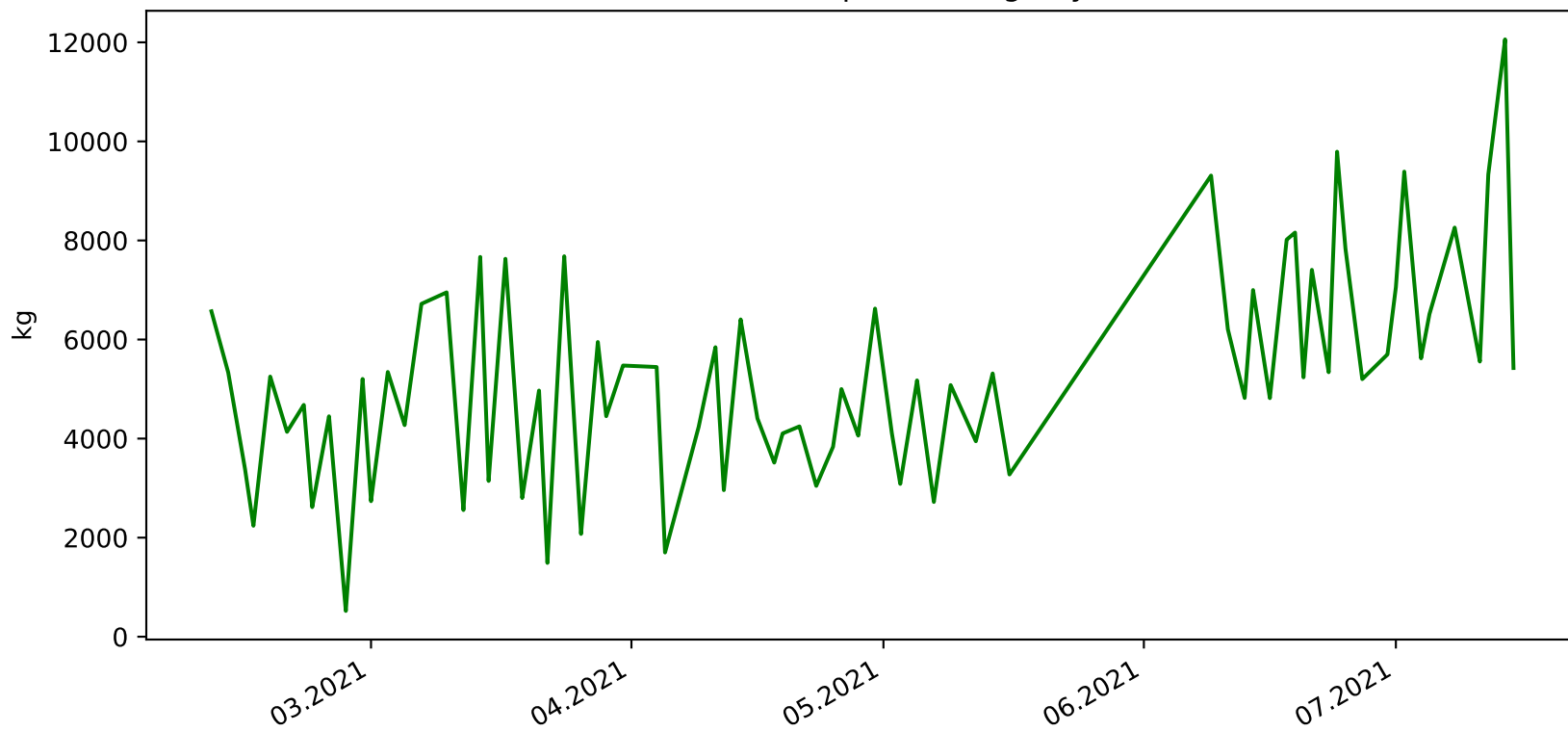
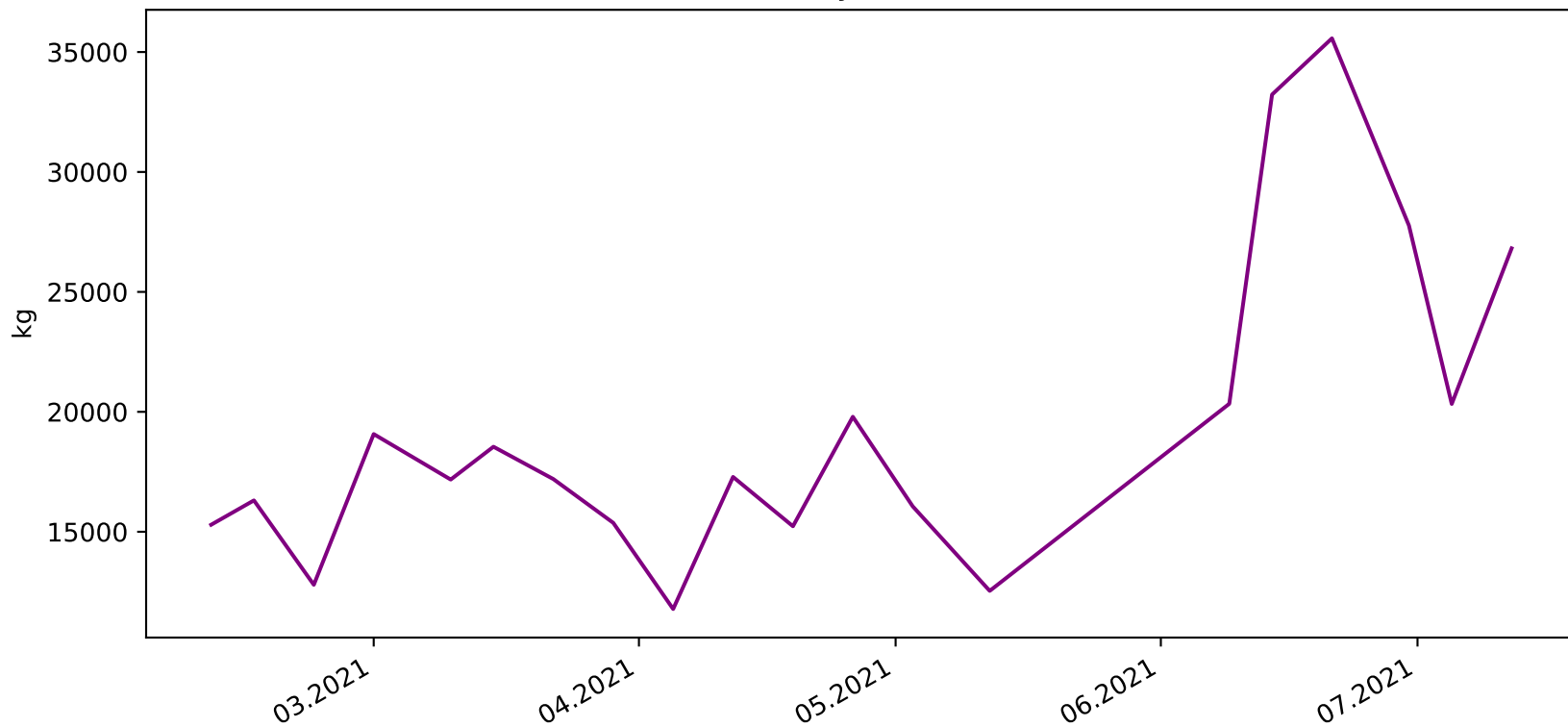


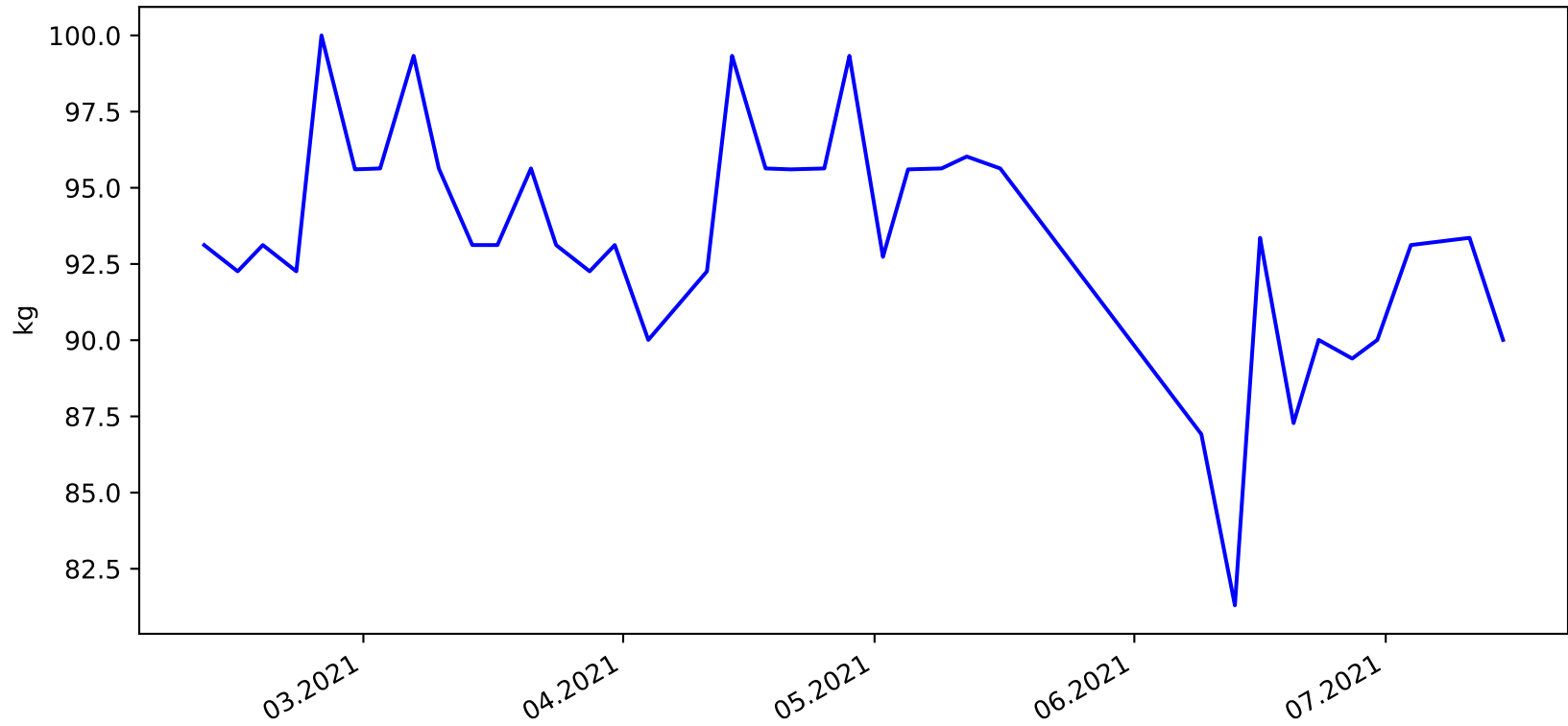
