

## Calculations:

Exercise	Exercise Max	Sets	Set weight for 1x8	Set weight for 1x3	Set weight for 5x5
Exercise 1	225	Set 1:Se...180		230	135 160 180 205 225
Plates for Exercsise 1	4x45	Set 1:Se...2x45 4x10 2x2.5		4x45 2x2.5	2x45/2x45 2x10 2x2.

[Back To All Exercises](#)

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**ADMIN UI NOTE:** Any time there is more then 1 thing in a row on these rows, they will be vertical rather then horizontally oriented (Example, right now this shows Set weight for 5x5 as 135 160 180 205 225 in a row. They should be vertically sorted instead of being side by side.

# Edit

(What the thing being edited is goes here)

**What the text box is for editing**

Text box for info

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Text box for info

Save

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# Details

(What the thing you are looking at details for)

**What the detail is about** [Detail](#)

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