

FitSheet — user manual

Table of Contents

FitSheet — user manual	1
1. General.....	3
1.1. Downloading the spreadsheet	3
1.2. Script Authorization	3
2. Configuration (Config Sheet).....	8
2.1. Sheet overview	8
2.2. Description of options illustrated by configuring the first workout routine, T1 ..	10
3. Workout routine view (sheets T1, T2 etc.)	17
3.1. General	17
3.2. Workout routine number	19
3.3. Workout routine name	20
3.4. Number of sets	21
3.5. Main group.....	22
3.6. Operations.....	22
3.7. Nearest workout.....	24
3.8. Number of exercises remaining to complete	25
3.9. Workout routine status (icon)	26
3.10. Exercise number.....	27
3.11. Last finished	28
3.12. Weights column	29
3.13. Repetitions column	30
3.14. Duration/rest column.....	31
3.15. Completion column.....	32
3.16. Difficulty column	33
3.17. Additional columns.....	34
4. Workout history (computer only)	34
4.1. Saving workout in history.....	35
4.1. Deleting workout from history.....	36

5. Fitness and measurements (FitTest sheet)	36
6. Scheduling workout sessions (Calendar sheet + C_arch)	37
7. Exercise base	39
8. Summary	40

1. General

Prerequisites:

- Google Account + Google Drive
- Internet connection

In a nutshell, FitSheet is designed for **easy workout planning** for different days, entering them into a **calendar**, tracking progress and **achievements**, as well as **monitoring** body changes. It can be used by both **coaches** and **individuals** who want to have better and easier control over their training. FitSheet also works on mobile devices, making it easy to use at the gym, during outdoor workouts, anywhere.

FitSheet is a spreadsheet created in the **Google Sheets**.

Note: FitSheet cannot be used in Excel as it contains built-in scripts in a language that Excel does not support.

To begin, download the sheet and save it to your **Google Drive** (which allows for simultaneous use from both your phone and computer — recommended!). A Google account is required.

Access and use:

FitSheet can be accessed from both a computer and a smartphone (preferably with the Google Sheets app installed). However, the initial training setup (training generation) **must be** done on a computer.

1.1. Downloading the spreadsheet

To download the spreadsheet to your Google Drive:

- a) Use the link received after purchasing the FitSheet.
- b) Click File > Make a copy
- c) Choose a name, location, and click Create a copy.
- d) From now on, the spreadsheet will be available in your account in the location chosen in the previous step.

1.2. Script Authorization

The spreadsheet operation is based on scripts, which require special permissions.

The first use of interactive options, e.g. **generating a workout sheet**, prompts for authorization:

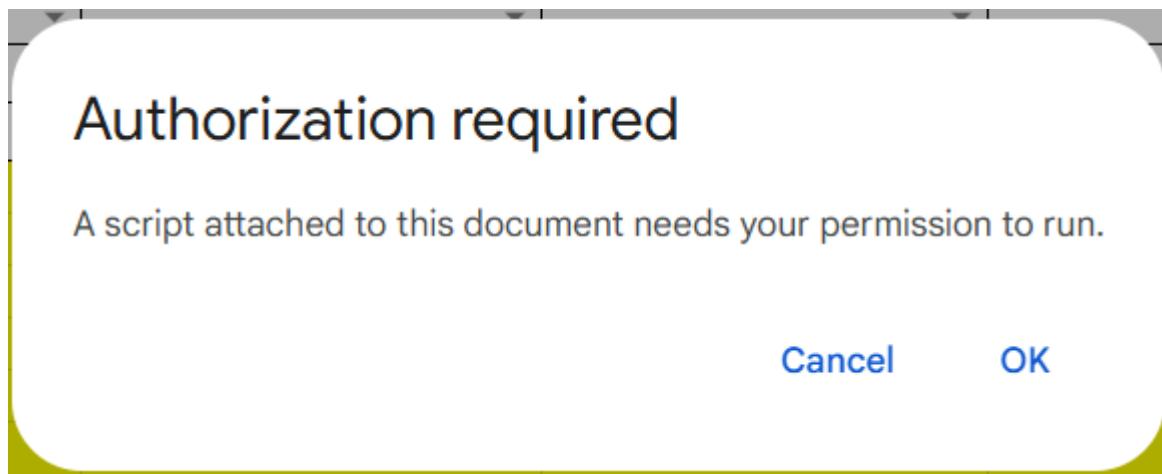


Figure 1 Authorization Window

- In the first window, click OK
- In the next step, select your Google account, then click **Advanced > Open: FitScript (unsafe)** and in the last step click **Allow**

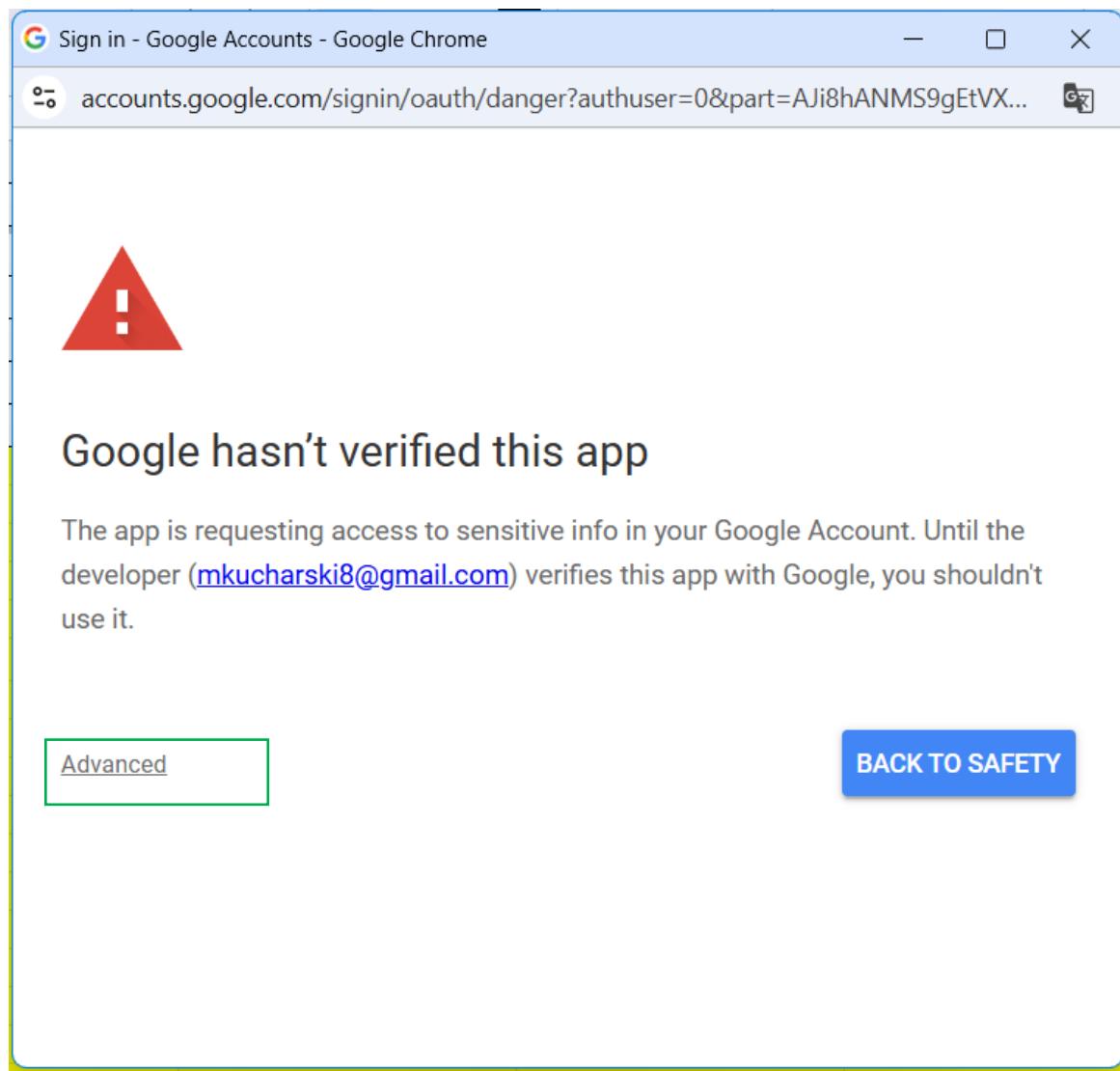


Figure 2 Authorization, step 2

Sign in - Google Accounts - Google Chrome

accounts.google.com/signin/oauth/danger?authuser=0&part=AJi8hANMS9gEtVX... 



Google hasn't verified this app

The app is requesting access to sensitive info in your Google Account. Until the developer (mkucharski8@gmail.com) verifies this app with Google, you shouldn't use it.

[Hide Advanced](#) [BACK TO SAFETY](#)

Continue only if you understand the risks and trust the developer (mkucharski8@gmail.com).

[Go to FitScript \(unsafe\)](#)

Figure 3 Authorization, step 3

This will allow **FitScript** to:

- See, edit, create, and delete all your Google Sheets spreadsheets (i)
- Display and run third-party web content in prompts and sidebars inside Google applications (i)

Make sure you trust FitScript

You may be sharing sensitive info with this site or app. Learn about how FitScript will handle your data by reviewing its terms of service and privacy policies. You can always see or remove access in your [Google Account](#).

[Learn about the risks](#)

[Cancel](#)

[Allow](#)

English (United States) ▾

[Help](#)

[Privacy](#)

[Terms](#)

Figure 4 Authorization, step 4

From now on, the scripts will be active and the sheet will function properly.

2. Configuration (Config Sheet)

J13	A	B	C	D	E	F	G	H
1	Parameter >	T1	T2	T3	T4	T5	T6	T7
2	Select	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
3	Name							
4	Sets	3	▼	▼	▼	▼	▼	▼
5	Warmup	Yes	▼	▼	▼	▼	▼	▼
6	Finish	Yes	▼	▼	▼	▼	▼	▼
7	1 exercisetime (m)	1	▼	▼	▼	▼	▼	▼
9		▼	▼	▼	▼	▼	▼	▼
10		▼	▼	▼	▼	▼	▼	▼
11		▼	▼	▼	▼	▼	▼	▼
12		▼	▼	▼	▼	▼	▼	▼
13	Warmup	▼	▼	▼	▼	▼	▼	▼
19		▼	▼	▼	▼	▼	▼	▼
20		▼	▼	▼	▼	▼	▼	▼
21		▼	▼	▼	▼	▼	▼	▼
22		▼	▼	▼	▼	▼	▼	▼
23		▼	▼	▼	▼	▼	▼	▼
24		▼	▼	▼	▼	▼	▼	▼
25		▼	▼	▼	▼	▼	▼	▼
26		▼	▼	▼	▼	▼	▼	▼
28		▼	▼	▼	▼	▼	▼	▼
29		▼	▼	▼	▼	▼	▼	▼
30		▼	▼	▼	▼	▼	▼	▼
31		▼	▼	▼	▼	▼	▼	▼
32		▼	▼	▼	▼	▼	▼	▼
33		▼	▼	▼	▼	▼	▼	▼
34		▼	▼	▼	▼	▼	▼	▼
35		▼	▼	▼	▼	▼	▼	▼
36		▼	▼	▼	▼	▼	▼	▼
37		▼	▼	▼	▼	▼	▼	▼
38		▼	▼	▼	▼	▼	▼	▼
39		▼	▼	▼	▼	▼	▼	▼
40		▼	▼	▼	▼	▼	▼	▼
41		▼	▼	▼	▼	▼	▼	▼
42		▼	▼	▼	▼	▼	▼	▼
43		▼	▼	▼	▼	▼	▼	▼
44		▼	▼	▼	▼	▼	▼	▼
45		▼	▼	▼	▼	▼	▼	▼
46		▼	▼	▼	▼	▼	▼	▼
47		▼	▼	▼	▼	▼	▼	▼
48		▼	▼	▼	▼	▼	▼	▼
49	Main muscle group							

Figure 5 Configuration sheet

2.1. Sheet overview

First header row: T1, T2 etc. labels correspond to individual workout routines. Each workout routine is a unique set of selected exercises that can be assigned to different days. For example, you can plan 3 workout routines, which will be repeated in a weekly cycle, T1 on Mondays, T2 on Wednesdays, T3 on Fridays. However, the setup is up to you. You can configure up to 7 workout routines.

Second selection row (checkbox): operations on exercises can be performed after selecting the checkbox — both individually and in a batch mode. The available operations are visible in the Options menu. The menu is only accessible from a **computer**. The options were discussed in section 2.2.