Total volume per training day



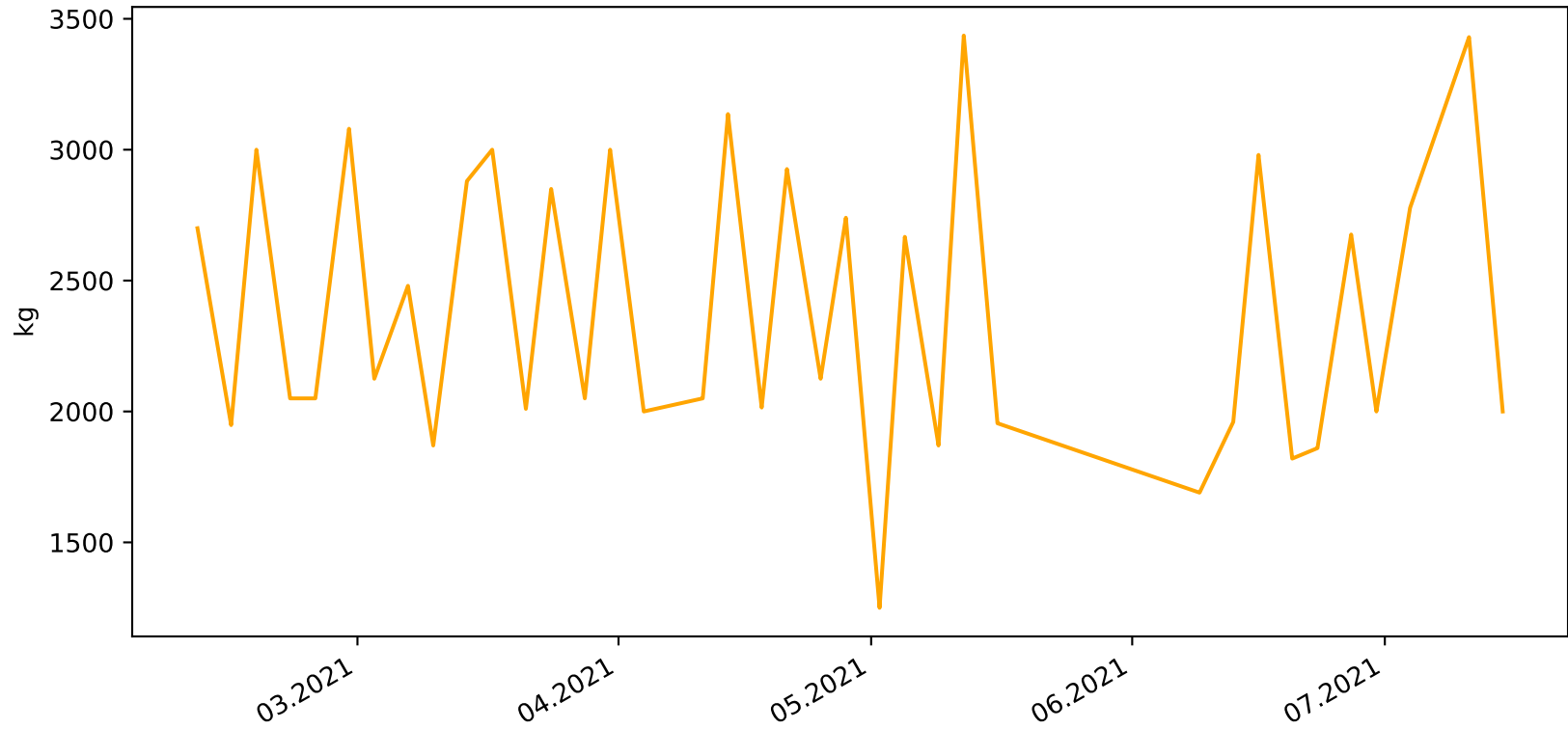
Weekly volume



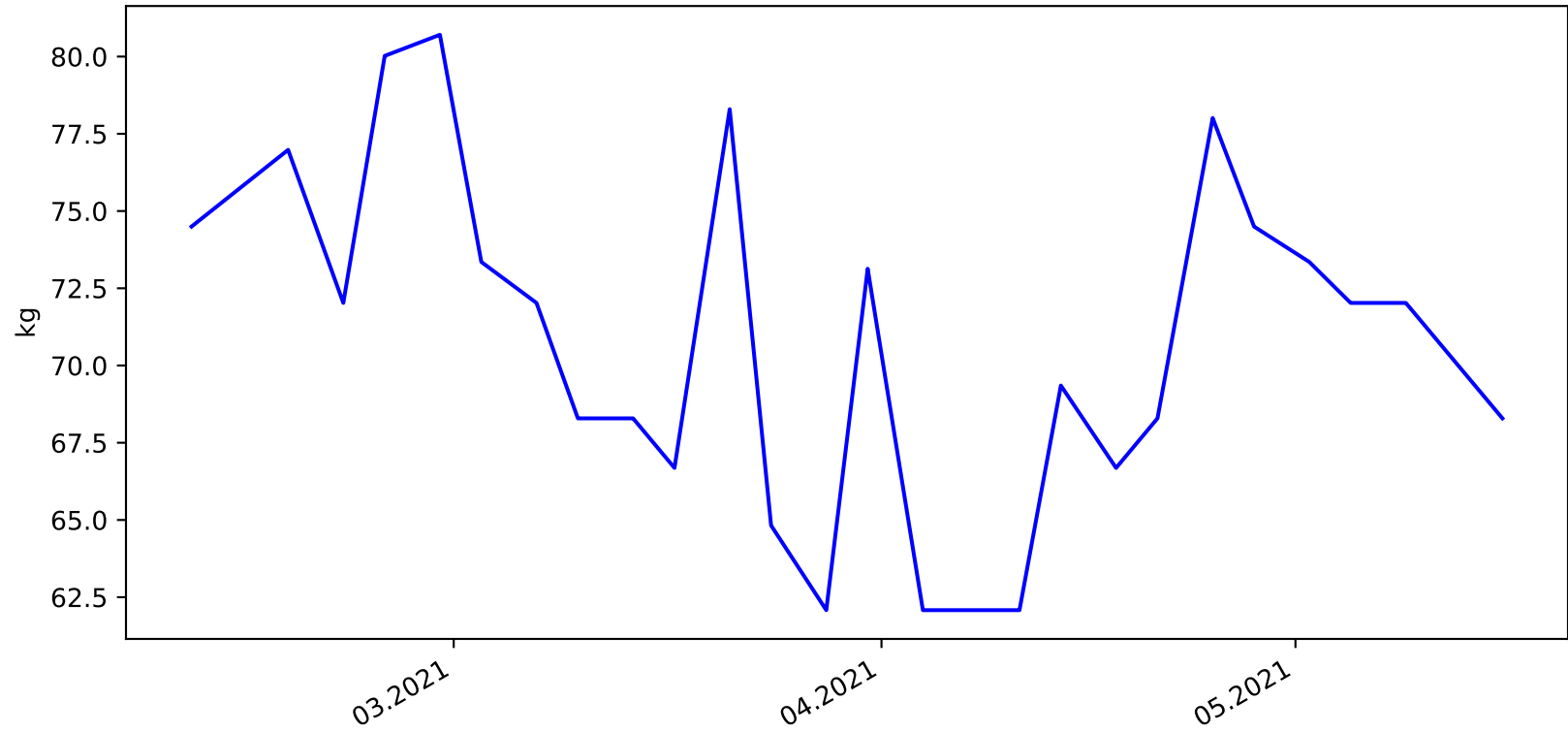
