

FitSheet — user manual

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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:

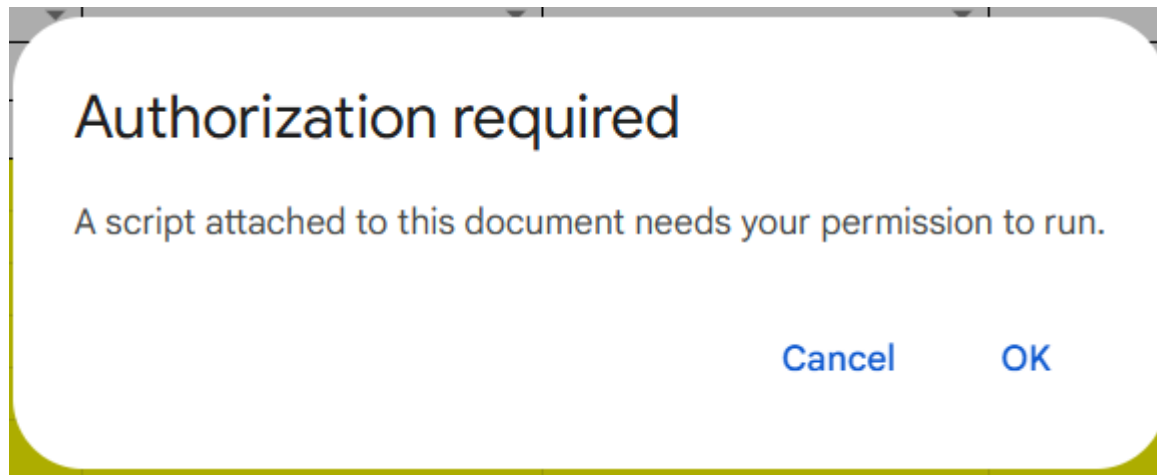


Figure 1 Authorization Window

- 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**

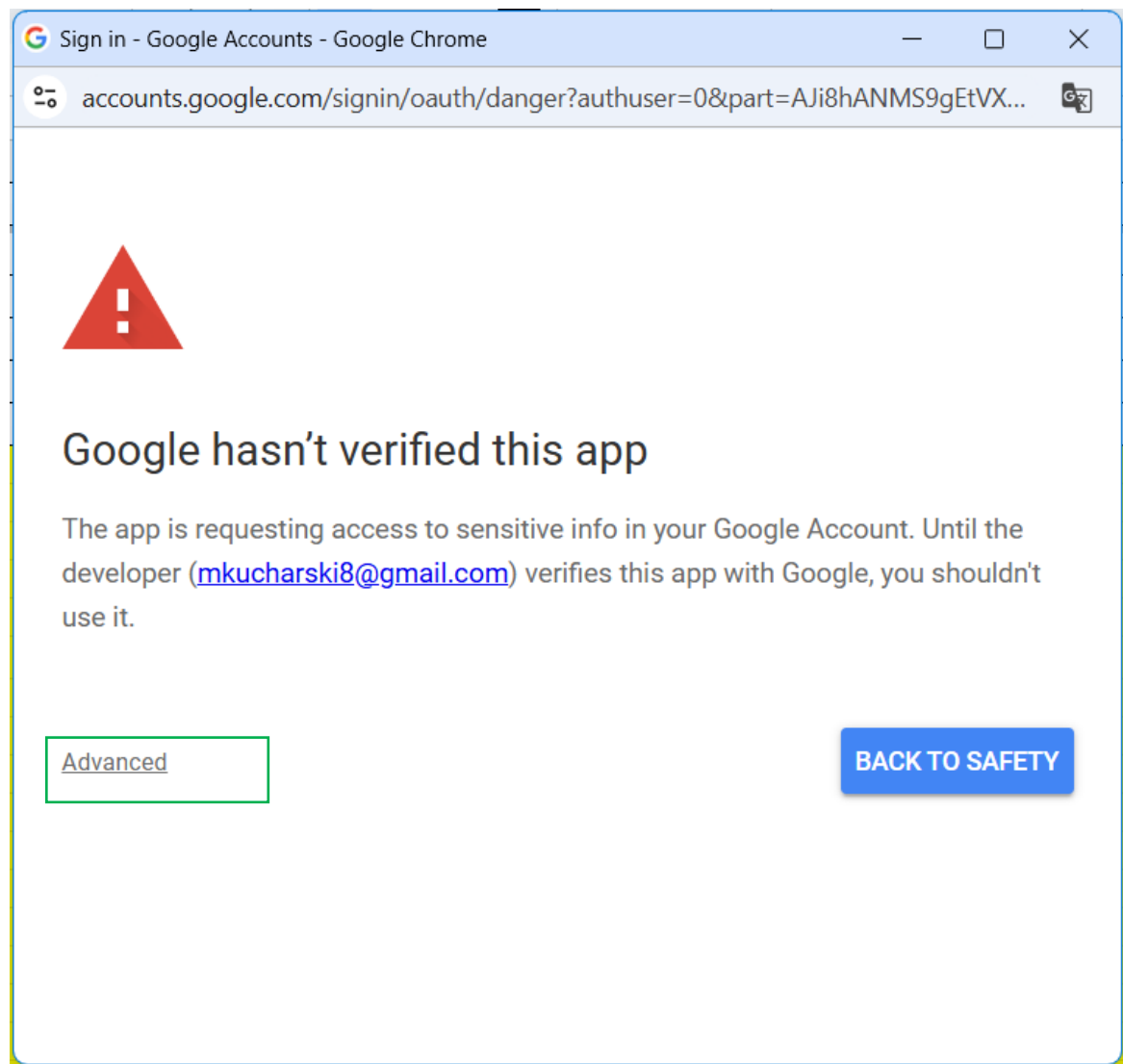


Figure 2 Authorization, step 2

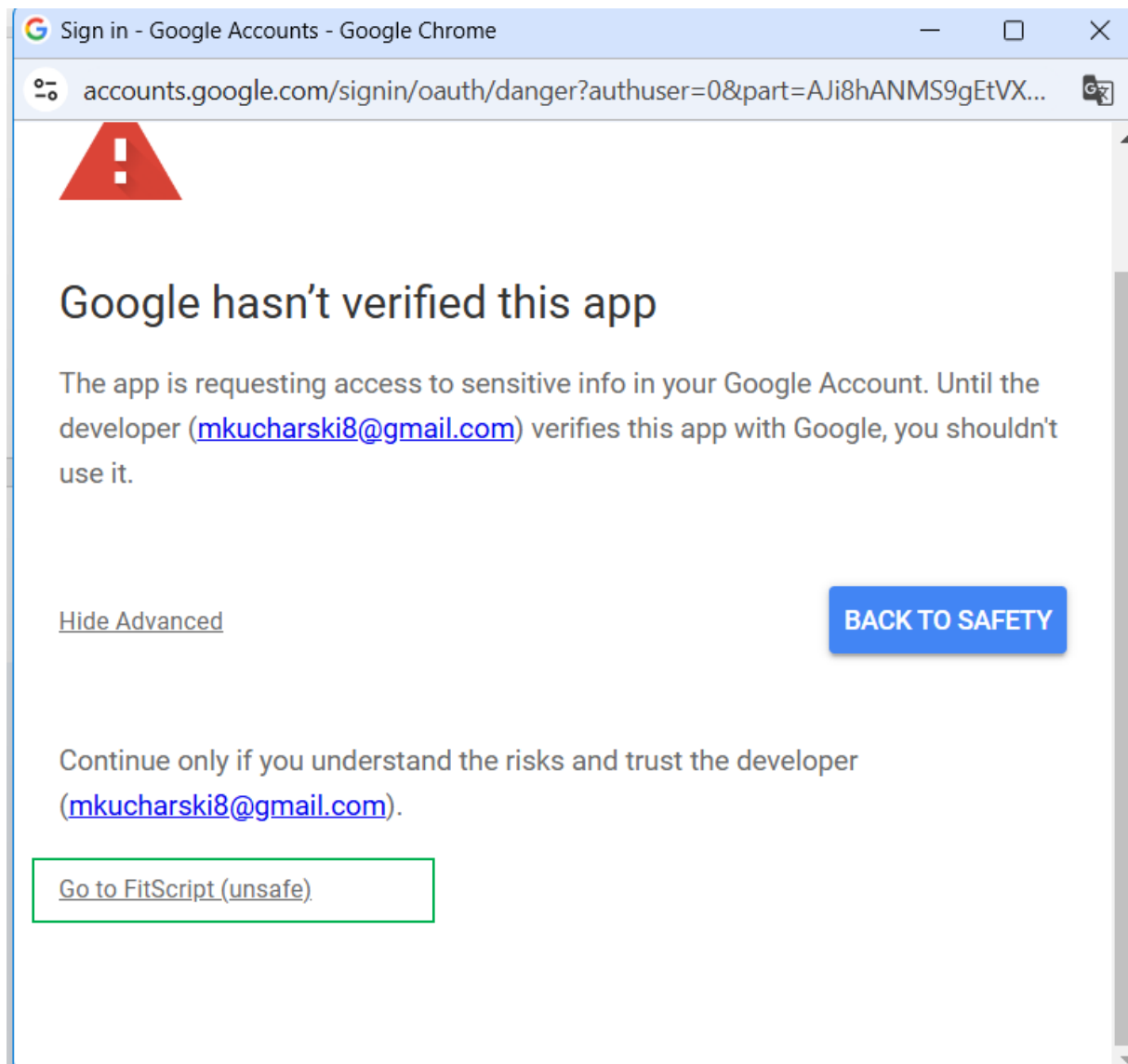


Figure 3 Authorization, step 3

