel Roll-Out	Floor	Ab-wheel	Regular	4	10	225	Centimetres	Tempo	
12/10/2023	Yoga	Floor		Regular			15	Minutes	No	
13/10/2023	Barbell Curl	Floor	EZ Bar	Regular	3	3	37	Kgs	Yes	
13/10/2023	Bench Press	Bench, flat	Barbell	Burn set	1	13	40	Kgs	Muscular	
13/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	3	5	20	Kgs	Muscular	
13/10/2023	Pendlay Row	Floor	Barbell	Regular	3	8	60	Kgs	Form	
13/10/2023	Sit-Up	Bench, decline		Regular	3	10	10	Kgs	No	
16/10/2023	Dumbbell Chest Press			Regular	4	8	20	Kgs	Pre	
16/10/2023	Pull-Up	Smith Machine	Resistance band(s)	Burn set	1	15			Yes	
16/10/2023	Pull-Up	Smith Machine		Regular	3	2			Yes	
16/10/2023	Squat	Floor	Smith Machine	Regular	4	8	70	Kgs	No	
18/10/2023	Bench Press	Bench, flat	Barbell	Regular	3	7	50	Kgs	Pre	
18/10/2023	Dumbbell Curl	Seated	Dumbbell(s)	Drop set					Muscular	
18/10/2023	Dumbbell Pullover	Bench, flat	Dumbbell(s)	Regular	3	10	27	Kgs	No	
18/10/2023	Sit-Up	Bench, decline		Regular	3	8	15	Kgs	No	
21/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	3	8	22	Kgs	Muscular	
21/10/2023	Pendlay Row	Floor	Barbell	Regular	3	8	60	Kgs	Form	
21/10/2023	Squat	Floor	Smith Machine	Regular	4	9	70	Kgs	Pre	
21/10/2023	Standing Calf Raise	Ledge	Resistance band(s)	Regular	2	17			No	Interrupted by the dinner bell
28/10/2023	Barbell Curl	Floor	Barbell	Regular	2	15	20	Kgs	Pre	
28/10/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	4	8	20	Kgs	Pre	
28/10/2023	Dumbbell Lying Triceps Extension	Bench, flat	Dumbbell(s)	Regular	3	17	20	Kgs	No	
28/10/2023	Squat	Floor	Smith Machine	Regular	4	10	70	Kgs	Pre	
29/10/2023	Sit-Up	Bench, decline	Plates	Regular	3	10	20	Kgs	Tempo	
31/10/2023	Bar Dip	Bars	Resistance band(s)	Regular	4	10			No	
31/10/2023	Lat Pulldown With Pronated Grip	Locked	Machine	Regular	4	9	11	Stacks	No	
31/10/2023	Overhead Cable Curl	Locked	Machine	Drop set					Yes	3 & 2 stacks
31/10/2023	Overhead Cable Curl	Locked	Machine	Regular	3	8	4	Stacks	No	
31/10/2023	Overhead Cable Triceps Extension	Locked	Machine	Drop set					Yes	3 & 2 stacks
31/10/2023	Overhead Cable Triceps Extension	Locked	Machine	Regular	3	10	4	Stacks	No	Overhead
31/10/2023	Seated Calf Raise	Seated	Machine	Regular	3	15	15	Stacks	Form	
31/10/2023	Seated Calf Raise	Seated	Machine	Warmup	1	8	15	Stacks	No	
31/10/2023	Straight Arm Lat Pulldown	Locked	Machine	Burn set			5	Stacks	Yes	
03/11/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Drop set					Yes	
03/11/2023	Dumbbell Chest Press	Bench, flat	Dumbbell(s)	Regular	3	9	20	Kgs	Muscular	Fail last rep
03/11/2023	Pull-Up	Smith Machine	Resistance band(s)	Regular	4	6			Muscular	Failure last rep
03/11/2023	Squat	Floor	Smith Machine	Regular	4	11	70	Kgs	Tempo	
03/11/2023	Squat	Floor	Smith Machine	Warmup	3	10	35	Kgs	No	10 each of 20, 40, 50 kgs
03/11/2023	Standing Calf Raise	Floor	Smith Machine	Regular	2	20	70	Kgs	No	
04/11/2023	Pendlay Row	Floor	Barbell	Regular	4	15	30	Kgs	Form	Was sick! Had a fever
04/11/2023	Barbell Curl	Floor	EZ Bar	Regular	4	20	17	Kgs	Pre	Was sick! Had a fever. Felt awful afterwards.

Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment

Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment

Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment

Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment

Squat — Pick exercise here

Date	Exercise	Foundation	Equip	Set type	# Sets	# Reps	Load	Units	To failure?	Comment	Targets	Weight lifted	Reps description	Week	Month	Year
11/08/2023	Squat	Floor	Barbell	Regular	3	8	30	Kgs	No		Leg	720	Moderate reps	32	Aug	2023
13/08/2023	Squat	Floor	Barbell	Regular	3	8	35	Kgs	No		Leg	840	Moderate reps	33	Aug	2023
15/08/2023	Squat	Floor	EZ Bar	Regular	3	9	37	Kgs	No		Leg	999	Moderate reps	33	Aug	2023
18/08/2023	Squat	Floor	EZ Bar	Regular	3	11	37	Kgs	No		Leg	1221	Moderate reps	33	Aug	2023
20/08/2023	Squat	Floor	EZ Bar	Regular	3	12	37	Kgs	No		Leg	1332	Moderate reps	34	Aug	2023
22/08/2023	Squat	Floor	EZ Bar	Regular	3	12	37	Kgs	No		Leg	1332	Moderate reps	34	Aug	2023
25/08/2023	Squat	Floor	Barbell	Regular	3	12	45	Kgs	No		Leg	1620	Moderate reps	34	Aug	2023
27/08/2023	Squat	Floor	Barbell	Regular	3	12	45	Kgs	No		Leg	1620	Moderate reps	35	Aug	2023
29/08/2023	Squat	Floor	Barbell	Regular	3	10	55	Kgs	No		Leg	1500	Moderate reps	35	Aug	2023
01/09/2023	Squat	Floor	Smith Machine	Regular	3	7	60	Kgs	No		Leg	1260	Low reps	35	Sep	2023
03/09/2023	Squat	Floor	Barbell	Regular	3	10	50	Kgs	No		Leg	1500	Moderate reps	36	Sep	2023
05/09/2023	Squat	Floor	Barbell	Regular	3	10	50	Kgs	No		Leg	1500	Moderate reps	36	Sep	2023
08/09/2023	Squat	Floor	Smith Machine	Regular	4	10	55	Kgs	No		Leg	2200	Moderate reps	36	Sep	2023
10/09/2023	Squat	Floor	Barbell	Regular	3	11	50	Kgs	No		Leg	1650	Moderate reps	37	Sep	2023
12/09/2023	Squat	Floor	Smith Machine	Regular	4	8	60	Kgs	No		Leg	1920	Moderate reps	37	Sep	2023
15/09/2023	Squat	Floor	Smith Machine	Regular	4	10	60	Kgs	No		Leg	2400	Moderate reps	37	Sep	2023
17/09/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	No		Leg	1860	Moderate reps	38	Sep	2023
19/09/2023	Squat	Floor	Smith Machine	Regular	3	12	60	Kgs	No		Leg	2160	Moderate reps	38	Sep	2023
22/09/2023	Squat	Floor		Regular	3	8	70	Kgs	No		Leg	1680	Moderate reps	38	Sep	2023
27/09/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	Pre		Leg	1860	Moderate reps	39	Sep	2023
01/10/2023	Squat	Floor	Christiane	Regular	3	10	62	Kgs	Muscular		Leg	1860	Moderate reps	40	Oct	2023
04/10/2023	Squat	Floor	Smith Machine	Regular	4	12	60	Kgs	No		Leg	2880	Moderate reps	40	Oct	2023
10/10/2023	Squat	Floor	Smith Machine	Regular	4	12	60	Kgs	No		Leg	2880	Moderate reps	41	Oct	2023
16/10/2023	Squat	Floor	Smith Machine	Regular	4	8	70	Kgs	No		Leg	2240	Moderate reps	42	Oct	2023
21/10/2023	Squat	Floor	Smith Machine	Regular	4	9	70	Kgs	Pre		Leg	2520	Moderate reps	42	Oct	2023
28/10/2023	Squat	Floor	Smith Machine	Regular	4	10	70	Kgs	Pre		Leg	2800	Moderate reps	43	Oct	2023
03/11/2023	Squat	Floor	Smith Machine	Regular	4	11	70	Kgs	Tempo		Leg	3080	Moderate reps	44	Nov	2023
03/11/2023	Squat	Floor	Smith Machine	Warmup	3	10	35	Kgs	No	10 each of 20, 40, 50 kgs	Leg	1050	Moderate reps	44	Nov	2023

Use this sheet to plan your next workout. If available, you'll get history from last time you did these exercises (if dates are ordered in Log). Tip: You can make a copy of this sheet for a day 2.

