

8/6/3 Workout Routine

As of: 26/01/2017

Bench

1 RM is 85kg
insert reps and weights here

Squat

1 RM is 100kg
insert reps and weights here

Military Press

1 RM is 45kg
insert reps and weights here

Deadlift

1 RM is 110kg
insert reps and weights here

benchweek 1		
Set 1	Set 2	Set 4