Target Body Part	Exercise #	Exercise	Pipe Mass (kg)	Distance (m) per rep	Work (j) per rep	#Sets	# Reps per set	Total reps (j)	Total work (j)
	1	Front Squats	12.8	0.52	65.2288	5	15	75	4892.16
Legs	1	Back Squats	12.8	0.52	51.4696	5	15	20	1029.392
30	second	rest	time	30	second	rest	time		
Legs	2	Lunges	12.8	1.72	22.016	4	12	48	1056.768
30	second	rest	time	30	second	rest	time		
Shoulders	3	Push Press	12.8	1.32	384	6	15	90	34560
30	second	rest	time	30	second	rest	time		
Biceps	4	Curls	12.8	1.38	17.664	6	17	102	1801.728

#Sets	Total reps (j)	Total work (j)
26	335	43340.048