Name: Any name given to the workout routine. E.g. "Biceps and triceps" or "Monday". The name will also be visible in the workout routine view after it is generated (e.g. T1 sheet) and in the calendar.

Number of sets: Here you choose how many sets of exercises you want to do in a given workout routine. The correct setting of this parameter is very important, as it determines the view of the workout routine. **12 sets is the maximum.**

Warm-up: Here, you choose whether you want a warm-up to be included for a given workout routine. Having a warm-up enabled means that in the workout routine view, exercises selected in the warm-up section below will show up. Possible values are "Yes" and "No".

Finish: Here, you choose whether you want to enable a finish for a given workout routine (exercises after the main workout). Having a finish enabled means that in the workout routine view, exercises selected in the finish section below will show up. Possible values are "Yes" and "No".

Exercise time: Choose in minutes, how long it takes you to perform one exercise on average (not 1 repetition). So for example, if the exercise is push-ups and you want to do 20 repetitions, choose how long it takes on average to do 20 repetitions. This parameter is of secondary importance and is used to estimate the workout routine time (total and remaining). The default value is 1 minute.

Warm-up (orange background): a section designed for selecting warm-up exercises (max. 10). Select exercises from a drop-down list, which is populated with exercises from the database. If necessary, you can add your own exercises if they are not in the database. For how to add your own exercises, section 7.

Main exercises (green background): a section designed for selecting main exercises (max. 20). Select exercises from a drop-down list, which is populated with exercises from the database. If necessary, you can add your own exercises if they are not in the database. For how to add your own exercises, section 6.

Finish (blue background): a section designed for selecting finish exercises (max. 10). Select exercises from a drop-down list, which is populated with exercises from the database. If necessary, you can add your own exercises if they are not in the database. For how to add your own exercises, section 6.

Main muscle group: this row provides information about the muscle group which will be most intensively exercised during the workout routine. This information is generated automatically depending on the exercises selected for the workout routine. If there are several different ones with the same highest number of exercises, the text 'Many' will appear.

Estimated workout time: automatically calculated estimated workout routine time. This value is based on the user-input information: the time of the one exercise from the row no. 7, and also depends on the number of exercises, sets, and the warm-up/finish duration.

2.2. Description of options illustrated by configuring the first workout routine, T1

Note: The configuration (generation/removal) of the workout routine must be done on a computer.

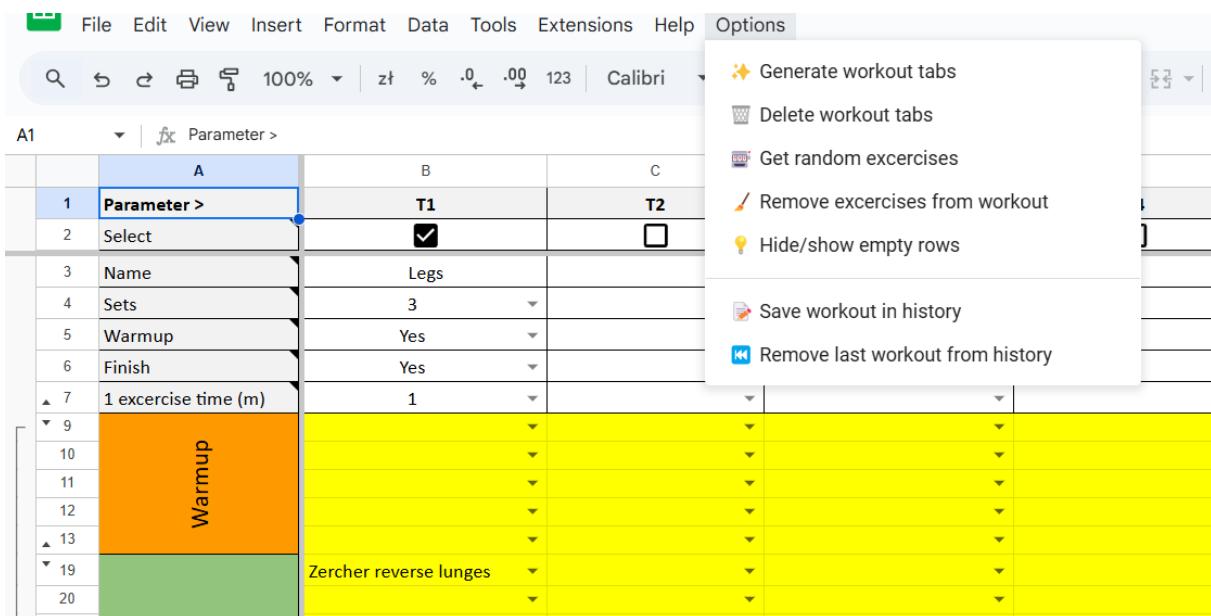


Figure 6 View of the options list

a. Configuration

- Give a name in B3.
- Choose the number of sets in B4.
- Choose whether you want a warm-up and a finish (B5-B6).
- Provide the average exercise time.
- In the fields B9-B48, select exercises (for now without setting repetitions and weights — these values will be set on the next sheet). If you want to set fewer exercises than the maximum, leave a dash in the redundant fields or leave the field blank.

A sample workout routine (exercises were chosen randomly, do not pay attention to their type, it's just an example):

4	A	B	
1	Parameter >	T1	
2	Select	<input checked="" type="checkbox"/>	
3	Name	Legs	
4	Sets	4	
5	Warmup	Yes	
6	Finish	Yes	
7	1 exercise time (m)	1	
8	9	Stationary bicycle	
10			
11			
12			
13			
14			
15			
16			
17			
18			
19	19	Zercher reverse lunges	
20			
21		Assisted sissy squat	
22		Reverse lunges	
23		Trx lateral lunges	
24		Smith bench press	
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39	39	Rowing ergometer	
40			
41			
42			
43			
44			
45			
46			
47			
48			
49	Main muscle group	legs	
50	Est. workout time	50	
51			

Figure 7 Sample exercises in a workout routine

b. Generating a workout routine (Generate workout tabs option)

- After selecting the parameters, check the checkbox in B2.
- Click Options > Generate workout tabs.

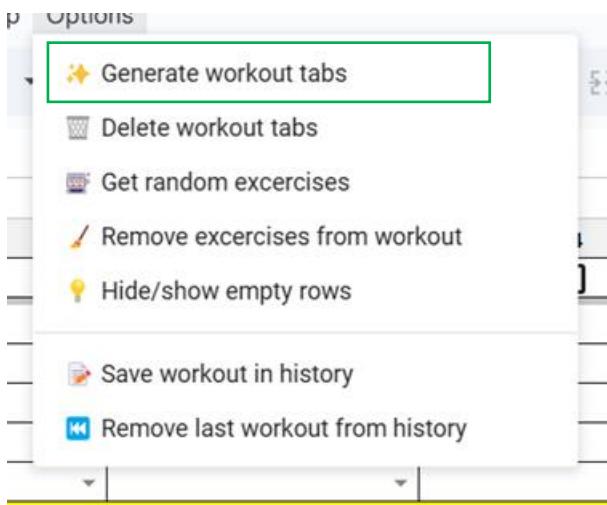


Figure 8 Generating workout tabs

- A sheet named T1 should be generated. You will see the following message:

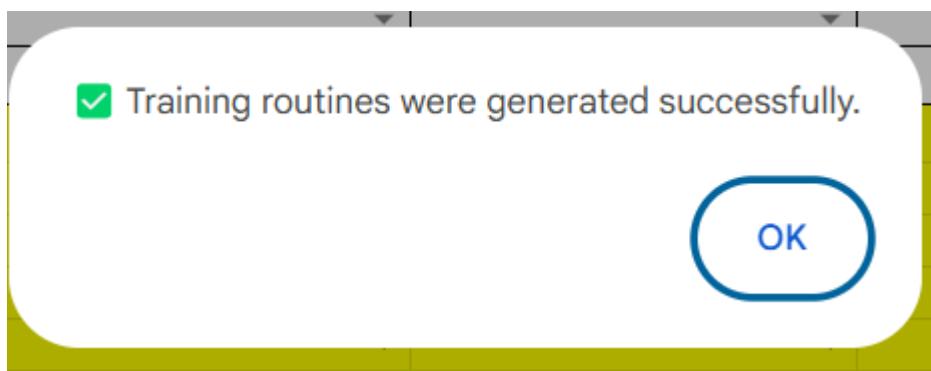
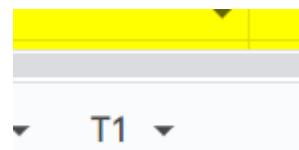


Figure 9 Confirmation of workout routine sheet generation

If this did not happen, there must have been an error. If everything went according



to plan, the T1 sheet will appear.

It will include all exercises in as many sets as selected in the configuration. In case of a mistake, the entire sheet should be removed.

c. Removing your workout routine

- Select the appropriate checkbox (for the workout routine T1, it will be B2)
- Options > Delete workout tabs.

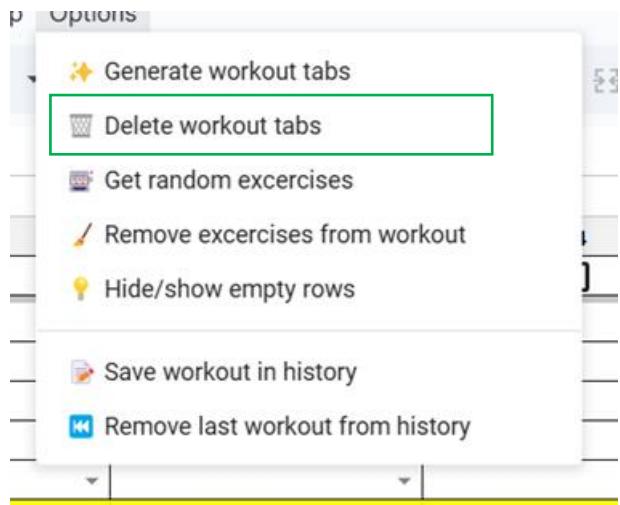


Figure 10 Deleting workout tabs

d. Get random exercises

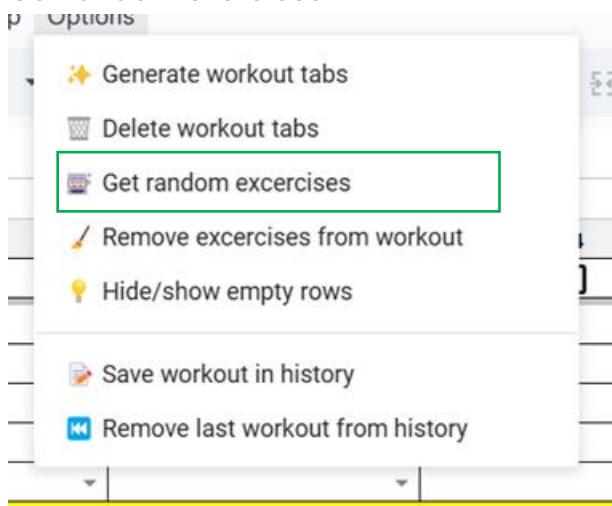


Figure 11 Getting random exercises

It is used to fill the exercise selection area with random exercises from the database. This option can be used to test generating a workout routine sheet and other operations, such as deleting.

e. Remove exercises from workout

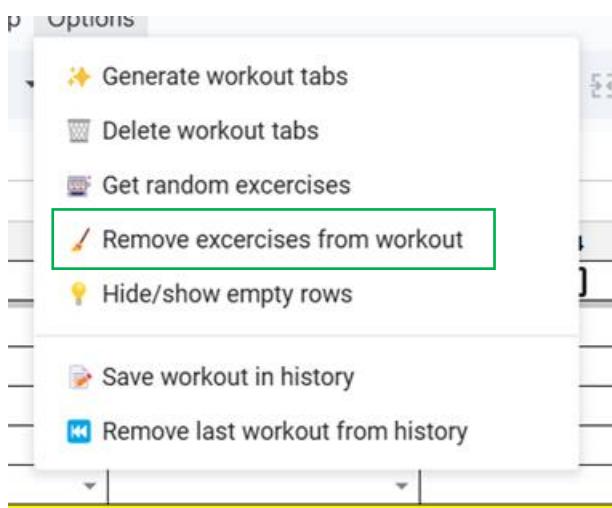
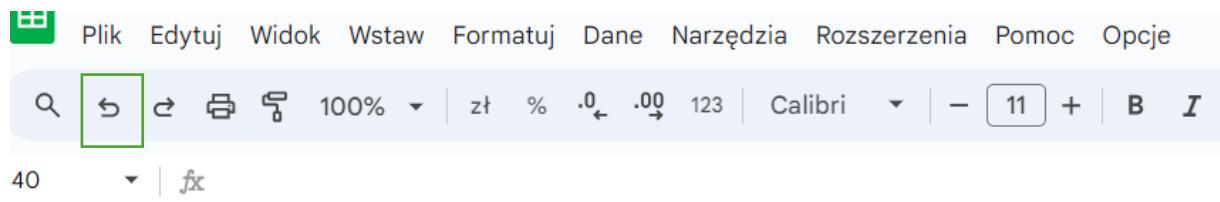


