

## Calculations:

Exercise	Exercise Max	Sets	Set Weight for 1x8	Set Weight for 1x3	Set Weight for 5x5
Bench Press	225	Set 1:	180	230	135
		Set 2:			160
		Set 3:			180
		Set 4:			205
		Set 5:			225
Plates for Bench Press	4x45	Set 1:	2x45 4x10 2x2.5	4x45 2x2.5	2x45
		Set 2:			2x45 2x10 2x2.5
		Set 3:			2x45 4x10 2x2.5
		Set 4:			2x45 2x25 2x10
		Set 5:			4x45

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