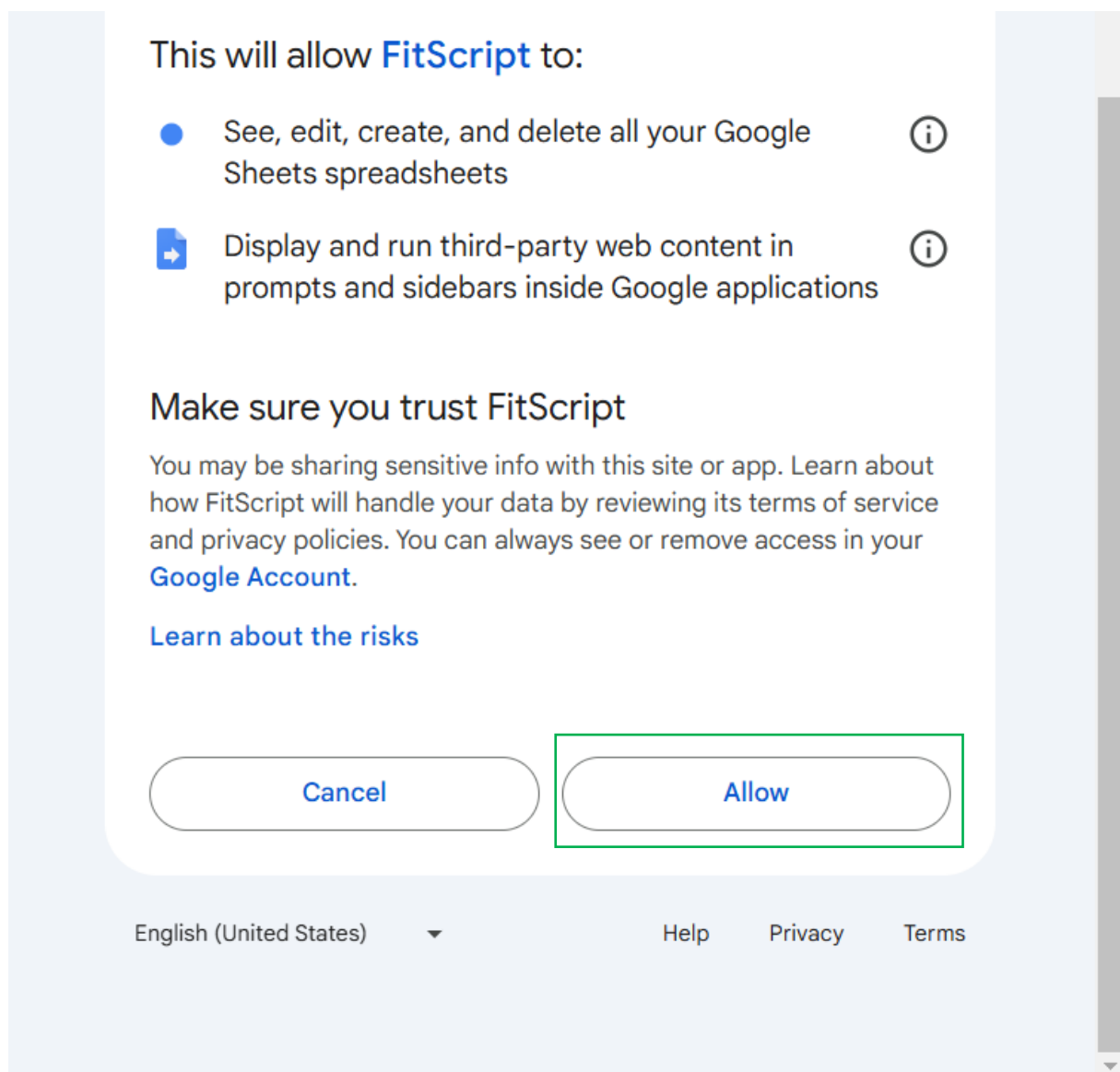


Figure4 Authorization, step 4

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

2. Configuration (Config Sheet)

1	Parameter >	T1	T2	T3	T4	T5	T6	T7
2	Select	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Name							
4	Sets	3						
5	Warmup	Yes						
6	Finish	Yes						
7	1 exercisetime (m)	1						
9	Warmup							
10								
11								
12								
13								