Figure 12 Removing exercises from the workout routine

This option clears all selected exercises in rows 9 to 49. In case of accidental use of the option, the operation can be undone by pressing **CTRL+Z**, or using the arrow:



f. Hide/show empty rows

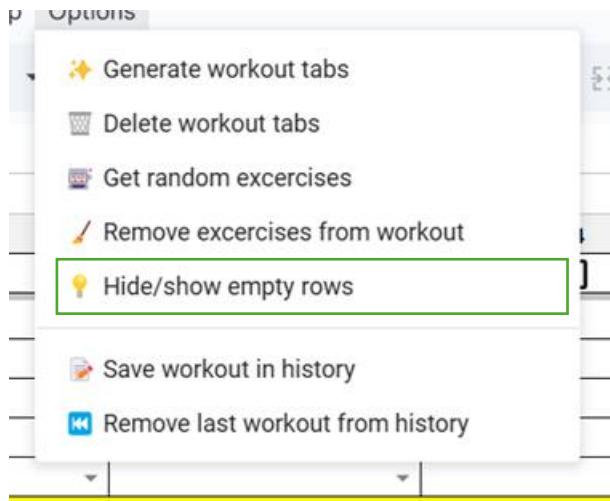


Figure 13 Hiding empty rows

This option is used to hide unused rows to increase the readability of the configuration sheet. Below, we show what the view looks like before hiding and after hiding.

Before hiding:

F2 | fx TRUE

1 Parameter >	A	B	C	D	E	F	G	H	I	J
2 Select	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
3 Name	Legs	Legs	Legs	Legs	Legs	Legs				
4 Sets	4	4	4	4	4	4				
5 Warmup	Yes	Yes	Yes	Yes	Yes	Yes				
6 Finish	Yes	Yes	Yes	Yes	Yes	Yes				
7 1 exercise time (m)	1	1	1	1	1	1				
Warmup										
9	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle				
10	Custom warm up	Custom warm up	Custom warm up	Custom warm up	Custom warm up	Custom warm up				
11										
12										
13										
14										
15										
16										
17										
18										
19	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges				
20	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat				
21	Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges				
22	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges				
23	Smith bench press	Smith bench press	Smith bench press	Smith bench press	Smith bench press	Smith bench press				
24	One leg extension	One leg extension	One leg extension	One leg extension	One leg extension	One leg extension				
25										
26										
27										
28										
29										
30										
31										
32										
33										
34										
35										
36										
37										
38										
39	Rowing ergometer	Rowing ergometer	Rowing ergometer	Rowing ergometer	Rowing ergometer	Rowing ergometer				
40										
41										
42										
43										
44										
45										
46										
47										
48										
49 Main muscle group	legs	legs	legs	legs	legs	legs				
50 Est. workout time	20	24	24	24	24	24				

Note:
Operations on training routines are performed using the Options menu at the top.

Figure 14 View before hiding empty rows

After hiding:

F2 | TRUE

	A	B	C	D	E	F	G	H	I	J
1	Parameter >	T1	T2	T3	T4	T5	T6	T7		
2	Select	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3	Name	Legs	Legs	Legs	Legs	Legs				
4	Sets	4	4	4	4	4				
5	Warmup	Yes	Yes	Yes	Yes	Yes				
6	Finish	Yes	Yes	Yes	Yes	Yes				
7	1 exercise time (m)	1	1	1	1	1				
8	9	10	11	12	13	14	15	16	17	18
9	Warmup	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle				
10	Custom warm up	Custom warm up	Custom warm up	Custom warm up	Custom warm up	Custom warm up				
11	12	13	14	15	16	17	18	19	20	21
12	Main exercise	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges				
13	14	15	16	17	18	19	20	21	22	23
14	15	16	17	18	19	20	21	22	23	24
15	16	17	18	19	20	21	22	23	24	25
16	17	18	19	20	21	22	23	24	25	26
17	18	19	20	21	22	23	24	25	26	27
18	19	20	21	22	23	24	25	26	27	28
19	20	21	22	23	24	25	26	27	28	29
20	21	22	23	24	25	26	27	28	29	30
21	22	23	24	25	26	27	28	29	30	31
22	23	24	25	26	27	28	29	30	31	32
23	24	25	26	27	28	29	30	31	32	33
24	25	26	27	28	29	30	31	32	33	34
25	26	27	28	29	30	31	32	33	34	35
26	27	28	29	30	31	32	33	34	35	36
27	28	29	30	31	32	33	34	35	36	37
28	29	30	31	32	33	34	35	36	37	38
29	30	31	32	33	34	35	36	37	38	39
30	31	32	33	34	35	36	37	38	39	40
31	32	33	34	35	36	37	38	39	40	41
32	33	34	35	36	37	38	39	40	41	42
33	34	35	36	37	38	39	40	41	42	43
34	35	36	37	38	39	40	41	42	43	44
35	36	37	38	39	40	41	42	43	44	45
36	37	38	39	40	41	42	43	44	45	46
37	38	39	40	41	42	43	44	45	46	47
38	39	40	41	42	43	44	45	46	47	48
39	40	41	42	43	44	45	46	47	48	49
40	41	42	43	44	45	46	47	48	49	50
41	42	43	44	45	46	47	48	49	50	51
42	43	44	45	46	47	48	49	50	51	52
43	44	45	46	47	48	49	50	51	52	53
44	45	46	47	48	49	50	51	52	53	54
45	46	47	48	49	50	51	52	53	54	55
46	47	48	49	50	51	52	53	54	55	56
47	48	49	50	51	52	53	54	55	56	57

Note:
Operations on training routines are performed using the Options menu at the top.

Figure 15 View after hiding empty rows

g. Save workout in history

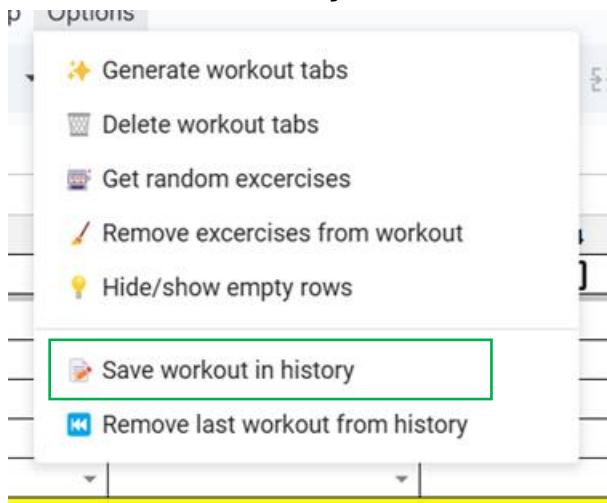


Figure 16 Saving workout in history

This option can only be used while on the training sheet, e.g. T1, T2, etc. It will be discussed when discussing the training sheet.

h. Remove last workout from history

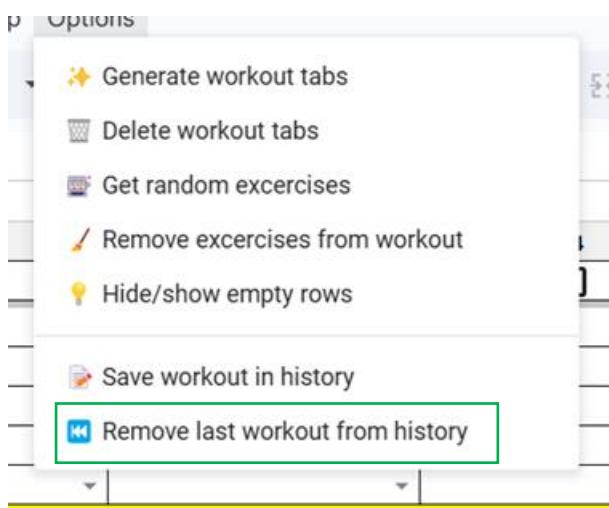


Figure 17 Saving workout in history

This option can only be used while on the training sheet, e.g. T1, T2, etc. It will be discussed when discussing the training sheet.

3. Workout routine view (sheets T1, T2 etc.)

3.1. General

On this sheet, you need to complete the configuration by selecting the weights, repetitions, and rest time for the exercise.

Note: if the parameters are the same for all sets, it is enough to fill them in for the first one, and then use the option **Duplicate parameters from 1st set**. The warm-up and the finish are filled in separately.

This sheet is the most important one focusing on the actual training.

Here, you can track the progress of exercises — by checking off on the exercises already completed. You will see the progress in the form of the **remaining exercises indicator** (field I2)  (Left:22) and the **estimated training time** in C:D3:

Est. time [to finish]: 37,5 m [27,5 m]

The field H2  shows which exercise you have previously marked as finished. The number in the blue field indicates the set, and the second one, indicates the exercise number. They are assigned in column A.

H5 | FALSE

	A	C	D	E	F	G	H	I	O	
1	T1	Workout name	Main group:	Select operation						
2	4	Legs	legs	Nearest workout: 31.10.2024 (Left:22)						
3	#	Est. time [to finish]: 20 m [20 m]			Last finished					
4		Warmup			Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
15		Set 1--Set 1--Set 1--Set 1			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
17	1.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
18	1.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
19	1.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
20	1.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
36		Set 2--Set 2--Set 2--Set 2			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
38	2.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
39	2.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
40	2.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
41	2.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
57		Set 3--Set 3--Set 3--Set 3			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
59	3.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
60	3.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
61	3.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
62	3.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
78		Set 4--Set 4--Set 4--Set 4			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
80	4.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
81	4.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
82	4.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
83	4.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes

Figure 18 Workout routine view

3.2. Workout routine number

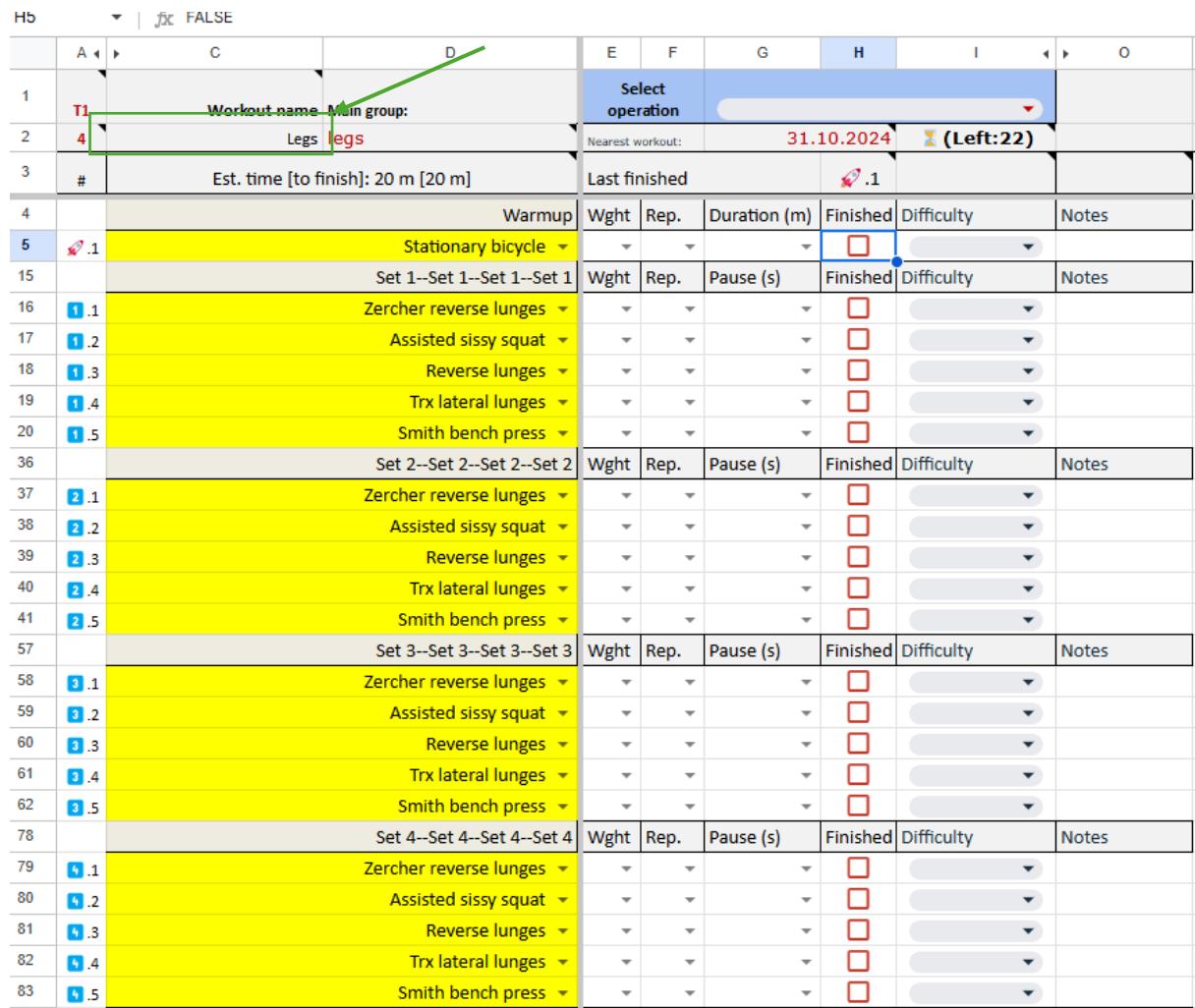
Figure 19 shows a screenshot of a workout routine view in a software application. The interface includes a header with 'Hb' and a 'FALSE' button, and a toolbar with icons for 'A', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'O', 'Select operation', and 'Nearest workout: 31.10.2024 (Left:22)'. The main area is a table with rows numbered 1 to 83. The first two rows are header rows: Row 1 contains 'Workout name: Main group:' and 'T1' in cell A1; Row 2 contains 'Legs' in cell C2. A green arrow points from the 'T1' cell in Row 1 to the 'Workout name' cell in Row 2. The table has several sections: 'Warmup' (rows 4-5), 'Set 1--Set 1--Set 1--Set 1' (rows 15-20), 'Set 2--Set 2--Set 2--Set 2' (rows 36-41), 'Set 3--Set 3--Set 3--Set 3' (rows 57-62), and 'Set 4--Set 4--Set 4--Set 4' (rows 78-83). Each section contains five rows of exercises. The columns are labeled 'Wght', 'Rep.', 'Pause (s)', 'Finished', 'Difficulty', and 'Notes'. The 'Finished' column contains checkboxes, and the 'Difficulty' column contains grayscale bars. The 'Notes' column is empty.

	A	C	D	E	F	G	H	I	O
1	T1	Workout name: Main group:		Select operation					
2	4	Legs legs		Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]: 20 m [20 m]		Last finished	.1				
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	.1	Stationary bicycle					<input type="checkbox"/>		
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	.1	Zercher reverse lunges					<input type="checkbox"/>		
17	.2	Assisted sissy squat					<input type="checkbox"/>		
18	.3	Reverse lunges					<input type="checkbox"/>		
19	.4	Trx lateral lunges					<input type="checkbox"/>		
20	.5	Smith bench press					<input type="checkbox"/>		
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	.1	Zercher reverse lunges					<input type="checkbox"/>		
38	.2	Assisted sissy squat					<input type="checkbox"/>		
39	.3	Reverse lunges					<input type="checkbox"/>		
40	.4	Trx lateral lunges					<input type="checkbox"/>		
41	.5	Smith bench press					<input type="checkbox"/>		
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	.1	Zercher reverse lunges					<input type="checkbox"/>		
59	.2	Assisted sissy squat					<input type="checkbox"/>		
60	.3	Reverse lunges					<input type="checkbox"/>		
61	.4	Trx lateral lunges					<input type="checkbox"/>		
62	.5	Smith bench press					<input type="checkbox"/>		
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	.1	Zercher reverse lunges					<input type="checkbox"/>		
80	.2	Assisted sissy squat					<input type="checkbox"/>		
81	.3	Reverse lunges					<input type="checkbox"/>		
82	.4	Trx lateral lunges					<input type="checkbox"/>		
83	.5	Smith bench press					<input type="checkbox"/>		

Figure 19 Workout routine view, indicated workout routine number

The workout routine number always corresponds to the number on the Conf sheet. It must not be changed.

3.3. Workout routine name

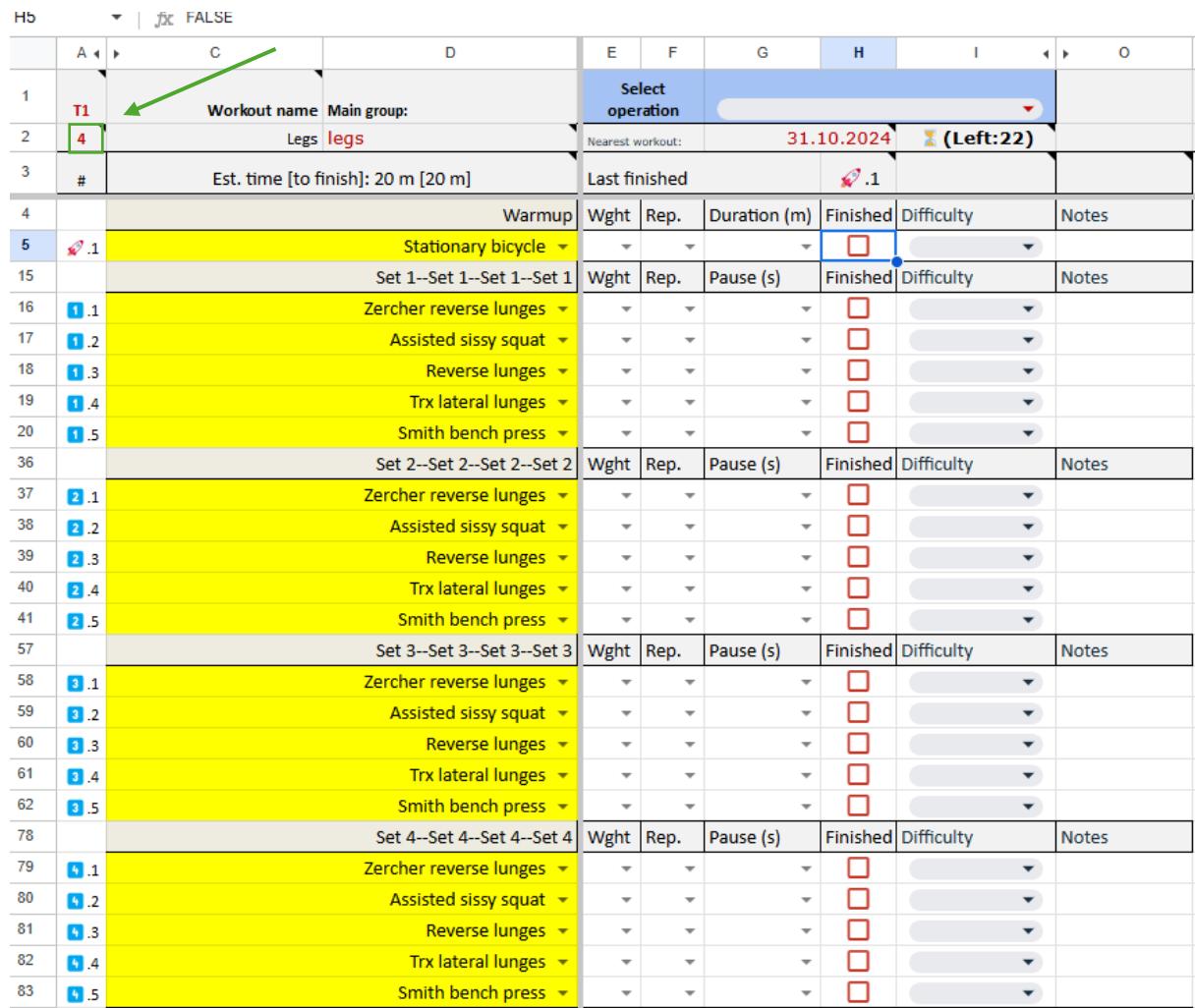


Hb	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	Legs	Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]: 20 m [20 m]		Last finished					
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle							
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges							
17	1.2	Assisted sissy squat							
18	1.3	Reverse lunges							
19	1.4	Trx lateral lunges							
20	1.5	Smith bench press							
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges							
38	2.2	Assisted sissy squat							
39	2.3	Reverse lunges							
40	2.4	Trx lateral lunges							
41	2.5	Smith bench press							
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges							
59	3.2	Assisted sissy squat							
60	3.3	Reverse lunges							
61	3.4	Trx lateral lunges							
62	3.5	Smith bench press							
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges							
80	4.2	Assisted sissy squat							
81	4.3	Reverse lunges							
82	4.4	Trx lateral lunges							
83	4.5	Smith bench press							

Figure 20 Workout routine view, indicated workout routine name

The name of the workout routine is pulled from the Conf sheet based on the workout routine number. It must not be changed here. If you want to change it, please do it on the Conf. sheet.

3.4. Number of sets



Hb	A	C	D	E	F	G	H	I	O
1	T1		Workout name	Main group:	Select operation				
2	4		Legs	legs	Nearest workout:	31.10.2024	(Left:22)		
3	#		Est. time [to finish]:	20 m [20 m]	Last finished				
4			Warmup	Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1		Stationary bicycle	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
15			Set 1--Set 1--Set 1--Set 1	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1		Zercher reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
17	1.2		Assisted sissy squat	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
18	1.3		Reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
19	1.4		Trx lateral lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
20	1.5		Smith bench press	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
36			Set 2--Set 2--Set 2--Set 2	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1		Zercher reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
38	2.2		Assisted sissy squat	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
39	2.3		Reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
40	2.4		Trx lateral lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
41	2.5		Smith bench press	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
57			Set 3--Set 3--Set 3--Set 3	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1		Zercher reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
59	3.2		Assisted sissy squat	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
60	3.3		Reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
61	3.4		Trx lateral lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
62	3.5		Smith bench press	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
78			Set 4--Set 4--Set 4--Set 4	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1		Zercher reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
80	4.2		Assisted sissy squat	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
81	4.3		Reverse lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
82	4.4		Trx lateral lunges	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
83	4.5		Smith bench press	Wght	Rep.	Pause (s)	Finished	Difficulty	Notes

Figure 21 Workout routine view, indicated number of sets

The number of sets of the workout routine is pulled from the Conf sheet based on the workout routine number. It must not be changed here. If you want to change it, please do it on the Conf. sheet.

Note: If the number of sets changes after generating the workout routine sheet, the view must be reset for the appropriate number of sets to be displayed on the workout routine sheet. To do this, use the option from the Select Operations menu > **Refresh view**. Then, the updated number of series will show up.

3.5. Main group

Figure 22 shows a screenshot of a workout routine view. The main muscle group 'Legs' is highlighted in green in the 'Main group:' column of row 2. A green arrow points from the text 'Main muscle group indicated' to this cell. The table has columns A through O. Rows 1 and 2 are highlighted in yellow. Rows 3 through 83 are white. The 'Main group:' column contains values like 'Legs', 'Many', 'Biceps', etc. The 'Wght' and 'Rep.' columns are present in most rows. The 'Select operation' dropdown is open in the top right, showing 'Select operation' and 'Nearest workout: 31.10.2024 (Left:22)'.

Hb	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:						
2	4	Legs	legs						
3	#	Est. time [to finish]:	20 m [20 m]						
4			Warmup						
5	1.1		Stationary bicycle						
15			Set 1--Set 1--Set 1--Set 1						
16	1.1		Zercher reverse lunges						
17	1.2		Assisted sissy squat						
18	1.3		Reverse lunges						
19	1.4		Trx lateral lunges						
20	1.5		Smith bench press						
36			Set 2--Set 2--Set 2--Set 2						
37	2.1		Zercher reverse lunges						
38	2.2		Assisted sissy squat						
39	2.3		Reverse lunges						
40	2.4		Trx lateral lunges						
41	2.5		Smith bench press						
57			Set 3--Set 3--Set 3--Set 3						
58	3.1		Zercher reverse lunges						
59	3.2		Assisted sissy squat						
60	3.3		Reverse lunges						
61	3.4		Trx lateral lunges						
62	3.5		Smith bench press						
78			Set 4--Set 4--Set 4--Set 4						
79	4.1		Zercher reverse lunges						
80	4.2		Assisted sissy squat						
81	4.3		Reverse lunges						
82	4.4		Trx lateral lunges						
83	4.5		Smith bench press						

Figure 22 Workout routine view, main muscle group indicated

The main muscle group is information about which set has the highest number of exercises selected in the training. This information is generated automatically based on the information about the muscles involved in the exercises during the generation of the workout routine and retrieved from the Conf sheet. If there is ambiguity, for example, if there are 4 exercises, with two for the legs and two for the biceps, the shown value is **Many**.