Bench Press (Barbell) estimated 1rm (best set)



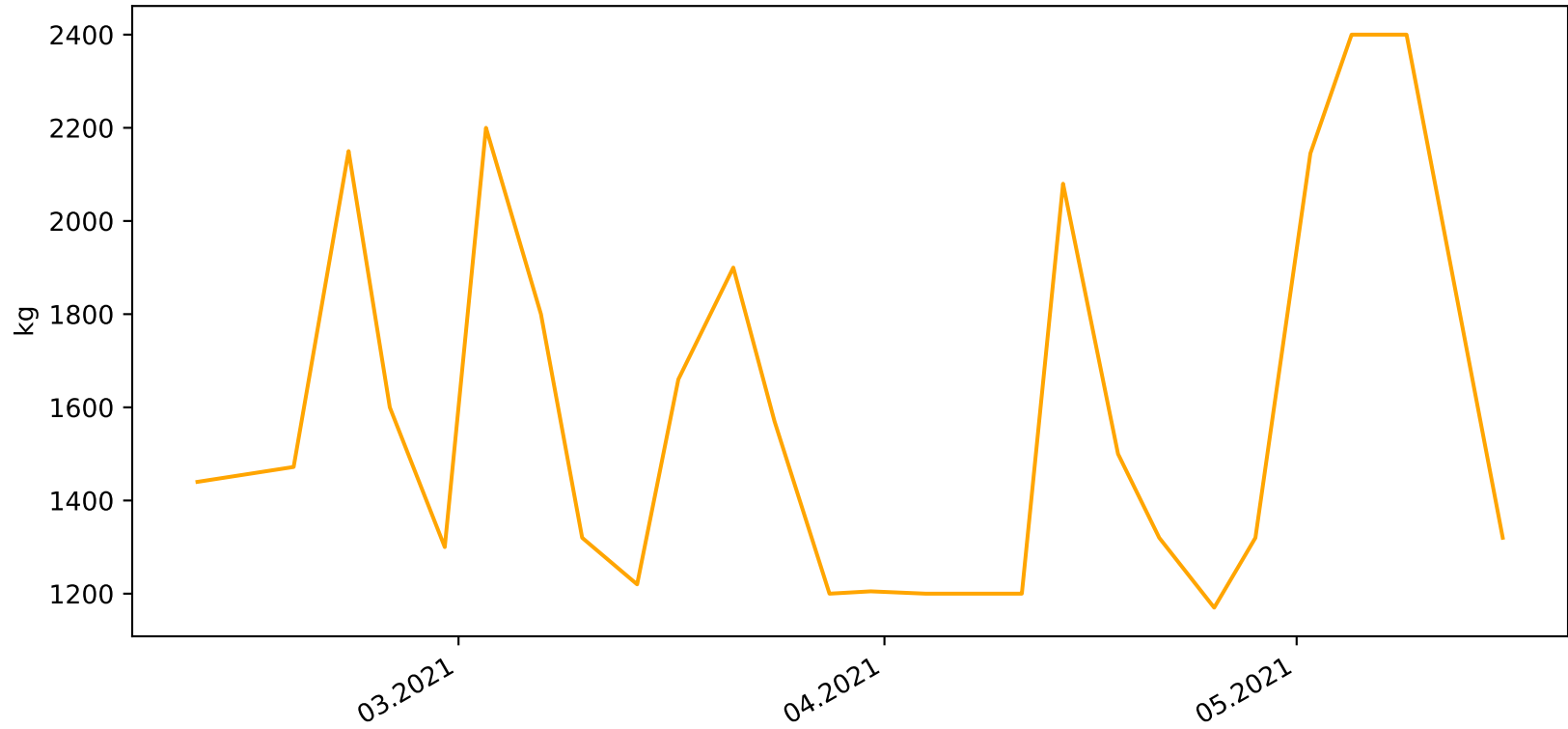
Bench Press (Barbell) volume



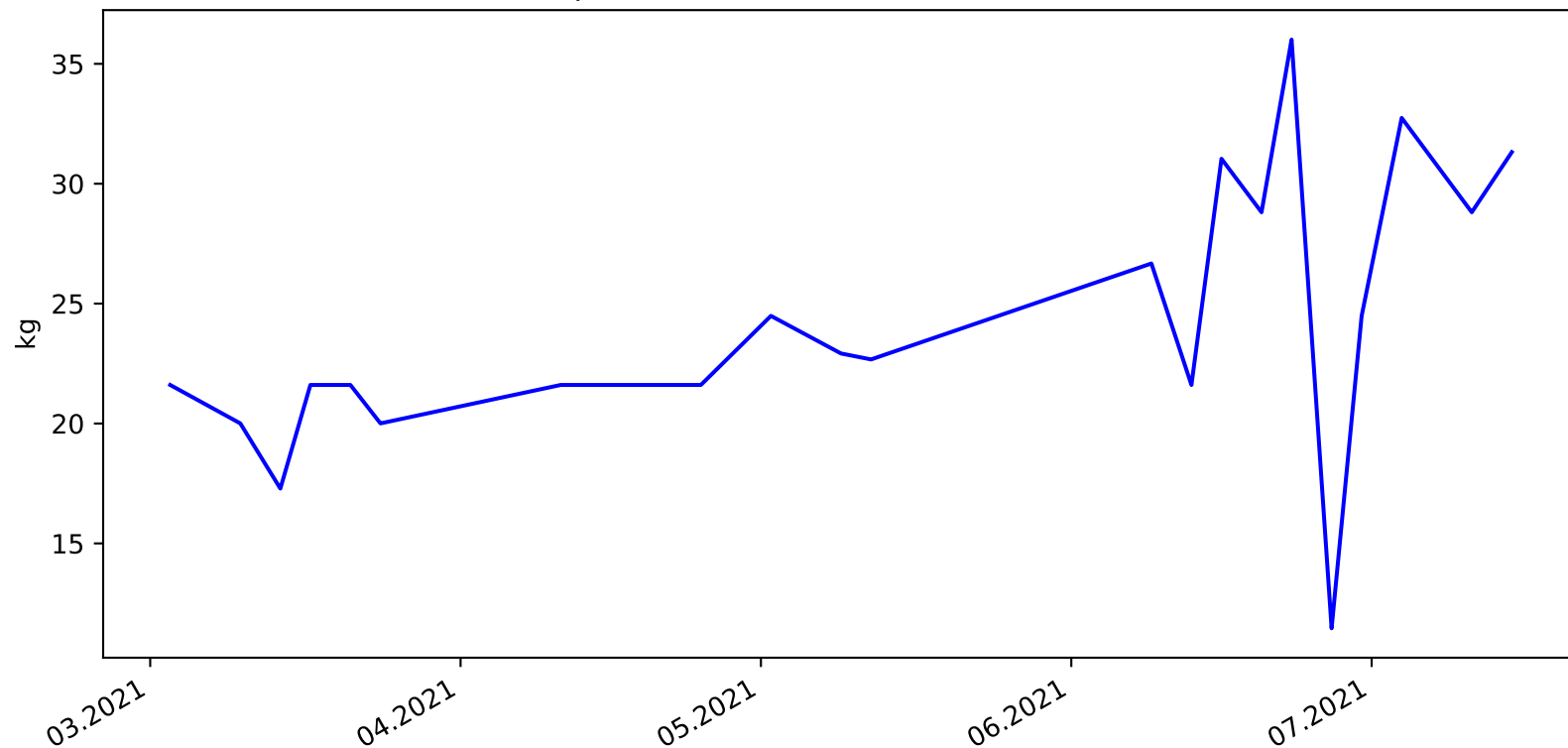