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 group 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.

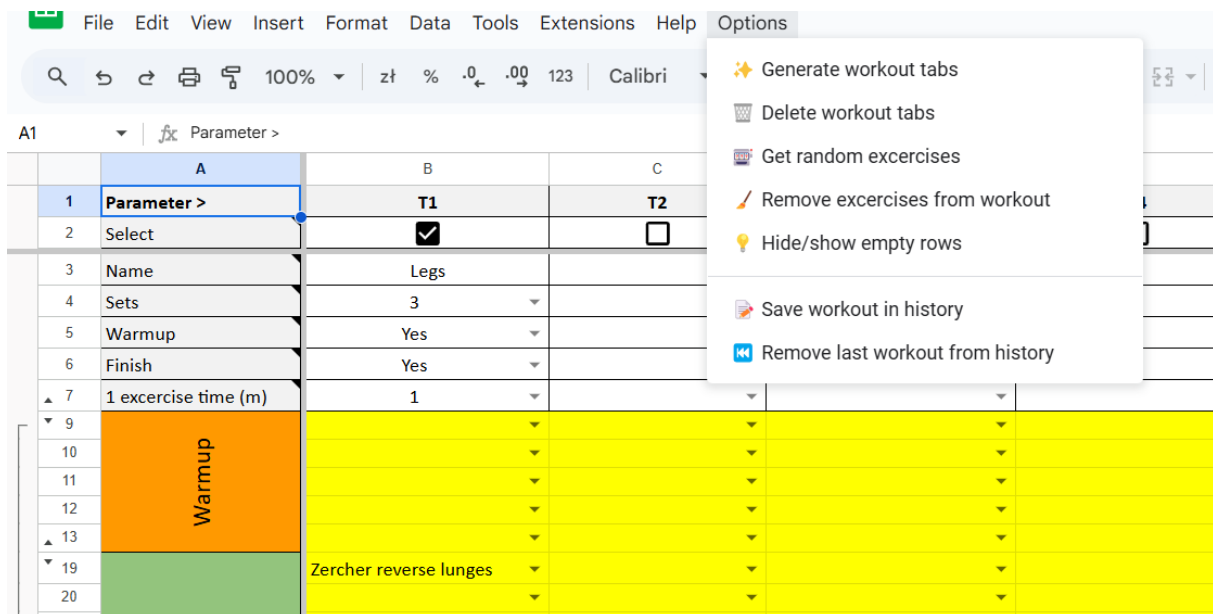


Figure 6 View of the options list

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	▼ fx 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	▼
9	Warmup	Stationary bicycle	▼
10			▼
11			▼
12			▼
13			▼
14			▼
15			▼
16			▼
17			▼
18			▼
19	Main exercise	Zercher reverse lunges	▼
20		Assisted sissy squat	▼
21		Reverse lunges	▼
22		Trx lateral lunges	▼
23		Smith bench press	▼
24			▼
25			▼
26			▼
27			▼
28			▼
29			▼
30			▼
31			▼
32			▼
33			▼
34			▼
35			▼
36			▼
39	Finish	Rowing ergometer	▼
40			▼
41			▼
42			▼
43			▼
44			▼
45			▼
46			▼
47			▼
48			▼
49	Main muscle group	legs	
50	Est. workout time	50	

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.

