



Fly	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22																		
EZ Bar Curl	25					30					35					40					45					50					55					60				
Hammer Curl	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26																			
Barbell Shrug	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150																

Squat	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135		
Front Squat	50		55		60	65		70		75		80		85		90		95		100
Barbell Calf Raise	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130
Standing Cable Crunch	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90					
Cable Woodchopper	10		15		20		25		30		35		40		45					