The Point system Logic:

Since this is a variable length workout program that depends on the percent of your max lifted per rep i feel as though the point system should add points based on the set forth reps and the given base percentage.

**Points = (reps lifted - griven reps) + (percentage done - given percentage) + CB\***

**EX:**

**Points = (15 - 10) X (70 - 65) = 25 points for that excersize**

**\*Completion Bonus**

**Idea:**

**\*\*\*\*\*\***

**So 3x10 youre supposed to do 65% of your max. I think we should do a completion bonus or 10 plus 1 extra point for every percent you do over the suggested 65 % and if you do extra reps that is an also an extra point for every extra rep.**