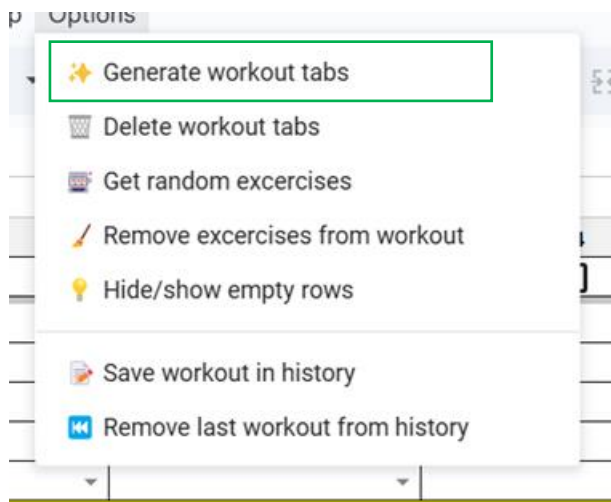


Figure 8 Generating workout tabs

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

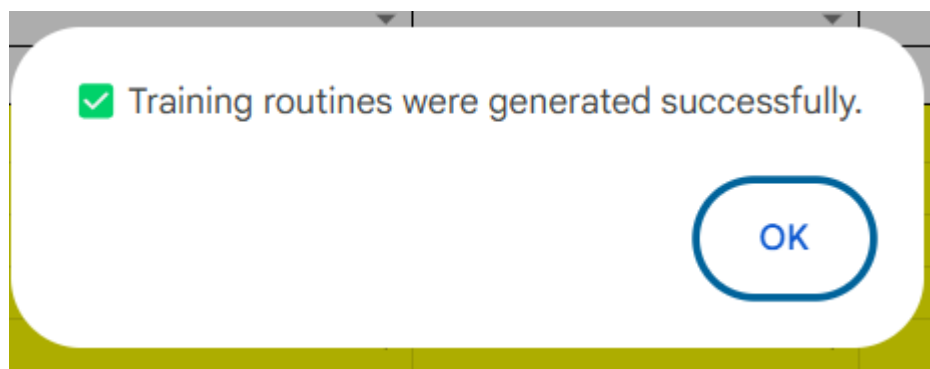
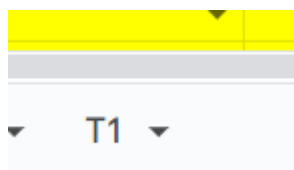


Figure 9 Confirmation of workout routine sheet generation

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.