Which exercises are you going to do?

Exercise		Date	Type	Sets	Reps	Load	Unit	Weight lifted	Comment
Squat	Last row in Log:	03/11/2023	Warmup	3	10	35	Kgs	1050	10 each of 20, 40, 50 kgs
Dumbbell Chest Press	Last row in Log:	03/11/2023	Regular	3	9	20	Kgs	540	Fail last rep
Standing Calf Raise	Last row in Log:	03/11/2023	Regular	2	20	70	Kgs	2800	
Pull-Up	Last row in Log:	03/11/2023	Regular	4	6				Failure last rep

Use this pivot table to generate statistics.

Date	Load	# Sets	# Reps	SUM of Weight li
11/08/2023	30	3	8	720
13/08/2023	35	3	8	840
15/08/2023	37	3	9	999
18/08/2023	37	3	11	1221
20/08/2023	37	3	12	1332
22/08/2023	37	3	12	1332
25/08/2023	45	3	12	1620
27/08/2023	45	3	12	1620
29/08/2023	50	3	10	1500
01/09/2023	60	3	7	1260
03/09/2023	50	3	10	1500
05/09/2023	50	3	10	1500
08/09/2023	50	4	10	2000
10/09/2023	50	3	11	1650
12/09/2023	60	4	8	1920
15/09/2023	60	4	10	2400
17/09/2023	62	3	10	1860
19/09/2023	60	3	12	2160
22/09/2023	70	3	8	1680
27/09/2023	62	3	10	1860
01/10/2023	62	3	10	1860
04/10/2023	60	4	12	2880
10/10/2023	60	4	12	2880
16/10/2023	70	4	8	2240
21/10/2023	70	4	9	2520
28/10/2023	70	4	10	2800
03/11/2023	70	4	11	3080