Incline Bench Press (Barbell) estimated 1rm (best set)



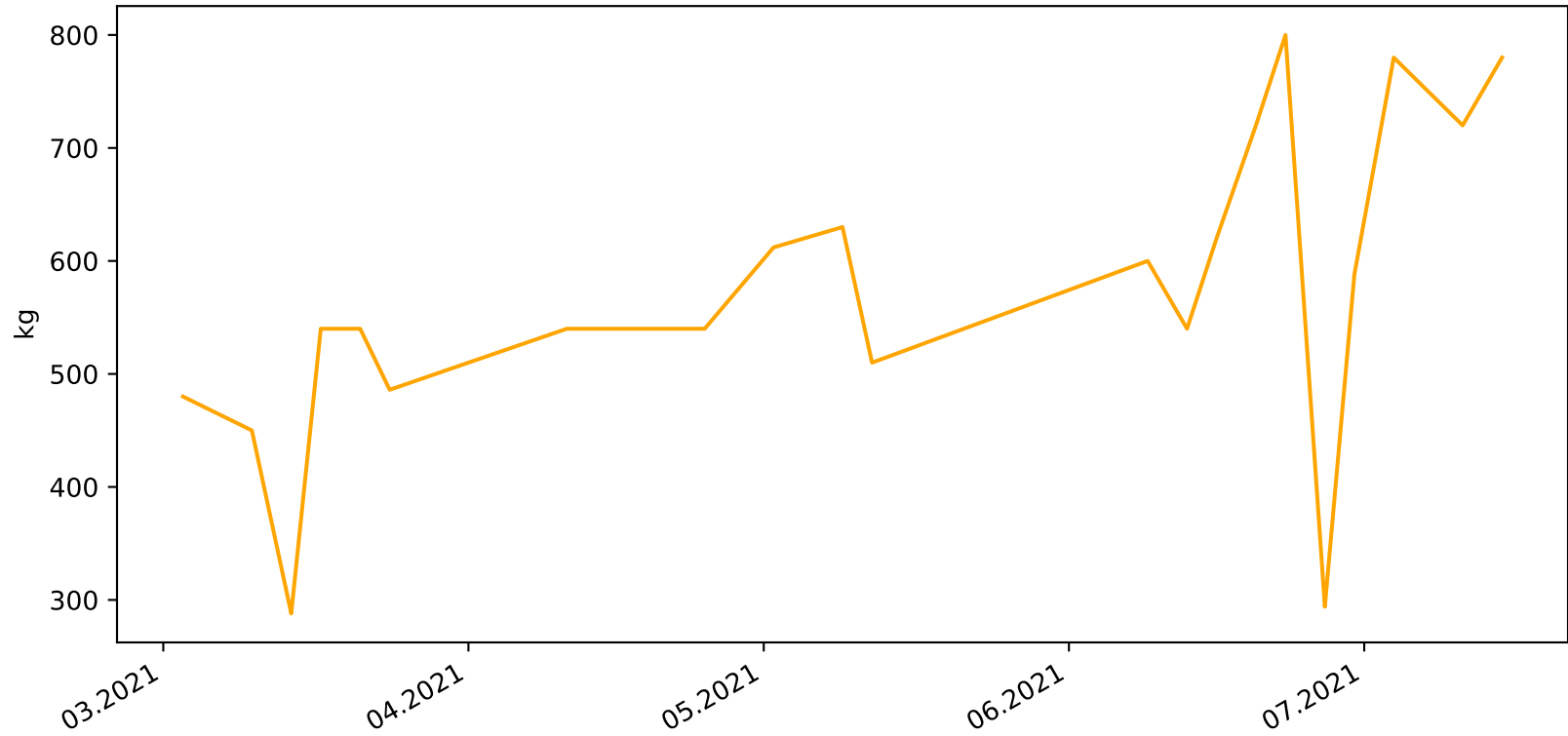
Incline Bench Press (Barbell) volume