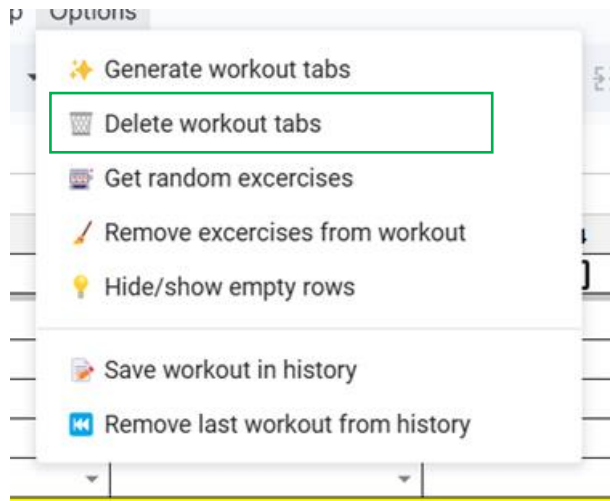


Figure 10 Deleting workout tabs

d. Get random exercises

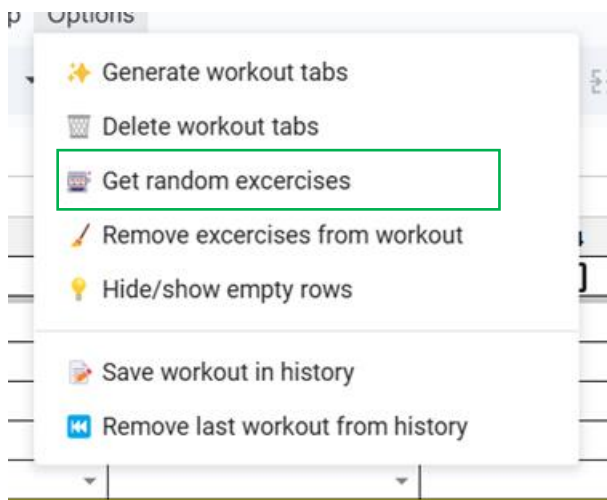


Figure 11 Getting random exercises

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

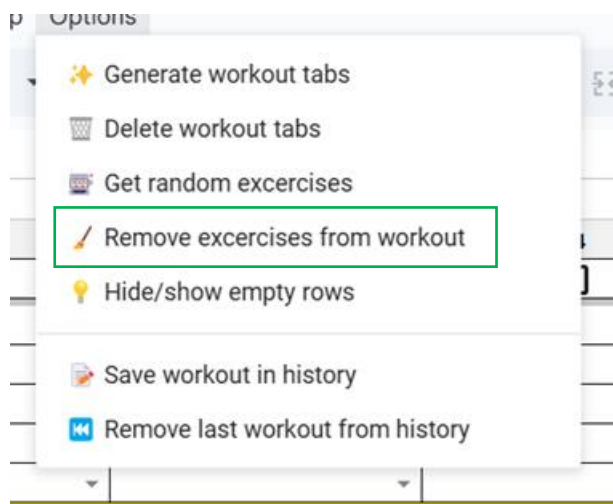
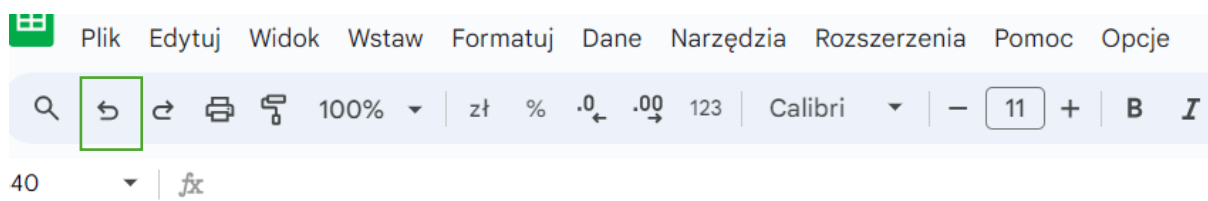


Figure 12 Removing exercises from the workout routine

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

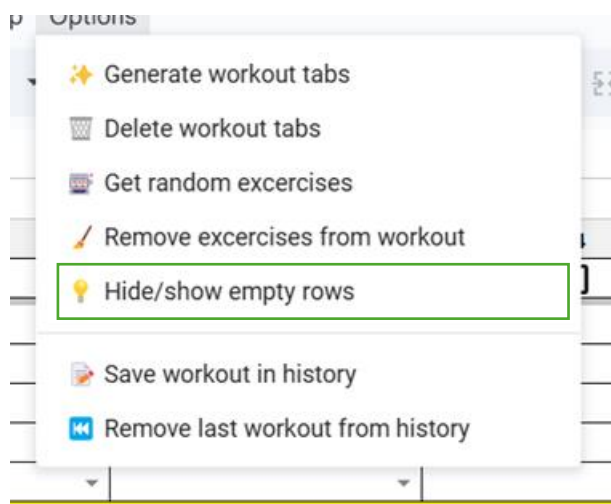


Figure 13 Hiding empty rows

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		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		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													
11																			
12																			
13																			
14																			
15																			
16																			
17																			
18																			
19																			
20		Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges													
21		Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat													
22		Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges													
23		Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges													
24		Smith bench press	Smith bench press	Smith bench press	Smith bench press	Smith bench press													
25		One leg extension	One leg extension	One leg extension	One leg extension	One leg extension													
26																			
27																			
28																			
29																			
30																			
31																			
32																			
33																			
34																			
35																			
36																			
37																			
38																			
39		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													
50	Est. workout time	20	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:

