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Calculations:

Exercise	Exercise Max	Sets	Set Weight for 1x8	Set Weight for 1x3	Set Weight for 5x5
Bench Press	225	Set 1: Set 2: Set 3: Set 4: Set 5:	180	230	135 160 180 205 225
Plates for Bench Pre	99 4x45	Set 1: Set 2: Set 3: Set 4: Set 5:	2x45 4x10 2x2.5	4x45 2x2.5	2x45 2x45 2x10 2x2.5 2x45 4x10 2x2.5 2x45 2x25 2x10 4x45
		Вас	ck To All Exercise	25	