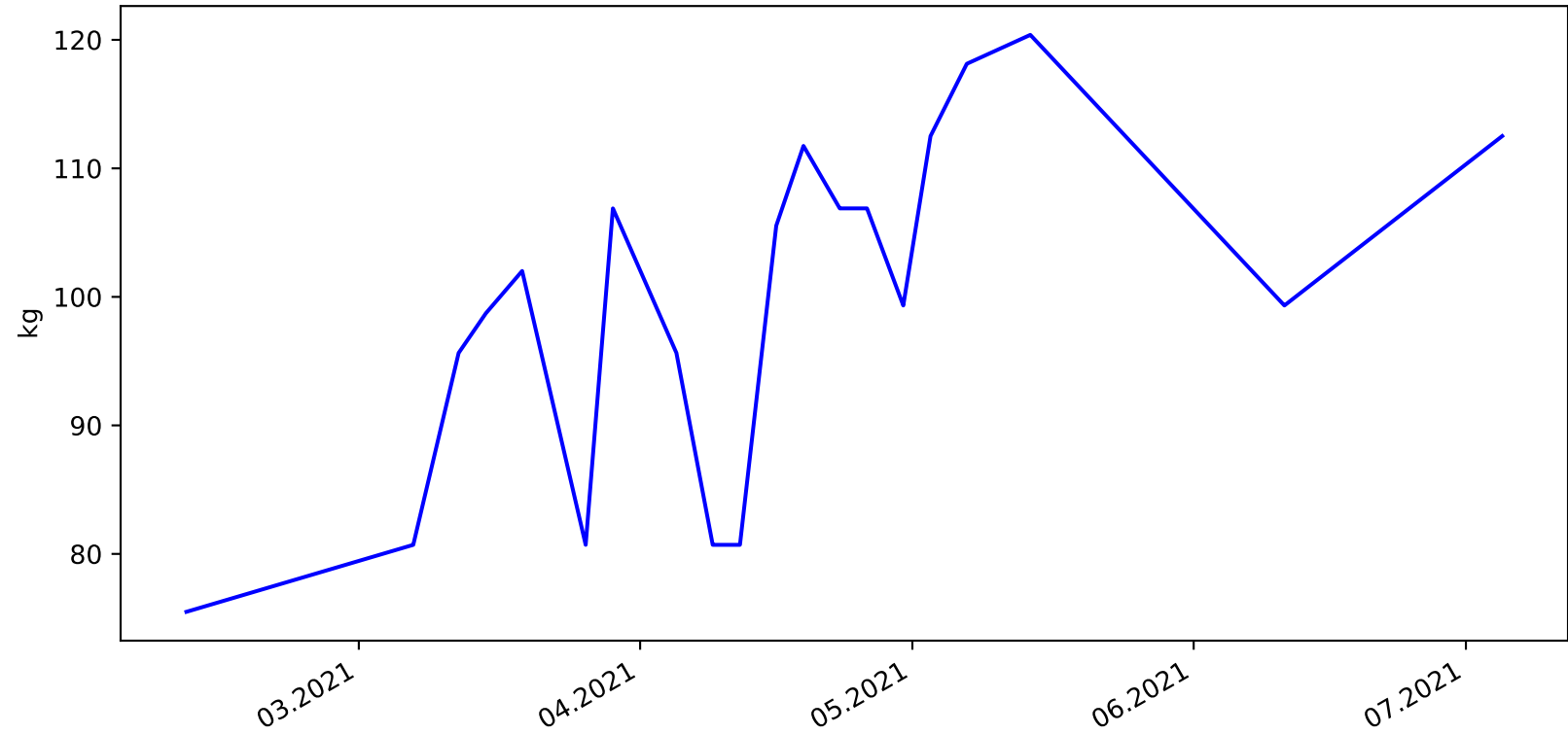
Triceps Extension estimated 1rm (best set)



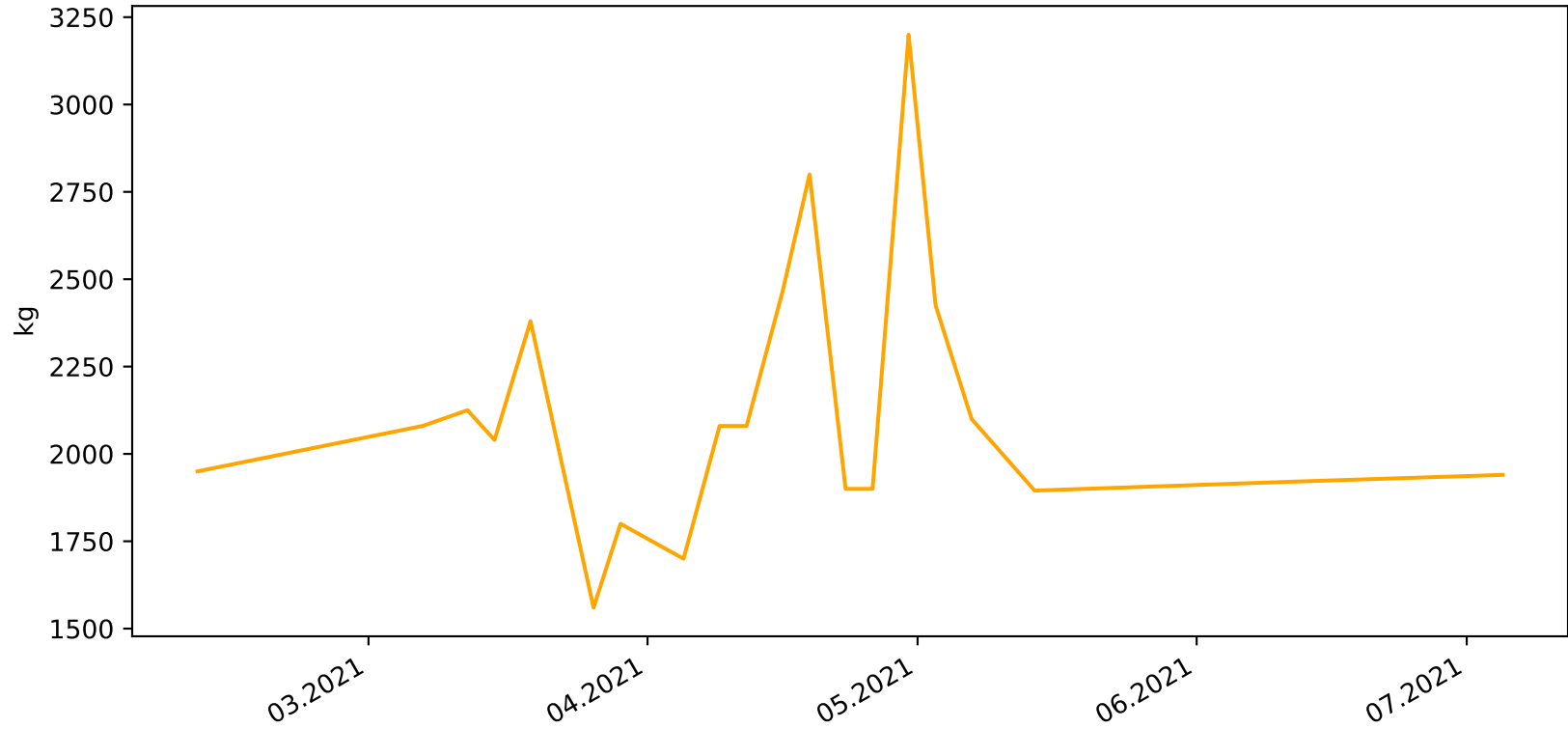