1	Parameter >	T1	T2	T3	T4	T5	T6	T7		J
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	Warmup	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle	Stationary bicycle				
9		Custom warm up	Custom warm up	Custom warm up	Custom warm up	Custom warm up				
10		Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges	Zercher reverse lunges				
11		Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat	Assisted sissy squat				
12		Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges	Reverse lunges				
13		Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges	Trx lateral lunges				
14		Smith bench press	Smith bench press	Smith bench press	Smith bench press	Smith bench press				
15		One leg extension	One leg extension	One leg extension	One leg extension	One leg extension				
16		Rowing ergometer	Rowing ergometer	Rowing ergometer	Rowing ergometer	Rowing ergometer				
17	Main muscle group	legs	legs	legs	legs	legs				
18	Est. workout time	20	24	24	24	24				
19										
20										
21										
22										
23										
24										
25										
26										
27										

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

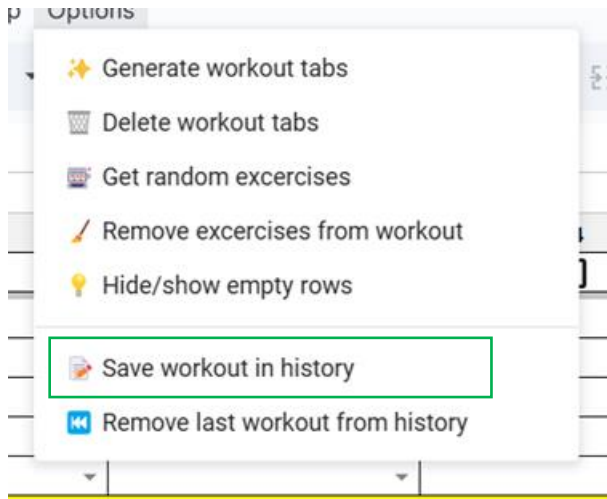


Figure 16 Saving workout in history

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

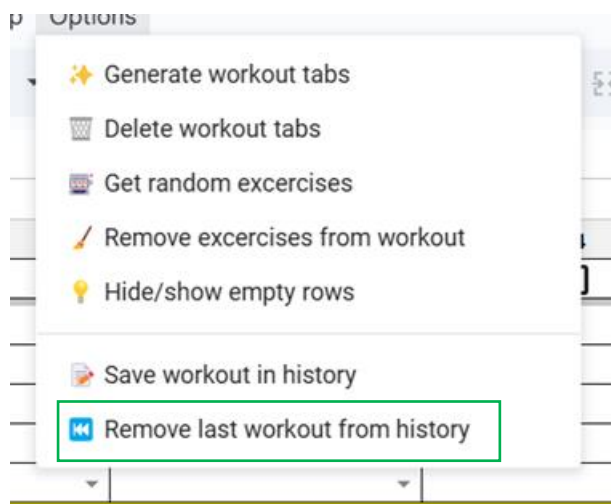


Figure 17 Saving workout in history

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 .1 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

fx

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			🕒 .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 .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 18 Workout routine view

3.2. Workout routine number

Hb | 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 .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 | 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		.1			
4		Warmup		Wght	Rep.	Duration (m)	Finished	Difficulty	Notes
5	1	Stationary bicycle							
15		Set 1--Set 1--Set 1--Set 1		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1	Zercher reverse lunges							
17	2	Assisted sissy squat							
18	3	Reverse lunges							
19	4	Trx lateral lunges							
20	5	Smith bench press							
36		Set 2--Set 2--Set 2--Set 2		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	2	Zercher reverse lunges							
38	2	Assisted sissy squat							
39	3	Reverse lunges							
40	4	Trx lateral lunges							
41	5	Smith bench press							
57		Set 3--Set 3--Set 3--Set 3		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	3	Zercher reverse lunges							
59	3	Assisted sissy squat							
60	3	Reverse lunges							
61	4	Trx lateral lunges							
62	5	Smith bench press							
78		Set 4--Set 4--Set 4--Set 4		Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	4	Zercher reverse lunges							
80	4	Assisted sissy squat							
81	4	Reverse lunges							
82	4	Trx lateral lunges							
83	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.

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		🕒 .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 .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"/>		

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.