3.6. Operations

a. Refresh view

Used to refresh the view. By default, after creating a sheet, you can see as many sets as selected in the configuration. If you want to change the number of sets after creating the sheet, you need to change it in the configuration sheet, and in the workout routine view, use the Refresh view operation.

b. Duplicate parameters from 1st set

To complete the workout routine, you need to enter data about the weights and repetitions, as well as the duration of the rest after the exercise. To avoid doing this for the entire workout routine separately, simply fill in the fields for the first set, and then duplicate them for all sets using this option.

- c.  Clear parameters

This operation is used to clear all set parameters.

- d.  Check all

Here, you can bulk mark all exercises as completed.

- e.  Uncheck all

Here, you can bulk mark all exercises as uncompleted.

- f.  Hide/show details

This option is used to display/hide additional information about exercises, e.g. the muscles involved in the given exercises.

- g.  Start new

This operation is used to clear columns H and I. This means resetting the completion selection for exercises and the indicated difficulty levels. In short, use this option before **starting your next training session**. It should be remembered that if the previous one is to be stored, it should be saved using the **Options > Save workout in history** option.

3.7. Nearest workout

Figure 23 Workout routine view, indicated nearest workout

	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024				
3	#	Est. time [to finish]:	20 m [20 m]	Last finished					
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle					<input type="checkbox"/>		
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges					<input type="checkbox"/>		
17	1.2	Assisted sissy squat					<input type="checkbox"/>		
18	1.3	Reverse lunges					<input type="checkbox"/>		
19	1.4	Trx lateral lunges					<input type="checkbox"/>		
20	1.5	Smith bench press					<input type="checkbox"/>		
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges					<input type="checkbox"/>		
38	2.2	Assisted sissy squat					<input type="checkbox"/>		
39	2.3	Reverse lunges					<input type="checkbox"/>		
40	2.4	Trx lateral lunges					<input type="checkbox"/>		
41	2.5	Smith bench press					<input type="checkbox"/>		
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges					<input type="checkbox"/>		
59	3.2	Assisted sissy squat					<input type="checkbox"/>		
60	3.3	Reverse lunges					<input type="checkbox"/>		
61	3.4	Trx lateral lunges					<input type="checkbox"/>		
62	3.5	Smith bench press					<input type="checkbox"/>		
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges					<input type="checkbox"/>		
80	4.2	Assisted sissy squat					<input type="checkbox"/>		
81	4.3	Reverse lunges					<input type="checkbox"/>		
82	4.4	Trx lateral lunges					<input type="checkbox"/>		
83	4.5	Smith bench press					<input type="checkbox"/>		

Note: To display the date of the **nearest workout session**, use the **Refresh view** option.

3.8. Number of exercises remaining to complete

Figure 24 Workout routine view, indicated number of exercises to be completed

Indicates how many exercises are left to complete. The number decreases as you mark the exercises as completed using the checkbox.

3.9. Workout routine status (icon)

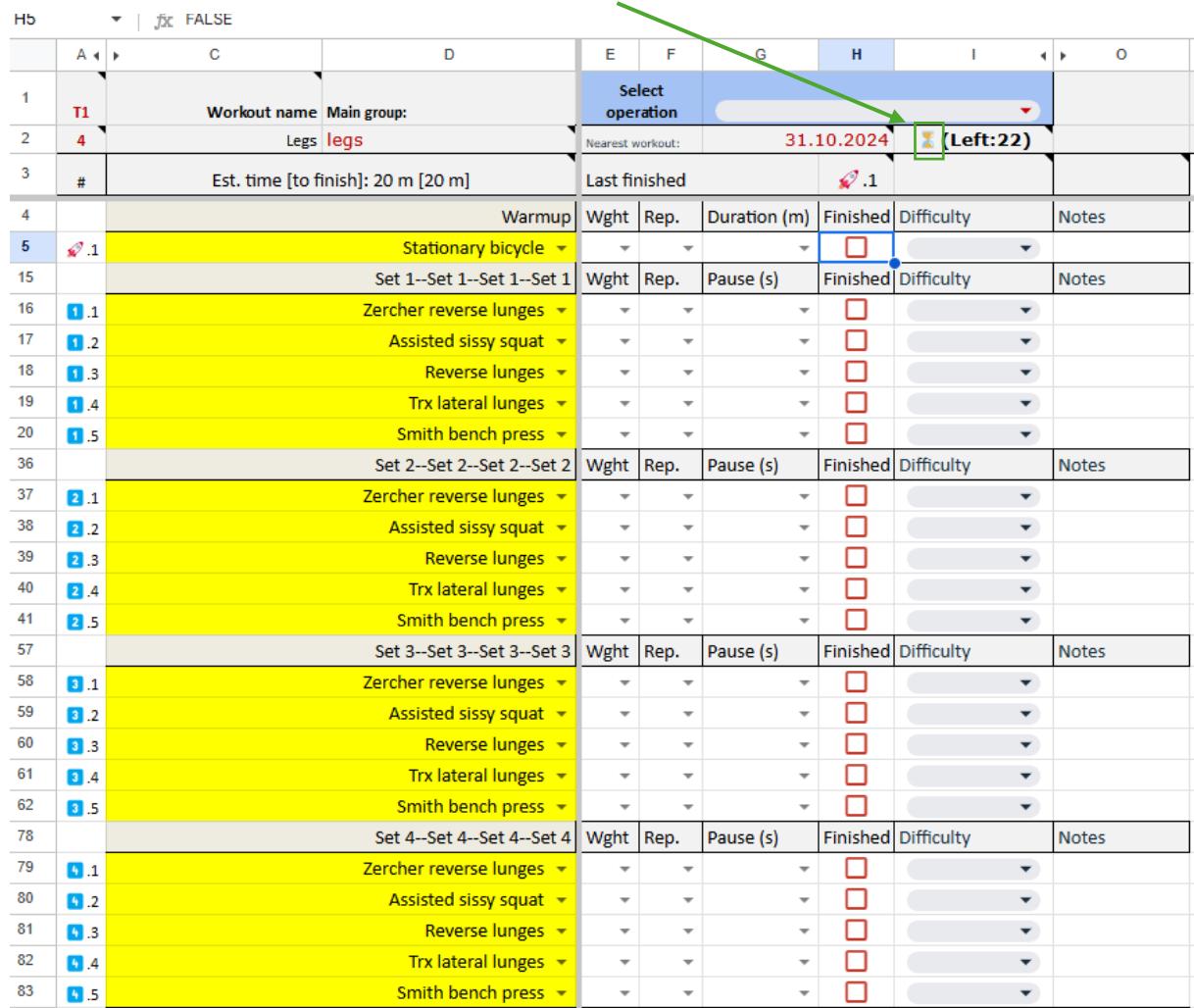


Figure 25 Workout routine view, status icon

A		C		D		E		F		G		H		I		O	
1	T1	Workout name	Main group:			Select operation											
2	4	Legs	legs			Nearest workout:	31.10.2024										
3	#	Est. time [to finish]: 20 m [20 m]				Last finished											
4		Warmup				Wght	Rep.	Duration (m)	Finished	Difficulty							
5	1.1	Stationary bicycle				▼	▼	▼	□	▼							
15		Set 1--Set 1--Set 1--Set 1				Wght	Rep.	Pause (s)	Finished	Difficulty							
16	1.1	Zercher reverse lunges				▼	▼	▼	□	▼							
17	1.2	Assisted sissy squat				▼	▼	▼	□	▼							
18	1.3	Reverse lunges				▼	▼	▼	□	▼							
19	1.4	Trx lateral lunges				▼	▼	▼	□	▼							
20	1.5	Smith bench press				▼	▼	▼	□	▼							
36		Set 2--Set 2--Set 2--Set 2				Wght	Rep.	Pause (s)	Finished	Difficulty							
37	2.1	Zercher reverse lunges				▼	▼	▼	□	▼							
38	2.2	Assisted sissy squat				▼	▼	▼	□	▼							
39	2.3	Reverse lunges				▼	▼	▼	□	▼							
40	2.4	Trx lateral lunges				▼	▼	▼	□	▼							
41	2.5	Smith bench press				▼	▼	▼	□	▼							
57		Set 3--Set 3--Set 3--Set 3				Wght	Rep.	Pause (s)	Finished	Difficulty							
58	3.1	Zercher reverse lunges				▼	▼	▼	□	▼							
59	3.2	Assisted sissy squat				▼	▼	▼	□	▼							
60	3.3	Reverse lunges				▼	▼	▼	□	▼							
61	3.4	Trx lateral lunges				▼	▼	▼	□	▼							
62	3.5	Smith bench press				▼	▼	▼	□	▼							
78		Set 4--Set 4--Set 4--Set 4				Wght	Rep.	Pause (s)	Finished	Difficulty							
79	4.1	Zercher reverse lunges				▼	▼	▼	□	▼							
80	4.2	Assisted sissy squat				▼	▼	▼	□	▼							
81	4.3	Reverse lunges				▼	▼	▼	□	▼							
82	4.4	Trx lateral lunges				▼	▼	▼	□	▼							
83	4.5	Smith bench press				▼	▼	▼	□	▼							

During your workout the following symbols appear  symbol. When all exercises are marked as completed, it changes to .

3.10. Exercise number

H5	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]:	20 m [20 m]	Last finished					
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle					<input type="checkbox"/>		
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges					<input type="checkbox"/>		
17	1.2	Assisted sissy squat					<input type="checkbox"/>		
18	1.3	Reverse lunges					<input type="checkbox"/>		
19	1.4	Trx lateral lunges					<input type="checkbox"/>		
20	1.5	Smith bench press					<input type="checkbox"/>		
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges					<input type="checkbox"/>		
38	2.2	Assisted sissy squat					<input type="checkbox"/>		
39	2.3	Reverse lunges					<input type="checkbox"/>		
40	2.4	Trx lateral lunges					<input type="checkbox"/>		
41	2.5	Smith bench press					<input type="checkbox"/>		
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges					<input type="checkbox"/>		
59	3.2	Assisted sissy squat					<input type="checkbox"/>		
60	3.3	Reverse lunges					<input type="checkbox"/>		
61	3.4	Trx lateral lunges					<input type="checkbox"/>		
62	3.5	Smith bench press					<input type="checkbox"/>		
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges					<input type="checkbox"/>		
80	4.2	Assisted sissy squat					<input type="checkbox"/>		
81	4.3	Reverse lunges					<input type="checkbox"/>		
82	4.4	Trx lateral lunges					<input type="checkbox"/>		
83	4.5	Smith bench press					<input type="checkbox"/>		

Figure 26 Workout routine view, exercise number

To the left of each exercise, there is its number. The number is always **two-part**. The first element is the **rocket** symbol for the start, **finish flag** symbol for the finish, and for the remaining exercises, a numbers of the given **set** on a blue background. This number is then transferred to the H3 field upon completing the exercise. Thanks to this, you can quickly see which exercise from the current set was completed last, which makes your training easier.

3.11. Last finished

Figure 27 shows a workout routine view in a software application. The interface includes a header with 'Hb' and a dropdown menu, and a toolbar with icons for 'A', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'O', 'Select operation', and a date/time field 'Nearest workout: 31.10.2024 (Left:22)'.

The main area displays a list of exercises in a grid format. The columns are labeled: A, C, D, E, F, G, H, I, O. The rows are numbered 1 to 83. The first few rows (1-4) are header and summary rows. Rows 5-83 list exercises with columns for weight (Wght), repetitions (Rep.), pause (s), finished status (checkbox), difficulty (gray bar), and notes.