Triceps Extension volume



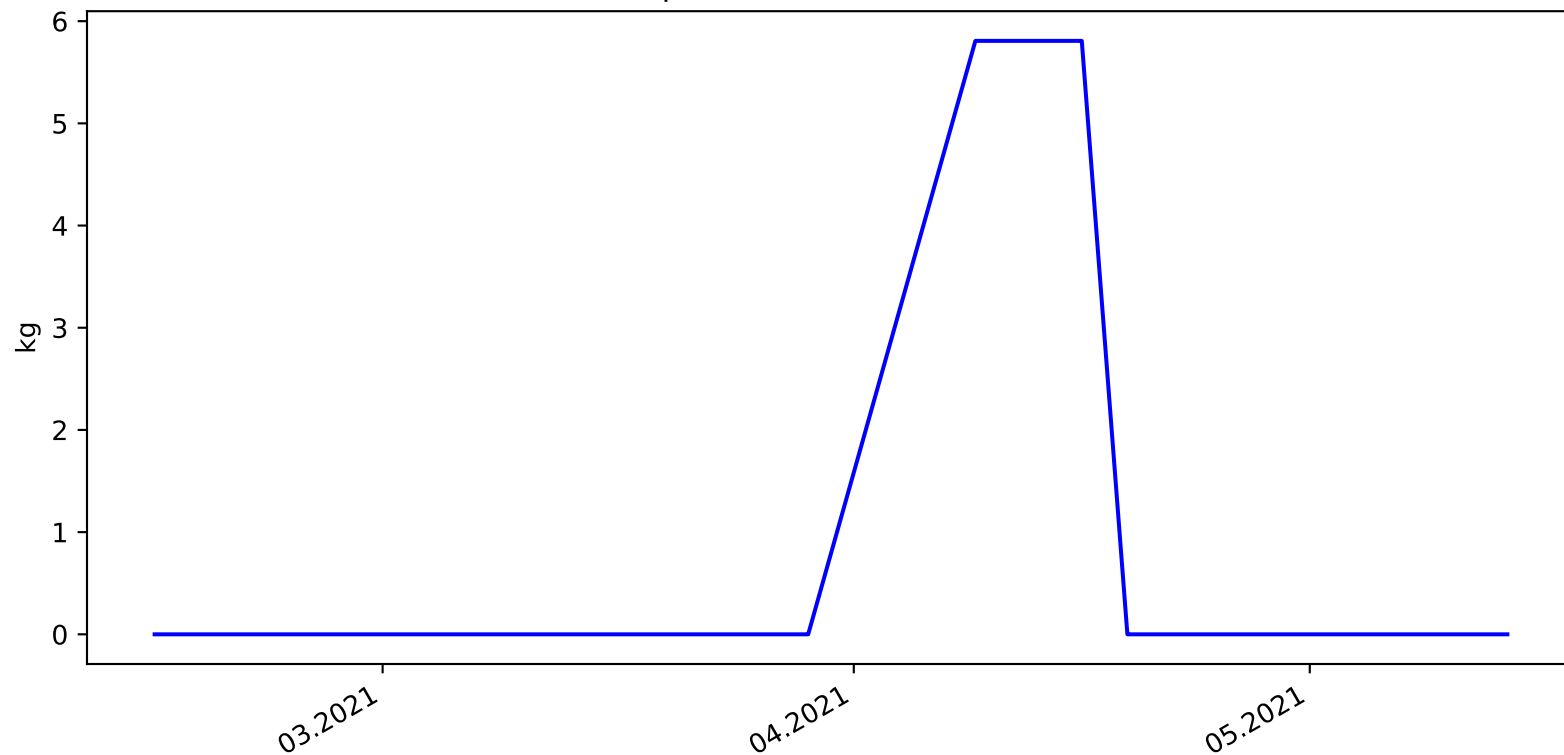
Deadlift (Barbell) estimated 1rm (best set)



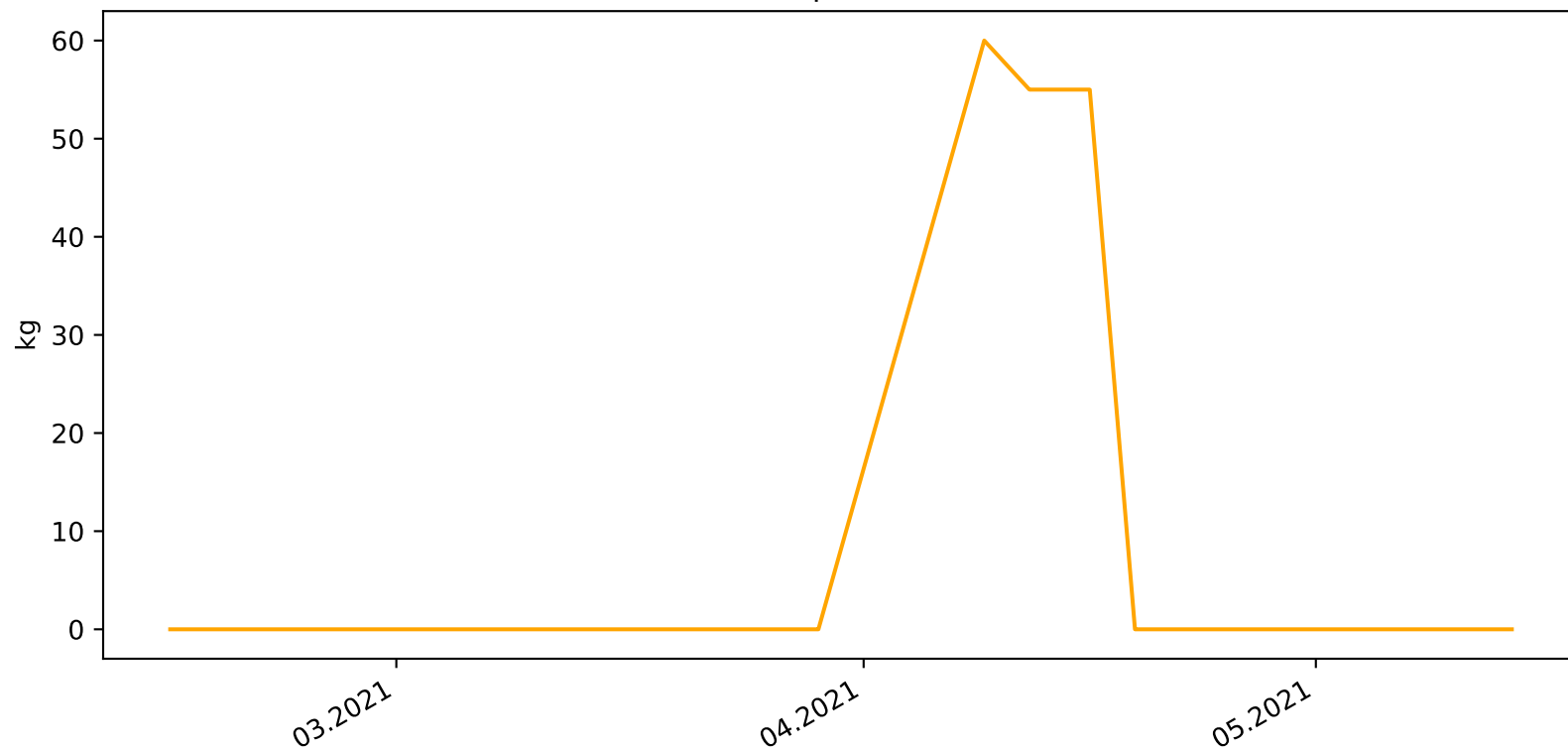