H5 ▼ | fx FALSE

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	🕒 .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	1.1	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 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

Hb	▼	FALSE								
1	A	C	D	E	F	G	H	I	O	
2	T1	Workout name	Main group:	Select operation						
3	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								
15		Set 1--Set 1--Set 1--Set 1			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
16	1	Zercher reverse lunges								
17	2	Assisted sissy squat								
18	3	Reverse lunges								
19	4	Trx lateral lunges								
20	5	Smith bench press								
36		Set 2--Set 2--Set 2--Set 2			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
37	1	Zercher reverse lunges								
38	2	Assisted sissy squat								
39	3	Reverse lunges								
40	4	Trx lateral lunges								
41	5	Smith bench press								
57		Set 3--Set 3--Set 3--Set 3			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
58	1	Zercher reverse lunges								
59	2	Assisted sissy squat								
60	3	Reverse lunges								
61	4	Trx lateral lunges								
62	5	Smith bench press								
78		Set 4--Set 4--Set 4--Set 4			Wght	Rep.	Pause (s)	Finished	Difficulty	Notes
79	1	Zercher reverse lunges								
80	2	Assisted sissy squat								
81	3	Reverse lunges								
82	4	Trx lateral lunges								
83	5	Smith bench press								

Figure 23 Workout routine view, indicated nearest workout

Here, will appear the date of the next training session, if this workout routine is placed in the calendar, i.e. on the Calendar sheet, the x symbol x is inserted for it on a day that is not in the past (today or in the future).

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

3.8. Number of exercises remaining to complete

Hb | 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	.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	2	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	3	Zercher reverse lunges					<input type="checkbox"/>		
59	3	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	4	Zercher reverse lunges					<input type="checkbox"/>		
80	4	Assisted sissy squat					<input type="checkbox"/>		
81	4	Reverse lunges					<input type="checkbox"/>		
82	4	Trx lateral lunges					<input type="checkbox"/>		
83	5	Smith bench press					<input type="checkbox"/>		

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)

Hb | jxc 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	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 25 Workout routine view, status icon

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

H5 ▾ | fx FALSE

H5 ▾ | fx FALSE

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.

H5 ▼ | fx FALSE

H5 ▼ | fx FALSE

Figure 27 Workout routine view, last finished

Here, the last finished exercise shows up.

3.12. Weights column

Hb ▼ | fx 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		🕒 .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 .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 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

Hb ▼ | fx 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 🕒 .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	1.1	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 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

Hb | 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 .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	2	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	3	Zercher reverse lunges					<input type="checkbox"/>		
59	3	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	4	Zercher reverse lunges					<input type="checkbox"/>		
80	4	Assisted sissy squat					<input type="checkbox"/>		
81	4	Reverse lunges					<input type="checkbox"/>		
82	4	Trx lateral lunges					<input type="checkbox"/>		
83	5	Smith bench press					<input type="checkbox"/>		

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

Hb | 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	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 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

Hb | 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 .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 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
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	
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	
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	
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	

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)

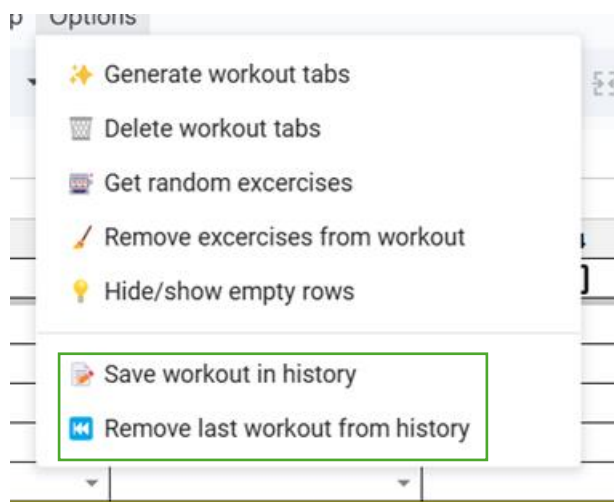


Figure 34 History — saving and deleting workout

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				.1	26.10.2024		
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								
	A	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		Remove last parameter column		Height			-	
5				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 calft			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																	
	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	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	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		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 **Odśwież widok**.

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**.

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	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	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		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																	
21																	

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	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	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		x
7	Tr. routine 4	Legs					x										
8	Tr. routine 5	Legs															
9	Tr. routine 6	Legs															
10	Tr. routine 7	Legs															
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	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	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	Legs																	
10	Tr. routine 7	Legs																	
11																			
12	Select operation																		
13																			
14																			
15																			
16																			
17																			
18																			
19																			
20																			
21																			

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 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.