Key observations from the data:

- Row 1:** Workout name 'T1', Main group: 'Legs'.
- Row 2:** Est. time [to finish]: 20 m [20 m].
- Row 5:** Warmup exercise 'Stationary bicycle' (Set 1-Set 1-Set 1-Set 1).
- Rows 16-20:** 'Zercher reverse lunges' (Set 1-Set 1-Set 1-Set 1).
- Rows 27-31:** 'Assisted sissy squat' (Set 1-Set 1-Set 1-Set 1).
- Rows 32-36:** 'Reverse lunges' (Set 1-Set 1-Set 1-Set 1).
- Rows 37-41:** 'Trx lateral lunges' (Set 1-Set 1-Set 1-Set 1).
- Rows 42-46:** 'Smith bench press' (Set 1-Set 1-Set 1-Set 1).
- Rows 53-57:** Warmup exercise 'Zercher reverse lunges' (Set 2-Set 2-Set 2-Set 2).
- Rows 58-62:** 'Assisted sissy squat' (Set 2-Set 2-Set 2-Set 2).
- Rows 63-67:** 'Reverse lunges' (Set 2-Set 2-Set 2-Set 2).
- Rows 68-72:** 'Trx lateral lunges' (Set 2-Set 2-Set 2-Set 2).
- Rows 73-77:** 'Smith bench press' (Set 2-Set 2-Set 2-Set 2).
- Rows 78-82:** Warmup exercise 'Zercher reverse lunges' (Set 3-Set 3-Set 3-Set 3).
- Rows 83-87:** 'Assisted sissy squat' (Set 3-Set 3-Set 3-Set 3).
- Rows 88-92:** 'Reverse lunges' (Set 3-Set 3-Set 3-Set 3).
- Rows 93-97:** 'Trx lateral lunges' (Set 3-Set 3-Set 3-Set 3).
- Rows 98-102:** 'Smith bench press' (Set 3-Set 3-Set 3-Set 3).

A green arrow points to the 'Last finished' row (row 3), which contains the value '1' in a cell with a red border. The 'Last finished' row is located between the 'Set 1' and 'Set 2' sections.

Figure 27 Workout routine view, last finished

Here, the last finished exercise shows up.

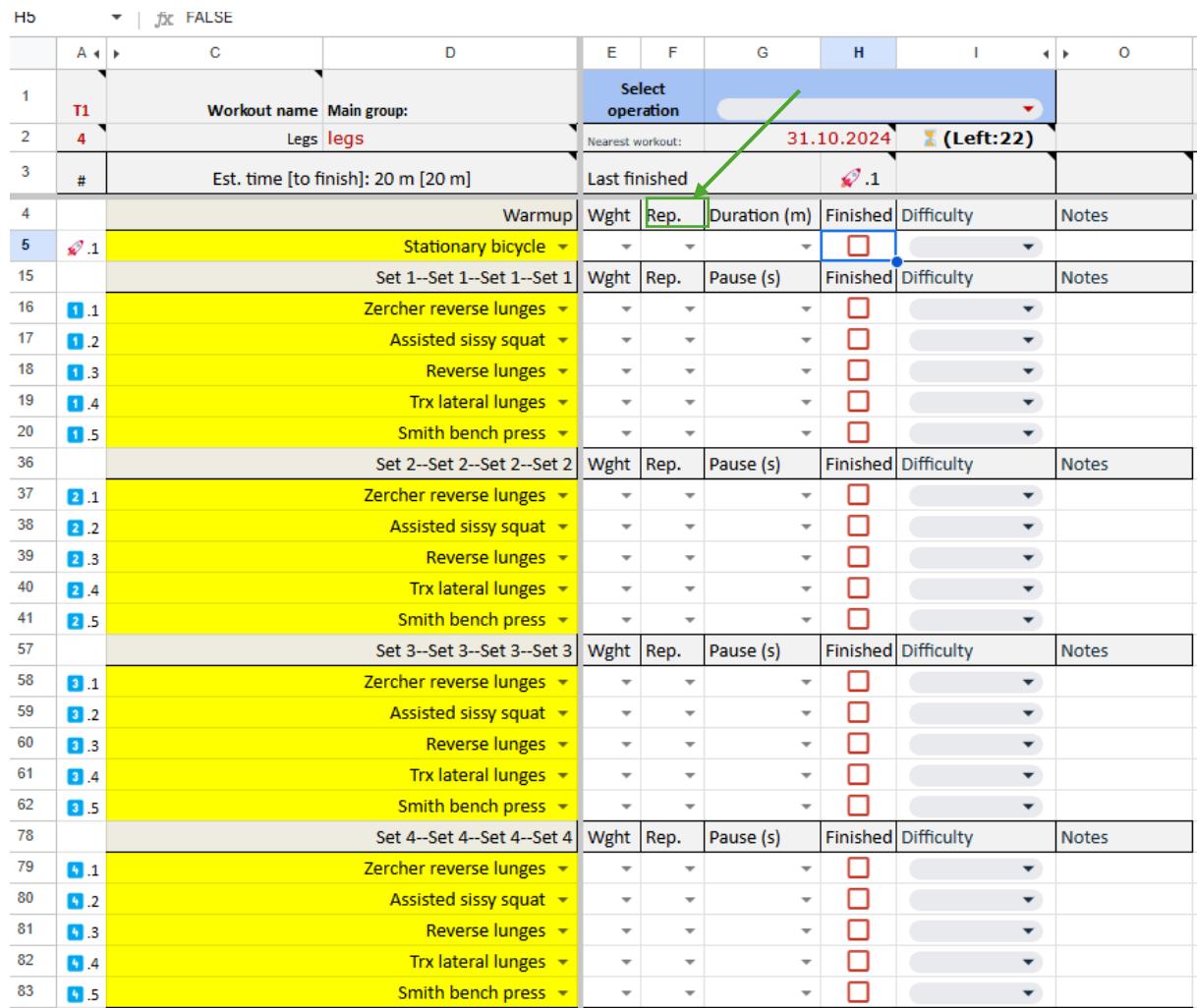
3.12. Weights column

	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024	(Left: 22)			
3	#	Est. time [to finish]: 20 m [20 m]			Last finished	.1			
4		Warmup			Wght	Rep.	Duration (m)	Finished	Difficulty
5	1.1	Stationary bicycle			Wght	Rep.	Duration (m)	Finished	Difficulty
15		Set 1--Set 1--Set 1--Set 1			Wght	Rep.	Pause (s)	Finished	Difficulty
16	1.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
17	1.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty
18	1.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
19	1.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
20	1.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty
36		Set 2--Set 2--Set 2--Set 2			Wght	Rep.	Pause (s)	Finished	Difficulty
37	2.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
38	2.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty
39	2.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
40	2.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
41	2.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty
57		Set 3--Set 3--Set 3--Set 3			Wght	Rep.	Pause (s)	Finished	Difficulty
58	3.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
59	3.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty
60	3.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
61	3.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
62	3.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty
78		Set 4--Set 4--Set 4--Set 4			Wght	Rep.	Pause (s)	Finished	Difficulty
79	4.1	Zercher reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
80	4.2	Assisted sissy squat			Wght	Rep.	Pause (s)	Finished	Difficulty
81	4.3	Reverse lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
82	4.4	Trx lateral lunges			Wght	Rep.	Pause (s)	Finished	Difficulty
83	4.5	Smith bench press			Wght	Rep.	Pause (s)	Finished	Difficulty

Figure 28 Workout routine view, exercise weight

In this column, select the weight for a given exercise. In addition to numerical values, you can choose NA — not applicable, or MAX — maximum.

3.13. Repetitions column

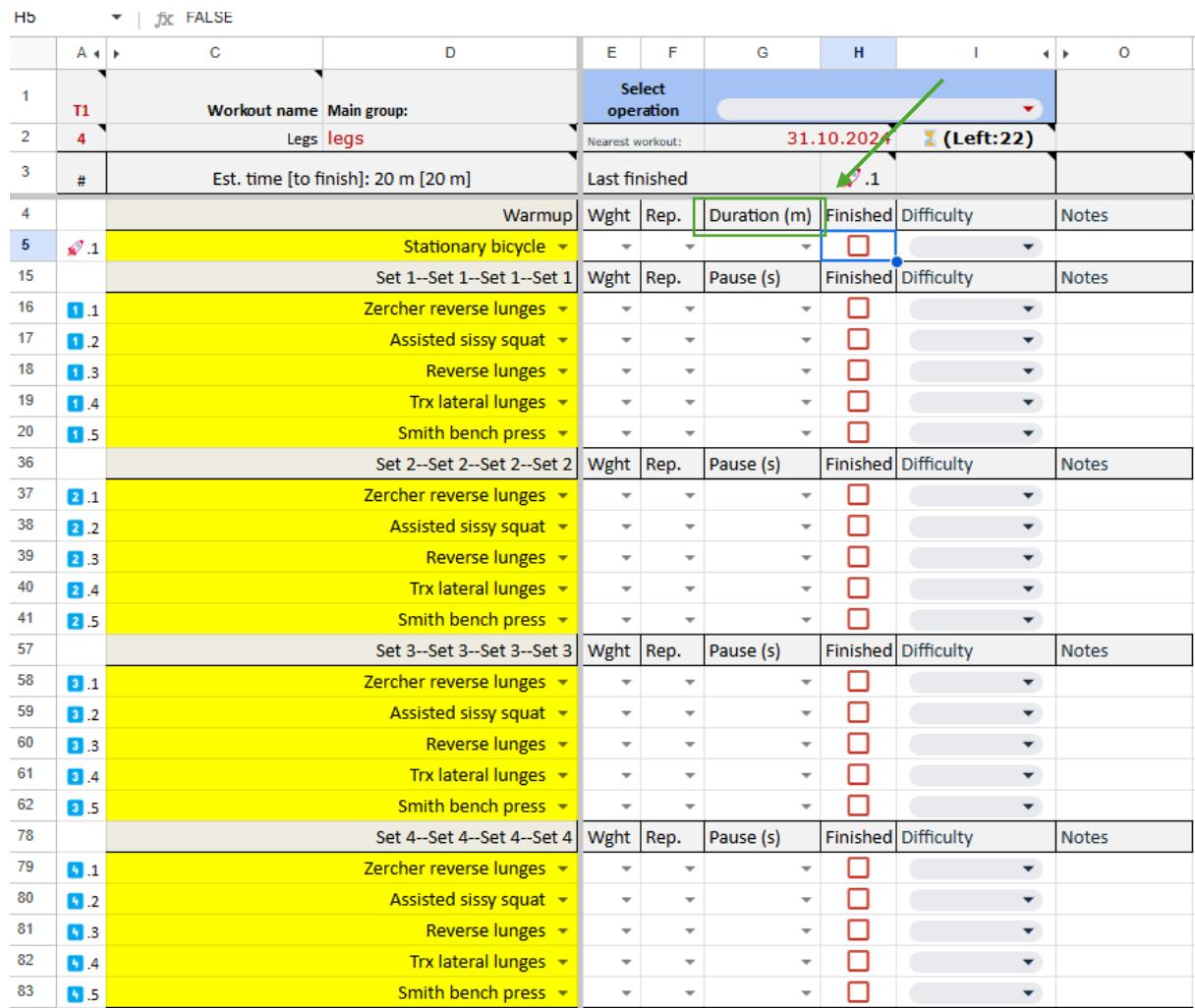


	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]:	20 m [20 m]	Last finished					
4			Warmup	Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle		▼	▼	▼	□	▼	
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges		▼	▼	▼	□	▼	
17	1.2	Assisted sissy squat		▼	▼	▼	□	▼	
18	1.3	Reverse lunges		▼	▼	▼	□	▼	
19	1.4	Trx lateral lunges		▼	▼	▼	□	▼	
20	1.5	Smith bench press		▼	▼	▼	□	▼	
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges		▼	▼	▼	□	▼	
38	2.2	Assisted sissy squat		▼	▼	▼	□	▼	
39	2.3	Reverse lunges		▼	▼	▼	□	▼	
40	2.4	Trx lateral lunges		▼	▼	▼	□	▼	
41	2.5	Smith bench press		▼	▼	▼	□	▼	
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges		▼	▼	▼	□	▼	
59	3.2	Assisted sissy squat		▼	▼	▼	□	▼	
60	3.3	Reverse lunges		▼	▼	▼	□	▼	
61	3.4	Trx lateral lunges		▼	▼	▼	□	▼	
62	3.5	Smith bench press		▼	▼	▼	□	▼	
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges		▼	▼	▼	□	▼	
80	4.2	Assisted sissy squat		▼	▼	▼	□	▼	
81	4.3	Reverse lunges		▼	▼	▼	□	▼	
82	4.4	Trx lateral lunges		▼	▼	▼	□	▼	
83	4.5	Smith bench press		▼	▼	▼	□	▼	

Figure 29 Workout routine view, exercise repetitions

In this column, select the number of repetitions for a given exercise. In addition to numerical values, you can choose NA — not applicable, or MAX — maximum.