Deadlift (Barbell) volume



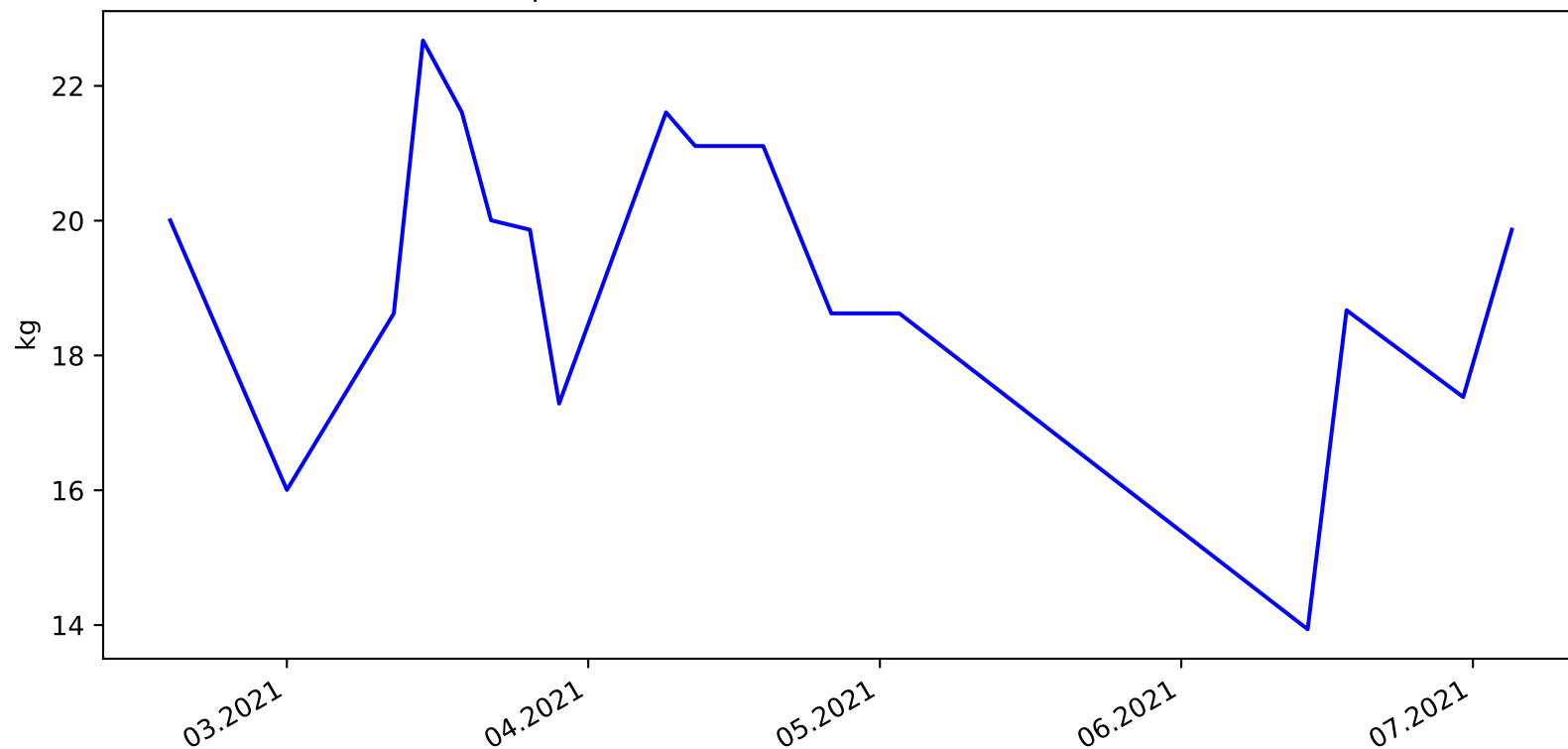
Pull Up estimated 1rm (best set)



