9:30

Wed, July 11

Good Afternoon

Next Workout

Add to Workout

Mark as Rest

Statistics | Personal | Home | Programs | Progression

9:30

Wed, July 11

Bench Press

Chest, Triceps

Weight	Reps	RPE	HR
240 lbs	12	90%	180
240 lbs	12	90%	180
240 lbs	12	90%	180

Keep arms at 45 degrees relative to the body. Keep the shoulder blades locked and back arched to support the leg drive

Statistics | Personal | Home | Programs | Progression

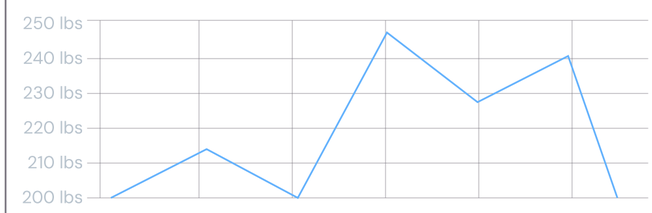
9:30

Wed, July 11

Bench Press

Progression

1RM | Week



Weight — Metric 1

RPE — Metric 3

Reps — Metric 2

HR — Metric 4

Chest, Triceps — Muscle Groups

Undulating — Progression System

Statistics | Personal | Home | Programs | Progression