3.14. Duration/rest column



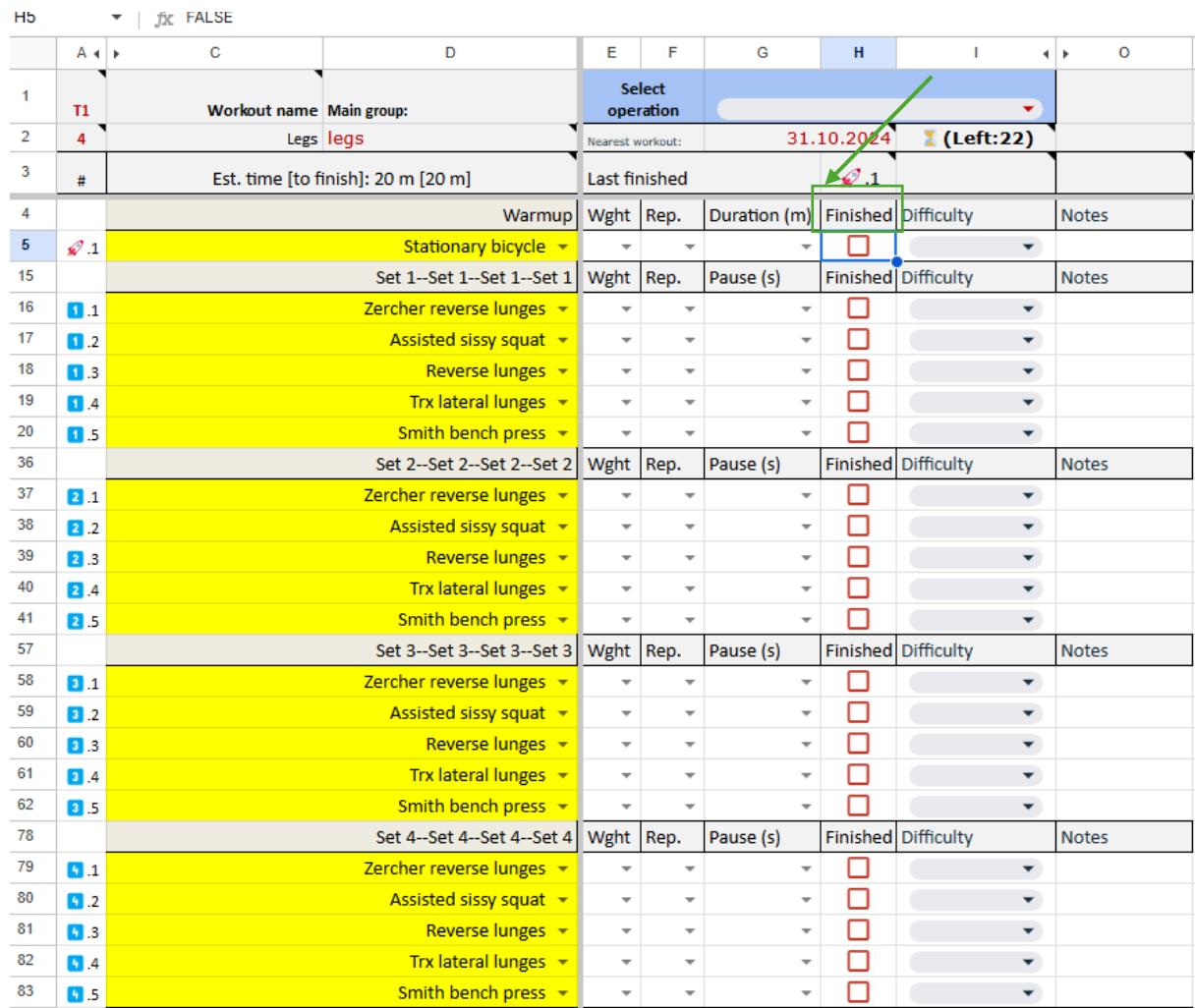
	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]: 20 m [20 m]		Last finished					
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle							
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges							
17	1.2	Assisted sissy squat							
18	1.3	Reverse lunges							
19	1.4	Trx lateral lunges							
20	1.5	Smith bench press							
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges							
38	2.2	Assisted sissy squat							
39	2.3	Reverse lunges							
40	2.4	Trx lateral lunges							
41	2.5	Smith bench press							
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges							
59	3.2	Assisted sissy squat							
60	3.3	Reverse lunges							
61	3.4	Trx lateral lunges							
62	3.5	Smith bench press							
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges							
80	4.2	Assisted sissy squat							
81	4.3	Reverse lunges							
82	4.4	Trx lateral lunges							
83	4.5	Smith bench press							

Figure 30 Workout routine view, exercise duration

In this column, you select the **duration in minutes** for warm-up and finish, while for the remaining exercises, you select the **rest time after completing** the exercise and before moving on to the next one. Scheduled rest times affect the estimated training time.

3.15. Completion column

Figure 31 shows a screenshot of a workout routine view in a software application. The interface includes a header with 'Hb' and a 'FALSE' button, and a toolbar with icons for 'A', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'O', 'Select operation', and 'Nearest workout: 31.10.2024 (Left:22)'. A green arrow points to the 'Finished' column in the first row of the main table.



The table has the following structure:

	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout: 31.10.2024 (Left:22)					
3	#	Est. time [to finish]: 20 m [20 m]		Last finished					
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle		▼	▼	▼		▼	▼
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges		▼	▼	▼		▼	▼
17	1.2	Assisted sissy squat		▼	▼	▼		▼	▼
18	1.3	Reverse lunges		▼	▼	▼		▼	▼
19	1.4	Trx lateral lunges		▼	▼	▼		▼	▼
20	1.5	Smith bench press		▼	▼	▼		▼	▼
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges		▼	▼	▼		▼	▼
38	2.2	Assisted sissy squat		▼	▼	▼		▼	▼
39	2.3	Reverse lunges		▼	▼	▼		▼	▼
40	2.4	Trx lateral lunges		▼	▼	▼		▼	▼
41	2.5	Smith bench press		▼	▼	▼		▼	▼
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges		▼	▼	▼		▼	▼
59	3.2	Assisted sissy squat		▼	▼	▼		▼	▼
60	3.3	Reverse lunges		▼	▼	▼		▼	▼
61	3.4	Trx lateral lunges		▼	▼	▼		▼	▼
62	3.5	Smith bench press		▼	▼	▼		▼	▼
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges		▼	▼	▼		▼	▼
80	4.2	Assisted sissy squat		▼	▼	▼		▼	▼
81	4.3	Reverse lunges		▼	▼	▼		▼	▼
82	4.4	Trx lateral lunges		▼	▼	▼		▼	▼
83	4.5	Smith bench press		▼	▼	▼		▼	▼

Figure 31 Workout routine view, exercise completion status

The completion column is where, after finishing a particular exercise, you check the checkbox to confirm that **you have completed this exercise**. Checking the checkbox affects the number of exercises to be completed and the estimated remaining training time.

3.16. Difficulty column

Figure 32 shows a screenshot of a workout routine view in a spreadsheet application. The table has columns A through O. The 'Difficulty' column (Column I) is highlighted with a green arrow pointing to it from the top right. The table includes rows for workout details, a warmup section, and four sets of exercises. Each exercise row has a 'Difficulty' column with a dropdown menu. The 'Difficulty' column is also present in the header row for each set.

	A	C	D	E	F	G	H	I	O
1	T1	Workout name	Main group:	Select operation					
2	4	Legs	legs	Nearest workout:	31.10.2024	(Left:22)			
3	#	Est. time [to finish]:	20 m [20 m]	Last finished					
4			Warmup	Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1.1	Stationary bicycle							
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1.1	Zercher reverse lunges							
17	1.2	Assisted sissy squat							
18	1.3	Reverse lunges							
19	1.4	Trx lateral lunges							
20	1.5	Smith bench press							
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2.1	Zercher reverse lunges							
38	2.2	Assisted sissy squat							
39	2.3	Reverse lunges							
40	2.4	Trx lateral lunges							
41	2.5	Smith bench press							
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3.1	Zercher reverse lunges							
59	3.2	Assisted sissy squat							
60	3.3	Reverse lunges							
61	3.4	Trx lateral lunges							
62	3.5	Smith bench press							
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4.1	Zercher reverse lunges							
80	4.2	Assisted sissy squat							
81	4.3	Reverse lunges							
82	4.4	Trx lateral lunges							
83	4.5	Smith bench press							

Figure 32 Workout routine view, exercise completion difficulty

In this column, you can specify for each exercise how difficult it was to perform it. This will help you know in the future whether you should increase or decrease the workload, and whether you make progress.

3.17. Additional columns

1 muscle	2 muscle	3 muscle	4 muscle	Muscle group	Notes
quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs	
quadriceps femoris	gluteus maximus	gastrocnemius	rectus femoris	legs	
quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs	
quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs	
pectoralis major	deltoid	triceps	serratus anterior	chest	
quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs	
quadriceps femoris	gluteus maximus	gastrocnemius	rectus femoris	legs	
quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs	
quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs	
pectoralis major	deltoid	triceps	serratus anterior	chest	
quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs	
quadriceps femoris	gluteus maximus	gastrocnemius	rectus femoris	legs	
quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs	
quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs	
pectoralis major	deltoid	triceps	serratus anterior	chest	
quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs	
quadriceps femoris	gluteus maximus	gastrocnemius	rectus femoris	legs	
quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs	
quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs	
pectoralis major	deltoid	triceps	serratus anterior	chest	

Figure 33 Workout routine view, muscle columns

Additional columns appear after clicking the Select Operation > **Show/hide Details** option.

Here are the details about the muscles involved in the specific exercise, as well as the muscle group. These pieces of information are used to identify the previously described set of muscles.

4. Workout history (computer only)

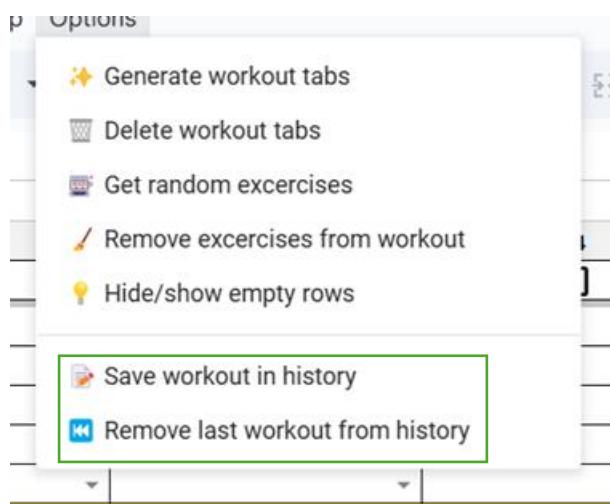


Figure 34 History — saving and deleting workout

4.1. Saving workout in history

The options to save a workout to history and delete it from there are available **only from a computer** and from the **workout routine sheets** (T1, T2, etc.).

The save is used to track progress and access past training sessions. After using this option, a workout history sheet will be generated for the specific workout routine, e.g. T1_h for T1, and so on.

*Note: It is recommended to save workouts on a regular basis, because in order to proceed to the next workout, the completed one has to be reset (**Select operation > Start new**), and this deletes the difficulty indication and completion status.*

J6	A	B	C	D	E	F	G	H	I	J	K
1			Workout name	Main group:							
2			Legs	legs							
3			Est. time [to finish]:	50 m [0 m]	Last finished						
4			Warmup	Wght	Rep.	Duration	Finished	Difficulty			
5			Stationary bicycle				TRUE				
6							FALSE				
7							FALSE				
8							FALSE				
9							FALSE				
10							FALSE				
11							FALSE				
12							FALSE				
13							FALSE				
14							FALSE				
15			Set 1--Set 1--Set 1--Set 1	Wght	Rep.	Pause (s)	Finished	Difficulty			
16			Zercher reverse lunges	1	2	90	TRUE	2 - Medium			
17			Assisted sissy squat	1	2	90	TRUE	2 - Medium			
18			Reverse lunges	1	2	90	TRUE	2 - Medium			
19			Trx lateral lunges	1	2	90	TRUE	2 - Medium			
20			Smith bench press	1	2	90	TRUE	2 - Medium			
21							FALSE				
22							FALSE				
23							FALSE				
24							FALSE				
25							FALSE				
26							FALSE				
27							FALSE				
28							FALSE				
29							FALSE				
30							FALSE				
31							FALSE				
32							FALSE				
--											

Figure 35 Sample workout history view

If there is already a workout session from the past saved in the story, the most recent one will be added before it, in columns C:I.