Exercise (feel free to add your own)	Category	Foundation	Equipment	Weight units	Type	Name	Failures	Exercises performed
Air Squat	Leg							
Back Extension	Back	Bench, decline	Ab-wheel	Kgs	Regular	Tore	Yes	Back extension
Band External Shoulder Rotation	Shoulder	Bench, flat	Barbell	Pounds	Burn set		No	Dumbbell Curl
Band Internal Shoulder Rotation	Shoulder	Bench, incline	Cable	Plates	Combination		Form	Jogging
Band Pull-Apart	Shoulder	Floor	Dumbbell(s)	Stacks	Drop set		Muscular	Sit-Up
Banded Side Kicks	Glute	Ground	EZ Bar	Kilometres	Forced reps		Partial	Barbell Curl
Bar Dip	Chest	Locked	Kettlebell(s)	Miles	Giant set		Pre	Bench Press
Bar Hang	Forearm & grip	Seated	Ledge	Minutes	Negative reps		Tempo	Pendlay Row
Barbell Curl	Bicep	Treadmill	Machine	Centimetres	Rest-pause			Squat
Barbell Front Raise	Shoulder	Pullup bar	Plates		Superset			Cycling
Barbell Hack Squat	Leg	Water	Pullup bar		Time based			Pull-up
Barbell Lunge	Leg	Wedge	Pushup bars		Warmup			Yoga
Barbell Lying Triceps Extension	Triceps	Ledge	Resistance band(s)		Program			Push-Up
Barbell Preacher Curl	Bicep	Smith Machine	Smith Machine		Partial reps			Back Extension
Barbell Rear Delt Row	Shoulder	Machine	Treadmill					Pull-Up
Barbell Row	Back	Bars	Bike					Bulgarian Split Squat
Barbell Shrug	Back		Christiane					Standing Calf Raise
Barbell Standing Triceps Extension	Triceps							Kneeling Ab Wheel Roll-Out
Barbell Upright Row	Shoulder							Bench press
Barbell Walking Lunge	Leg							Dumbbell Chest Fly
Barbell Wrist Curl	Forearm & grip							Dumbbell Lateral Raise
Barbell Wrist Curl Behind the Back	Forearm & grip							Chin-Up
Barbell Wrist Extension	Forearm & grip							Swimming
Behind the Neck Press	Shoulder							Overhead Press
Belt Squat	Leg							Front Squat
Bench Dip	Triceps							Dumbbell Horizontal External Shoulder Rotation
Bench Press	Chest							Dumbbell Chest Press
Block Snatch	Back							Dumbbell Pullover
Body Weight Lunge	Leg							Dumbbell Lying Triceps Extension
Bodyweight Curl	Bicep							Bar Dip
Box Squat	Leg							Lat Pulldown With Pronated Grip
Bulgarian Split Squat	Leg							Overhead Cable Curl
Cable Chest Press	Chest							Overhead Cable Triceps Extension
Cable Close Grip Seated Row	Back							Seated Calf Raise
Cable Crunch	Abs							Straight Arm Lat Pulldown
Cable Curl With Bar	Bicep							
Cable Curl With Rope	Bicep							
Cable Lateral Raise	Shoulder							
Cable Pull Through	Glute							
Cable Rear Delt Row	Shoulder							
Cable Wide Grip Seated Row	Back							
Calves Exercises	Abs							
Chair Squat	Leg							
Chin-Up	Back							
Clamshells	Glute							
Clean	Back							
Clean and Jerk	Back							
Close-Grip Bench Press	Chest							
Close-Grip Feet-Up Bench Press	Chest							
Close-Grip Push-Up	Triceps							
Concentration Curl	Bicep							
Crunch	Abs							
Dead Bug	Abs							
Deadlift	Back							
Decline Bench Press	Chest							
Deficit Deadlift	Back							
Dumbbell Chest Fly	Chest							
Dumbbell Chest Press	Chest							
Dumbbell Curl	Bicep							
Dumbbell Deadlift	Back							
Dumbbell Decline Chest Press	Chest							
Dumbbell Floor Press	Chest							
Dumbbell Frog Pumps	Glute							
Dumbbell Front Raise	Shoulder							
Dumbbell Horizontal External Shoulder Rotation	Shoulder							
Dumbbell Horizontal Internal Shoulder Rotation	Shoulder							
Dumbbell Lateral Raise	Shoulder							
Dumbbell Lunge	Leg							
Dumbbell Lying Triceps Extension	Triceps							
Dumbbell Preacher Curl	Bicep							
Dumbbell Pullover	Chest							
Dumbbell Rear Delt Row	Shoulder							
Dumbbell Romanian Deadlift	Glute							
Dumbbell Row	Back							
Dumbbell Shoulder Press	Shoulder							
Dumbbell Shrug	Back							
Dumbbell Squat	Leg							
Dumbbell Standing Triceps Extension	Triceps							
Dumbbell Wrist Curl	Forearm & grip							
Dumbbell Wrist Extension	Forearm & grip							
Eccentric Heel Drop	Abs							
Face Pull	Shoulder							
Farmers Walk	Forearm & grip							
Fat Bar Deadlift	Forearm & grip							
Feet-Up Bench Press	Chest							
Fire Hydrants	Glute							
Floor Back Extension	Back							
Floor Press	Chest							
Forearm Extensor Exercises	Forearm & grip							
Frog Pumps	Glute							
Front Hold	Shoulder							
Front Squat	Leg							
Glute Bridge	Glute							
Goblet Squat	Leg							
Good Morning	Back							
Gripper	Forearm & grip							
Hack Squat Machine	Leg							
Half Air Squat	Leg							
Hammer Curl	Bicep							
Hang Clean	Back							
Hang Power Clean	Back							
Hang Power Snatch	Back							
Hang Snatch	Back							
Hanging Knee Raise	Abs							
Hanging Leg Raise	Abs							
Hanging Sit-Up	Abs							
Heel Raise	Abs							
High to Low Wood Chop with Band	Abs							
Hip Abduction Against Band	Glute							
Hip Abduction Machine	Glute							
Hip Adduction Machine	Leg							
Hip Thrust	Glute							
Hip Thrust Machine	Glute							
Hip Thrust With Band Around Knees	Glute							
Horizontal Wood Chop with Band	Abs							
Incline Bench Press	Chest							
Incline Dumbbell Curl	Bicep							
Incline Dumbbell Press	Chest							
Incline Push-Up	Chest							
Inverted Row	Back							
Inverted Row with Underhand Grip	Back							
Jefferson Curl	Back							
Jogging	Cardio & warmup							
Kettlebell Swing	Back							
Kneeling Ab Wheel Roll-Out	Abs							
Kneeling Incline Push-Up	Chest							
Kneeling Plank	Abs							
Kneeling Push-Up	Chest							
Kneeling Side Plank	Abs							
Landmine Hack Squat	Leg							
Landmine Squat	Leg							
Lat Pulldown With Pronated Grip	Back							
Lat Pulldown With Supinated Grip	Back							
Lateral Walk With Band	Glute							
Leg Extension	Leg							
Leg Press	Leg							
Lying Dumbbell External Shoulder Rotation	Shoulder							
Lying Dumbbell Internal Shoulder Rotation	Shoulder							
Lying Leg Curl	Leg							
Lying Leg Raise	Abs							
Lying Windshield Wiper	Abs							
Lying Windshield Wiper with Bent Knees	Abs							
Machine Bicep Curl	Bicep							
Machine Chest Fly	Chest							
Machine Chest Press	Chest							
Machine Crunch	Abs							
Machine Glute Kickbacks	Glute							
Machine Lateral Raise	Shoulder							
Machine Shoulder Press	Shoulder							
Monkey Row	Shoulder							
Mountain Climbers	Abs							
Oblique Crunch	Abs							
Oblique Sit-Up	Abs							
One-Handed Bar Hang	Forearm & grip							
One-Handed Cable Row	Back							
One-Handed Lat Pulldown	Back							
One-Legged Glute Bridge	Glute							
One-Legged Hip Thrust	Glute							
Overhead Cable Triceps Extension	Triceps							
Overhead Press	Shoulder							
Pause Deadlift	Back							
Pause Squat	Leg							
Pec Deck	Chest							
Pendlay Row	Back							
Plank	Abs							
Plate Front Raise	Shoulder							
Plate Pinch	Forearm & grip							
Plate Wrist Curl	Forearm & grip							
Power Clean	Back							
Power Jerk	Shoulder							
Power Snatch	Back							
Pull-Up	Back							
Push Press	Shoulder							
Push-Up	Chest							
Push-Up Against Wall	Chest							
Push-Ups With Feet in Rings	Chest							
Rack Pull	Back							
Resistance Band Chest Fly	Chest							
Reverse Cable Flyes	Shoulder							
Reverse Dumbbell Flyes	Shoulder							
Reverse Machine Fly	Shoulder							
Romanian Deadlift	Glute							
Romanian Deadlift	Leg							
Rowing Machine	Cardio & warmup							
Running	Cardio & warmup							
Safety Bar Squat	Leg							
Seal Row	Back							
Seated Barbell Overhead Press	Shoulder							
Seated Calf Raise	Abs							
Seated Dumbbell Shoulder Press	Shoulder							
Seated Leg Curl	Leg							
Seated Machine Row	Back							
Seated Smith Machine Shoulder Press	Shoulder							
Shallow Body Weight Lunge	Leg							

