

BELIEVE ACHIEVE

Personal Information

Name: Amy Dignall

Email Address: amy.dignall@hotmail.com

Age: 19
Height (inches): 69
Weight (lbs): 150

Plan Details

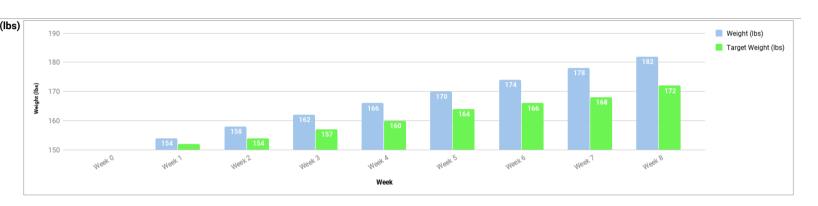
Name: Wonder Woman Physique

Duration: 8 Weeks



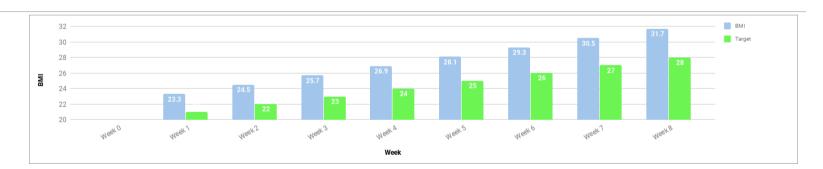
Weight Tracker

Week	Weight (lbs)	Target Weight (I
Week 0	150	
Week 1	154	152
Week 2	158	154
Week 3	162	157
Week 4	166	160
Week 5	170	164
Week 6	174	166
Week 7	178	168
Week 8	182	172



BMI Tracker

Week	ВМІ	Target
Week 0	20	
Week 1	23.3	21
Week 2	24.5	22
Week 3	25.7	23
Week 4	26.9	24
Week 5	28.1	25
Week 6	29.3	26
Week 7	30.5	27
Week 8	31.7	28



KeyBMI ScaleUnder Weight< 18.5</td>Healthy Weight18.5 - 24.9Overweight25 - 29.9Obese30 >

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Should be hidden from user

Week 1

Exercise Sets	Sate	Sets	Re	ps	Notes	Set 1		Set 2		Set 3		Set 4		Se	et 5
	e Gets		Min	Max		s W	Veight (kg) F	Reps We	ight (kg)	Reps We	ight (kg)	Reps We	ight (kg)	Reps We	eight (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	on 3 x 10-12	3	10	12	3		34	4	36	2	33	3	34	2	36

Exercise Sets	Sets	Sets Reps		eps	Notes	Set 1		Set 2		Set 3		Set 4		S	et 5
	OCIO		Min	Max		s V	Neight (kg) F	Reps V	Veight (kg)	Reps	Weight (kg)	Reps \	Veight (kg)	Reps W	eight (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

Exercise Sets	Sate	Sets	Sets Re		Notes	Set 1		Set 2		Set 3		Set 4		Set 5	
	0013		Min	Max		ps \	Weight (kg) I	Reps \	Veight (kg)	Reps \	Veight (kg)	Reps V	Veight (kg)	Reps W	eight (kg)
Deadlift	3 x 5-7	3	5	7	3		23	4	25	2	22	3	23	2	25
က 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

