

Joel Scott Fitness



BELIEVE ★ ACHIEVE

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Personal Information

Name:	Amy Dignall
Email Address:	amy.dignall@hotmail.com
Age:	19
Height (inches):	69
Weight (lbs):	150

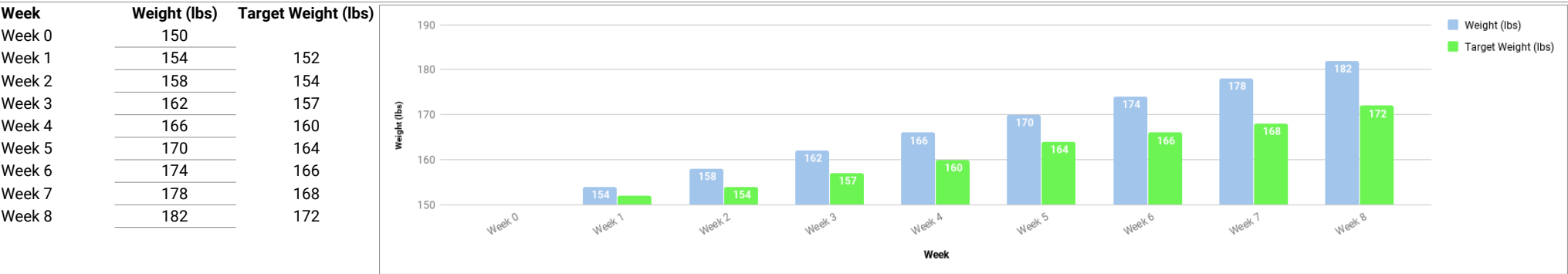
Plan Details

Name:	Wonder Woman Physique
Duration:	8 Weeks

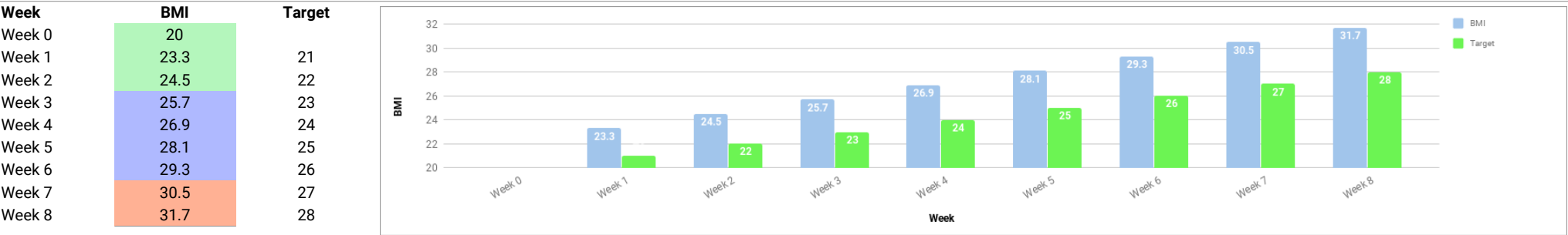
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Weight Tracker



BMI Tracker



Key	BMI Scale
Under Weight	< 18.5
Healthy Weight	18.5 - 24.9
Overweight	25 - 29.9
Obese	30 >

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Should be hidden from user

Week 1

Day 1	Exercise	Sets	Reps		Notes	Set 1		Set 2		Set 3		Set 4		Set 5		
			Min	Max		Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	
	Deadlift	3 x 3-7	3	3	7		3	23	4	25	2	22	3	23	2	25
	Barbell Row	3 x 2-8	3	2	8		3	25	4	27	2	24	3	25	2	27
	Cable Pullover	3 x 12-15	3	12	15		3	25	4	27	2	24	3	25	2	27
	EZ Bar Curl	4 x 6-8	4	6	8		3	27	4	29	2	26	3	27	2	29
	Concentration Curl	3 x 10-15	3	10	15		3	28	4	30	2	27	3	28	2	30
	DB Skullcrusher	4 x 6-8	4	6	8		3	30	4	32	2	29	3	30	2	32
	Rope Tricep Extension	3 x 10-12	3	10	12		3	34	4	36	2	33	3	34	2	36

Day 2	Exercise	Sets	Reps		Notes	Set 1		Set 2		Set 3		Set 4		Set 5		
			Min	Max		Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	
	Deadlift	3 x 5-7	3	5	7		3	23	4	25	2	22	3	23	2	25
	Barbell Row	3 x 6-8	3	6	8		3	25	4	27	2	24	3	25	2	27
	Cable Pullover	3 x 12-15	3	12	15		3	25	4	27	2	24	3	25	2	27
	EZ Bar Curl	4 x 6-8	4	6	8		2	27	3	29	1	26	2	27	1	29
	Concentration Curl	3 x 10-15	3	10	15		4	28	5	30	3	27	4	28	3	30
	DB Skullcrusher	4 x 6-8	4	6	8		3	30	4	32	2	29	3	30	2	32
	Rope Tricep Extension	3 x 10-12	3	10	12		5	34	6	36	4	33	5	34	4	36

Day 3	Exercise	Sets	Reps		Notes	Set 1		Set 2		Set 3		Set 4		Set 5		
			Min	Max		Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	
	Deadlift	3 x 5-7	3	5	7		3	23	4	25	2	22	3	23	2	25
	Barbell Row	3 x 6-8	3	6	8		3	25	4	27	2	24	3	25	2	27
	Cable Pullover	3 x 12-15	3	12	15		3	25	4	27	2	24	3	25	2	27
	EZ Bar Curl	4 x 6-8	4	6	8		2	27	3	29	1	26	2	27	1	29
	Concentration Curl	3 x 10-15	3	10	15		4	28	5	30	3	27	4	28	3	30
	DB Skullcrusher	4 x 6-8	4	6	8		3	30	4	32	2	29	3	30	2	32
	Rope Tricep Extension	3 x 10-12	3	10	12		5	34	6	36	4	33	5	34	4	36

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