

Name: Wayne, John  
Program Week: 1  
Current Maxes: Bench - 300 Squat - 450 Incline - 275 Power Clean - 250

---

Reps: 10, 8, 8  
Squat: 270 Power Clean: 150  
Bench: 180 Incline: 165

Name: Stewart Jimmy  
Program Week: 1  
Current Maxes: Bench - 200 Squat - 325 Incline - 165 Power Clean - 150

---

Reps: 10, 8, 8  
Squat: 195 Power Clean: 90  
Bench: 120 Incline: 100

Name: Fonda, Henry  
Program Week: 1  
Current Maxes: Bench - 250 Squat - 350 Incline - 200 Power Clean - 180

---

Reps: 10, 8, 8  
Squat: 210 Power Clean: 110  
Bench: 150 Incline: 120

Name: Mitchum, Robert  
Program Week: 1  
Current Maxes: Bench - 350 Squat - 425 Incline - 280 Power Clean - 250

---

Reps: 10, 8, 8  
Squat: 255 Power Clean: 150  
Bench: 210 Incline: 170

Name: Douglas, Kirk  
Program Week: 1  
Current Maxes: Bench - 400 Squat - 600 Incline - 300 Power Clean - 280

---

Reps: 10, 8, 8  
Squat: 360 Power Clean: 170  
Bench: 240 Incline: 180

Name: Cagne, James  
Program Week: 1  
Current Maxes: Bench - 200 Squat - 350 Incline - 170 Power Clean - 150

---

Reps: 10, 8, 8  
Squat: 210 Power Clean: 90  
Bench: 120 Incline: 100

Name: Bogart, Humphrey  
Program Week: 1  
Current Maxes: Bench - 180 Squat - 220 Incline - 140 Power Clean - 125

---

Reps: 10, 8, 8  
Squat: 130 Power Clean: 75  
Bench: 110 Incline: 85

Name: Heston, Charleton  
Program Week: 1  
Current Maxes: Bench - 225 Squat - 295 Incline - 195 Power Clean - 180

---

Reps: 10, 8, 8  
Squat: 175 Power Clean: 110  
Bench: 135 Incline: 115

Name: Gable, Clark  
Program Week: 1  
Current Maxes: Bench - 300 Squat - 380 Incline - 260 Power Clean - 200

---

Reps: 10, 8, 8  
Squat: 230 Power Clean: 120  
Bench: 180 Incline: 155

Name: Flynn, Errol  
Program Week: 1  
Current Maxes: Bench - 190 Squat - 240 Incline - 150 Power Clean - 140

---

Reps: 10, 8, 8  
Squat: 145 Power Clean: 85  
Bench: 115 Incline: 90

Name: Holden, William  
Program Week: 1  
Current Maxes: Bench - 305 Squat - 385 Incline - 275 Power Clean - 260

---

Reps: 10, 8, 8  
Squat: 230 Power Clean: 155  
Bench: 185 Incline: 165

Name: Cooper, Gary  
Program Week: 1  
Current Maxes: Bench - 325 Squat - 450 Incline - 280 Power Clean - 275

---

Reps: 10, 8, 8  
Squat: 270 Power Clean: 165  
Bench: 195 Incline: 170

Name: Peck, Gregory  
Program Week: 1  
Current Maxes: Bench - 260 Squat - 320 Incline - 200 Power Clean - 180

---

Reps: 10, 8, 8  
Squat: 190 Power Clean: 110  
Bench: 155 Incline: 120

Name: Hudson, Rock  
Program Week: 1  
Current Maxes: Bench - 240 Squat - 320 Incline - 200 Power Clean - 180

---

Reps: 10, 8, 8  
Squat: 190 Power Clean: 110  
Bench: 145 Incline: 120

Name: Ladd, Alan  
Program Week: 1  
Current Maxes: Bench - 180 Squat - 250 Incline - 150 Power Clean - 125

---

Reps: 10, 8, 8  
Squat: 150 Power Clean: 75  
Bench: 110 Incline: 90

### Group1

-----

Douglas, Kirk	Bench Max = 400
Mitchum, Robert	Bench Max = 350
Cooper, Gary	Bench Max = 325

### Group2

-----

Holden, William	Bench Max = 305
Wayne, John	Bench Max = 300
Gable, Clark	Bench Max = 300

### Group3

-----

Peck, Gregory	Bench Max = 260
Fonda, Henry	Bench Max = 250
Hudson, Rock	Bench Max = 240

### Group4

-----

Heston, Charleton	Bench Max = 225
Stewart Jimmy	Bench Max = 200
Cagne, James	Bench Max = 200

### Group5

-----

Flynn, Errol	Bench Max = 190
Bogart, Humphrey	Bench Max = 180
Ladd, Alan	Bench Max = 180