

Workout Report

#	Workout	Target Muscle	Sets	Weight	Date	Pain Level
1	barbell seated calf raise	lower legs	1	59	01/13/2025	Light
2	barbell seated calf raise	lower legs	2	59	01/13/2025	Light
3	barbell seated calf raise	lower legs	1	59	01/13/2025	Light
4	barbell standing rocking leg calf raise	lower legs	1	59	01/13/2025	Light
5	barbell standing rocking leg calf raise	lower legs	2	59	01/13/2025	Light
6	barbell standing rocking leg calf raise	lower legs	3	59	01/13/2025	Light
7	barbell wide squat	upper legs	1	59	01/13/2025	Light
8	barbell wide squat	upper legs	2	59	01/13/2025	Light
9	barbell wide squat	upper legs	3	59	01/13/2025	Light
10	barbell bench squat	upper legs	1	59	01/13/2025	Light
11	barbell bench squat	upper legs	2	59	01/13/2025	Light
12	barbell bench squat	upper legs	3	59	01/13/2025	Light
13	one leg floor calf raise	lower legs	1	0	01/13/2025	Light
14	one leg floor calf raise	lower legs	2	0	01/13/2025	Light
15	one leg floor calf raise	lower legs	3	0	01/13/2025	Light
16	barbell squat (on knees)	upper legs	1	59	01/13/2025	Light
17	barbell squat (on knees)	upper legs	2	59	01/13/2025	Light
18	barbell squat (on knees)	upper legs	3	59	01/13/2025	Light
19	barbell seated good morning	upper legs	1	15	01/13/2025	Light
20	barbell seated good morning	upper legs	2	15	01/13/2025	Light
21	barbell seated good morning	upper legs	3	15	01/13/2025	Light
22	barbell front chest squat	upper legs	1	20	01/13/2025	Light
23	barbell front chest squat	upper legs	2	20	01/13/2025	Light
24	barbell front chest squat	upper legs	3	20	01/13/2025	Light
25	dumbbell contralateral forward lunge	upper legs	1	0	01/13/2025	Light
26	dumbbell contralateral forward lunge	upper legs	2	0	01/13/2025	Light
27	dumbbell contralateral forward lunge	upper legs	3	0	01/13/2025	Light
28	barbell bench press	chest	1	145	01/14/2025	Light
29	barbell bench press	chest	2	145	01/14/2025	Light
30	barbell bench press	chest	3	145	01/14/2025	Light
31	barbell decline pullover	chest	1	145	01/14/2025	Light
32	barbell incline bench press	chest	1	145	01/14/2025	Medium

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33	barbell incline bench press	chest	2	145	01/14/2025	Medium
34	barbell incline bench press	chest	3	145	01/14/2025	Unable to continue Medium
35	weighted svend press	chest	1	33	01/14/2025	
36	weighted svend press	chest	2	22	01/14/2025	Medium
37	weighted svend press	chest	3	22	01/14/2025	Medium
38	barbell press sit-up	waist	1	12	01/15/2025	Light
39	barbell press sit-up	waist	2	13	01/15/2025	Light
40	barbell press sit-up	waist	1	130	01/15/2025	Light
41	barbell seated behind head military press	shoulders	1	37	01/17/2025	Light
42	barbell seated behind head military press	shoulders	2	37	01/17/2025	Light
43	barbell seated behind head military press	shoulders	3	37	01/17/2025	Light
44	barbell upright row	shoulders	1	37	01/17/2025	Light
45	barbell upright row	shoulders	2	37	01/17/2025	Light
46	barbell upright row	shoulders	3	37	01/17/2025	Light
47	weighted round arm	shoulders	1	22	01/17/2025	Medium
48	weighted round arm	shoulders	2	22	01/17/2025	Medium
49	weighted round arm	shoulders	3	22	01/17/2025	Medium
50	lever one arm shoulder press	shoulders	1	22	01/17/2025	Light
51	lever one arm shoulder press	shoulders	2	22	01/17/2025	Medium
52	lever one arm shoulder press	shoulders	3	22	01/17/2025	Medium
53	landmine lateral raise	shoulders	1	0	01/17/2025	Medium
54	landmine lateral raise	shoulders	2	0	01/17/2025	Medium
55	landmine lateral raise	shoulders	3	0	01/17/2025	Medium
56	dumbbell single arm overhead carry	shoulders	1	15	01/17/2025	Medium
57	dumbbell single arm overhead carry	shoulders	2	15	01/17/2025	Light
58	dumbbell single arm overhead carry	shoulders	3	15	01/17/2025	Light
59	ez barbell anti gravity press	shoulders	1	25	01/17/2025	Medium
60	ez barbell anti gravity press	shoulders	2	25	01/17/2025	Medium
61	ez barbell anti gravity press	shoulders	3	25	01/17/2025	Light
62	dumbbell standing alternate raise	shoulders	1	15	01/17/2025	Medium
63	dumbbell standing alternate raise	shoulders	2	15	01/17/2025	Medium
64	dumbbell standing alternate raise	shoulders	3	15	01/17/2025	Pain
65	dumbbell rear delt raise	shoulders	1	15	01/17/2025	Light
66	dumbbell rear delt raise	shoulders	2	15	01/17/2025	Medium

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67	dumbbell rear delt raise	shoulders	3	15	01/17/2025	Medium
68	dumbbell one arm shoulder press v. 2	shoulders	1	15	01/17/2025	Medium
69	dumbbell one arm shoulder press v. 2	shoulders	2	15	01/17/2025	Medium
70	dumbbell one arm shoulder press v. 2	shoulders	3	15	01/17/2025	Medium
71	barbell standing front raise over head	shoulders	1	25	01/17/2025	Pain
72	barbell standing front raise over head	shoulders	2	25	01/17/2025	Pain
73	barbell standing front raise over head	shoulders	3	25	01/17/2025	Pain
74	barbell rear delt row	shoulders	1	25	01/17/2025	Medium
75	barbell rear delt row	shoulders	2	25	01/17/2025	Medium
76	barbell rear delt row	shoulders	3	25	01/17/2025	Pain