4.1. Deleting workout from history

To delete the last workout session from the history, go to the appropriate history sheet, e.g. T2_H, and then click **Options > Remove last workout from history**.

5. Fitness and measurements (FitTest sheet)

The Fittest sheet is used to monitor **changes in the body** and progress in test exercises. To track progress, you can repeat **the same exercises** at regular intervals. If you make progress, you should be able to accomplish more and more of them over time. The sheet is open, so feel free to add new lines in selected places here. In the last column, you can set a **goal** that you want to achieve.

Available operations:

- a.  Add measurement/parameter

Clicking this option will add a new column in the penultimate position of the table. You can enter current measurements or exercise data in it.

The items Exercise 1, 2, etc. can be named as desired, for example, push-ups.

The ratio of the waist to the chest and the chest to the hips is calculated by formulas. These formulas should not be changed.

B2 ▾ | fx

B2	B	C	D	E	F	G	H
1	Select operation		Measurements	07.10.2024	15.10.2024	Target	
2			Age			-	
3	+ Add measurement/parameter		Weight			63	
4			Height			-	
5	Remove last parameter column		Neck			35	
6			Chest			100	
7			Let bicep			35	
8			Right bicep			35	
9			Waist			76	
10			Hips			93	
11			Left thigh			54	
12			Right thigh			54	
13			Left calf			37	
14			Right calf			37	
15			Fat in body			11%	
16							
17			Wait to chest	#DIV/0!	#DIV/0!	75%	
18			Chest to hips	#DIV/0!	#DIV/0!	1,1	
19							
20			Excercise 1			30	
21			Excercise 2			40	
22			Excercise 3			50	
23			Excercise 4			60	
24							
25							
26							
27							
28							
29							

Figure 36 Fittest view

☒ Remove the last parameter column

This option causes the deletion of the last measurement.

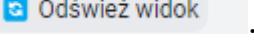
6. Scheduling workout sessions (Calendar sheet + C_arch)

B12 ▾ | fx

B12	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	NOTE!	Date	21.10.2024	22.10.2024	23.10.2024	24.10.2024	25.10.2024	26.10.2024	27.10.2024	28.10.2024	29.10.2024	30.10.2024	31.10.2024	01.11.2024	02.11.2024	03.11.2024	04.11.2024
2	Workout day?>	No	No	Yes													
3		mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	
4	Tr. routine 1	Legs		x							x						
5	Tr. routine 2	Legs															
6	Tr. routine 3	Legs						x					x				
7	Tr. routine 4	Legs				x											
8	Tr. routine 5	Legs															
9	Tr. routine 6																
10	Tr. routine 7																
11																	
12	Select operation																
13																	
14																	
15																	
16																	
17																	
18																	
19																	
20																	

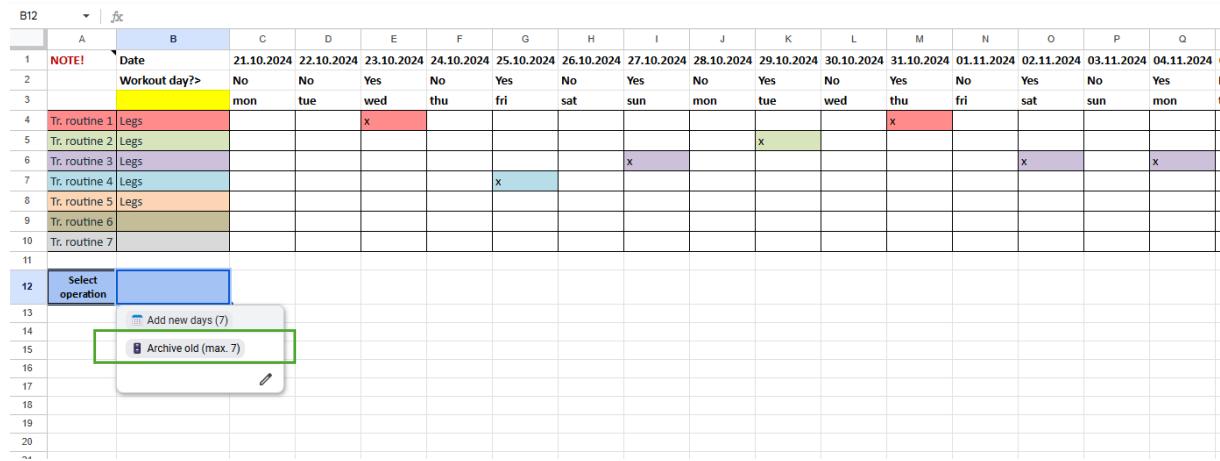
Figure 37 Calendar view

a. General

In the Calendar tab, you can schedule workouts for each day to better visualize your plan. Mark the 'x' in the field of the appropriate day. On the sheet of a given workout routine (e.g. T1), the date of the nearest session **Najbliższy trening: 14.10.2024** will appear in the appropriate field — however, in order for this to happen, it will be necessary to refresh the sheet first using the Refresh View option .

The workout routine names in column B are **automatically** transferred from the configurator and must **NOT** be edited here, as it would **stop them from being updated** later.

b. If a given day has already passed, for example, today is the 21st, and in column C it is 20, you can transfer past days to the archive by selecting the operation: **Archive old**.



The screenshot shows a Microsoft Excel spreadsheet with a grid of cells. The columns are labeled with dates from 21.10.2024 to 04.11.2024. The rows are labeled with workout routines (Tr. routine 1 to 7) and days of the week (mon to sun). Some cells contain 'x' marks, indicating specific days. Row 2 contains 'No' and 'Yes' values for each day. Row 3 contains 'mon' through 'sun' for each day. Row 4 contains 'Tr. routine 1' through 'Tr. routine 7' with 'Legs' listed. Row 12 is a header for operations, with 'Select operation' and a dropdown menu showing 'Add new days (7)' and 'Archive old (max. 7)'. Row 13 is empty. Row 14 contains a small icon. Row 15 contains the 'Archive old (max. 7)' button, which is highlighted with a green border.

Figure 38 Options available in the calendar

Then a maximum of 7 columns will be moved to the C_arch sheet. Only dates older than the current date are subject to transfer. To move more than 7 days, you can use the option multiple times.

c. Adding days

When you run out of days on the calendar (in the example screenshot above, the range ends on 19.10), you can add more using the **Add new days** operation. 7 new days are always added as well.

d. The row 2 indicates which days are **workout days**. That is, if for a given day you select any workout routine with an X, in the row 2 there will be displayed information that this day is your workout day.

B12	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	NOTE!	Date	21.10.2024	22.10.2024	23.10.2024	24.10.2024	25.10.2024	26.10.2024	27.10.2024	28.10.2024	29.10.2024	30.10.2024	31.10.2024	01.11.2024	02.11.2024	03.11.2024	04.11.2024
2		Workout day?>	No	No	Yes												
3			mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon
4	Tr. routine 1	Legs			x								x				
5	Tr. routine 2	Legs										x					
6	Tr. routine 3	Legs						x					x				
7	Tr. routine 4	Legs					x							x			
8	Tr. routine 5	Legs															
9	Tr. routine 6																
10	Tr. routine 7																
11																	
12	Select operation																
13																	
14																	
15																	
16																	
17																	
18																	
19																	
20																	
~																	

Figure 39 Workout days

e. The row 3 shows the **day of the week** to facilitate navigation throughout the calendar and the week.

B12	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	NOTE!	Date	21.10.2024	22.10.2024	23.10.2024	24.10.2024	25.10.2024	26.10.2024	27.10.2024	28.10.2024	29.10.2024	30.10.2024	31.10.2024	01.11.2024	02.11.2024	03.11.2024	04.11.2024
2		Workout day?>	No	No	Yes												
3			mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon
4	Tr. routine 1	Legs			x								x				
5	Tr. routine 2	Legs										x					
6	Tr. routine 3	Legs						x					x				
7	Tr. routine 4	Legs					x							x			
8	Tr. routine 5	Legs															
9	Tr. routine 6																
10	Tr. routine 7																
11																	
12	Select operation																
13																	
14																	
15																	
16																	
17																	
18																	
19																	
20																	
~																	

Figure 40 Days of week

Note: Do not add columns manually, as built-in formulas and scripts may stop working correctly.

7. Exercise base

FitSheet has a database of nearly 900 exercises, which can still grow. The exercise database is located in the **E_DB** sheet, which is hidden by default to minimize the risk of accidental tampering.

To uncover the hidden sheet, click the button with three horizontal lines in the bottom left corner and select the name **E_DB**.

Note: Any unauthorized modification of this sheet may result in the exercise being removed from the database. Please use caution.

a. Adding new exercises

To add a new exercise, go to the first empty cell in the E_DB sheet and then enter the exercise name. Optionally, you can add the muscles involved in this exercise in columns C:G. **After adding the exercise, it will be visible in the drop-down lists in the configuration..**

	A	B	C	D	E	F	G	H
1	EN	1st muscle	2nd muscle	3rd muscle	4th muscle	Muscle group		
2	Zercher reverse lunges	quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs		
3	One leg extension	quadriceps femoris	gluteus maximus	adductor magnus	gracilis	legs		
4	Assisted sissy squat	quadriceps femoris	gluteus maximus	gastrocnemius	rectus femoris	legs		
5	Anderson squat	quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs		
6	Barbell cyclist squat	quadriceps femoris	gluteus maximus	adductor magnus	erector spinae	legs		
7	Goblet cyclist squat	quadriceps femoris	gluteus maximus	adductors	gastrocnemius	legs		
8	Cyclist squat	quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs		
9	Pistol squat on box	quadriceps femoris	gluteus maximus	biceps femoris	gastrocnemius	legs		
10	Band assisted reverse nordic curl	quadriceps femoris	rectus femoris	iliopsoas	tensor fasciae latae	quadriceps femoris		
11	Weighted reverse nordic curl	rectus femoris	quadriceps femoris	rectus abdominis	iliopsoas	quadriceps femoris		
12	Reverse nordic curl	quadriceps femoris	rectus femoris	iliopsoas	rectus abdominis	legs		
13	Reverse lunges with barbell	quadriceps femoris	gluteus maximus	biceps femoris	adductor magnus	legs		
14	Reverse lunges	quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs		
15	Walking long lunges hands on chest	quadriceps femoris	gluteus maximus	biceps femoris	adductor magnus	legs		
16	Walking lunges	quadriceps femoris	gluteus maximus	biceps femoris	adductors	legs		
17	Walking lunges with kettlebells	quadriceps femoris	gluteus maximus	biceps femoris	gastrocnemius	legs		
18	Walking lunges with dumbbells	quadriceps femoris	gluteus maximus	biceps femoris	gastrocnemius	legs		
19	Step up	quadriceps femoris	gluteus maximus	adductors	calves	legs		
20	Split squat front foot elevated with dumbbell	quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs		
21	Sumo kettlebell squat	quadriceps femoris	gluteus maximus	adductors	erector spinae	legs		
22	Bulgarian split squat with dumbbells – glute version	quadriceps femoris	gluteus maximus	adductor magnus	biceps femoris	legs		
23	Trx lateral lunges	quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs		
24	Front rack dumbbell squat	quadriceps femoris	gluteus maximus	erector spinae	gastrocnemius	legs		
25	Dumbbell split squat	quadriceps femoris	gluteus maximus	adductor magnus	gastrocnemius	legs		
26	Split squat	quadriceps femoris	gluteus maximus	adductor magnus	biceps femoris	legs		
27	Skater squat	quadriceps femoris	gluteus maximus	adductor magnus	biceps femoris	legs		
28	Banded bulgarian split squat	quadriceps femoris	gluteus maximus	adductor magnus	biceps femoris	legs		
29	Bulgarian split squat one and a half	quadriceps femoris	gluteus maximus	adductors	biceps femoris	legs		
30	Zercher squat	quadriceps femoris	gluteus maximus	biceps femoris	erector spinae	legs		

Figure 41 Exercise Base

8. Summary

If you have any questions, feel free to contact me at mkucharski8@gmail.com.