

Sheet1

EXERCISE NAME	EXERCISE ID	DEFAUL	DEF	EXERCISE TYPE
1 Bench Press	2	2	10 100	1
2 Military Press	2	2	10 100	1
3 One-Arm Curls	2	2	15 30	1
4 Curls	2	2	15 75	1
5 Squats	2	2	10 50	1
6 Running/Jogging	1	0	15 0	2
7 Biking	4	0	10000 0	2
8 Swimming	3	0	15 0	2
9 Aerobics	1	0	20 0	2
10 Hiking	4	0	5000 0	2
11 Hamstring Stretch	2	2	10 0	3
12 Lower Back Stretch	2	2	10 0	3
13 Cat Stretch	2	2	10 0	3
14 Neck Rolls	2	2	10 0	3
15 Shoulder Shrugs	2	2	10 0	3
16 Tai Chi	5	0	1 0	4
17 Judo	5	0	1 0	4
18 Karate	5	0	1 0	4
19 Ju-Jitsu	5	0	1 0	4
20 Kung Fu	5	0	1 0	4