Side Lunges (Bodyweight)	Leg
Side Plank	Abs
Single Leg Romanian Deadlift	Glute
Sit-Up	Abs
Smith Machine Bench Press	Chest
Smith Machine Incline Bench Press	Chest
Smith Machine Squat	Leg
Snatch	Back
Snatch Grip Behind the Neck Press	Shoulder
Snatch Grip Deadlift	Back
Spider Curl	Bicep
Split Jerk	Shoulder
Squat	Leg
Squat Jerk	Shoulder
Standing Cable Chest Fly	Chest
Standing Calf Raise	Leg
Standing Glute Kickback in Machine	Glute
Standing Resistance Band Chest Fly	Chest
Stationary Bike	Cardio & warmup
Step Up	Glute
Step Up	Leg
Stiff-Legged Deadlift	Back
Straight Arm Lat Pulldown	Back
Sumo Deadlift	Back
T-Bar Row	Back
Towel Pull-Up	Forearm & grip
Trap Bar Deadlift With High Handles	Back
Trap Bar Deadlift With Low Handles	Back
Tricep Bodyweight Extension	Triceps
Tricep Pushdown With Bar	Triceps
Tricep Pushdown With Rope	Triceps
Walking	Cardio & warmup
Yoga	Mobility
Back extension	Back
Cycling	Cardio & warmup
Spinning	Cardio & warmup
Swimming	Cardio & warmup
Overhead Cable Curl	Bicep