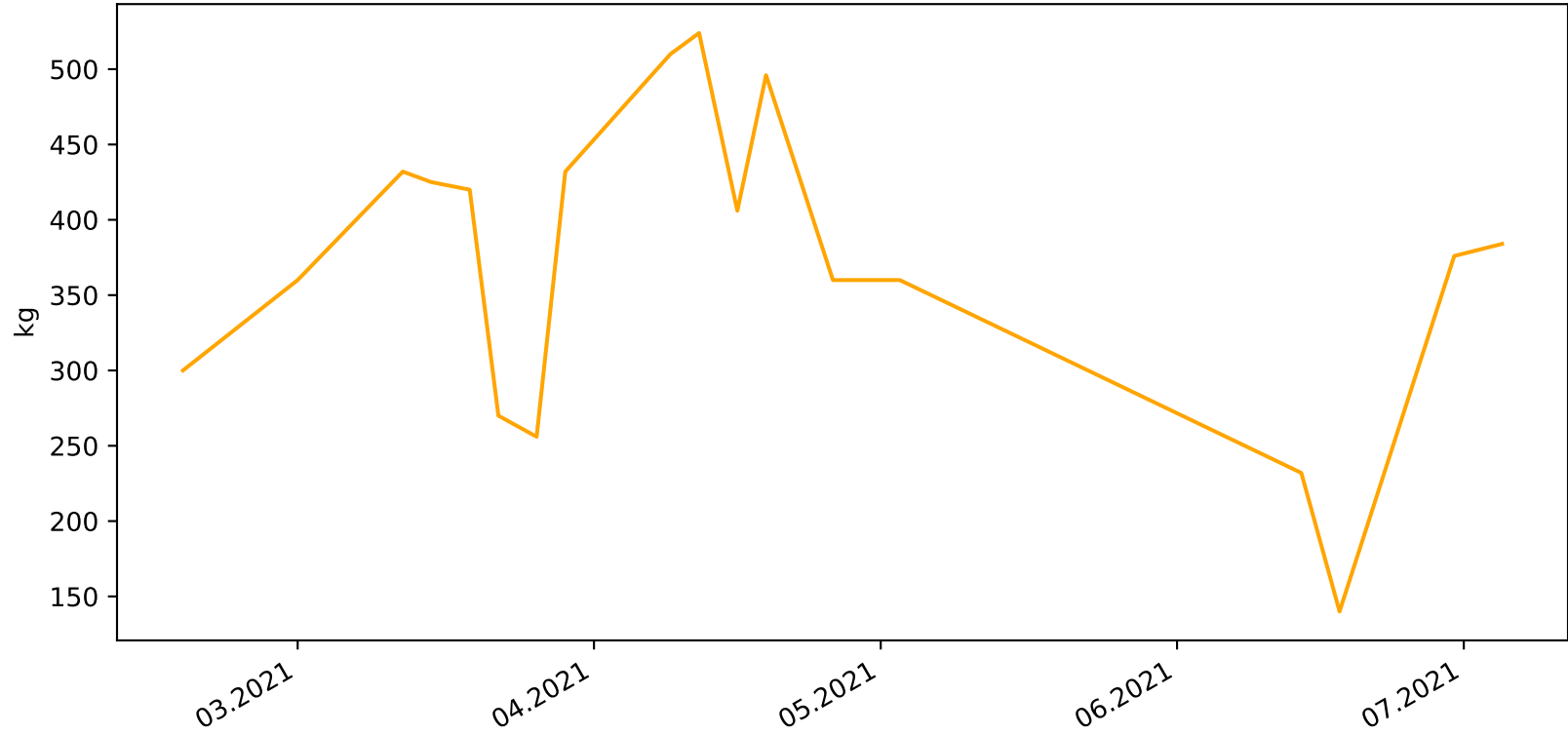
Pull Up volume



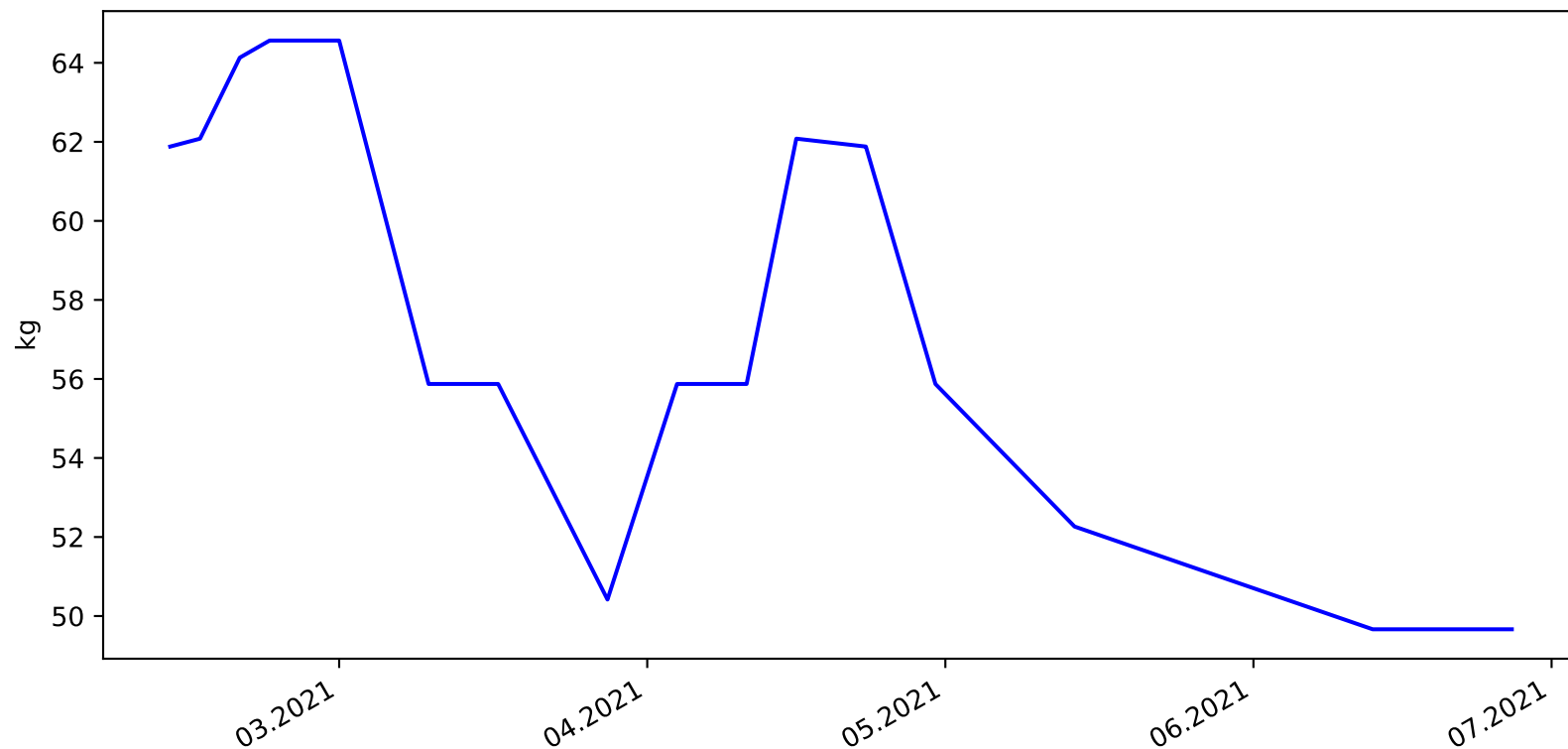
Bicep Curl (Dumbbell) estimated 1rm (best set)



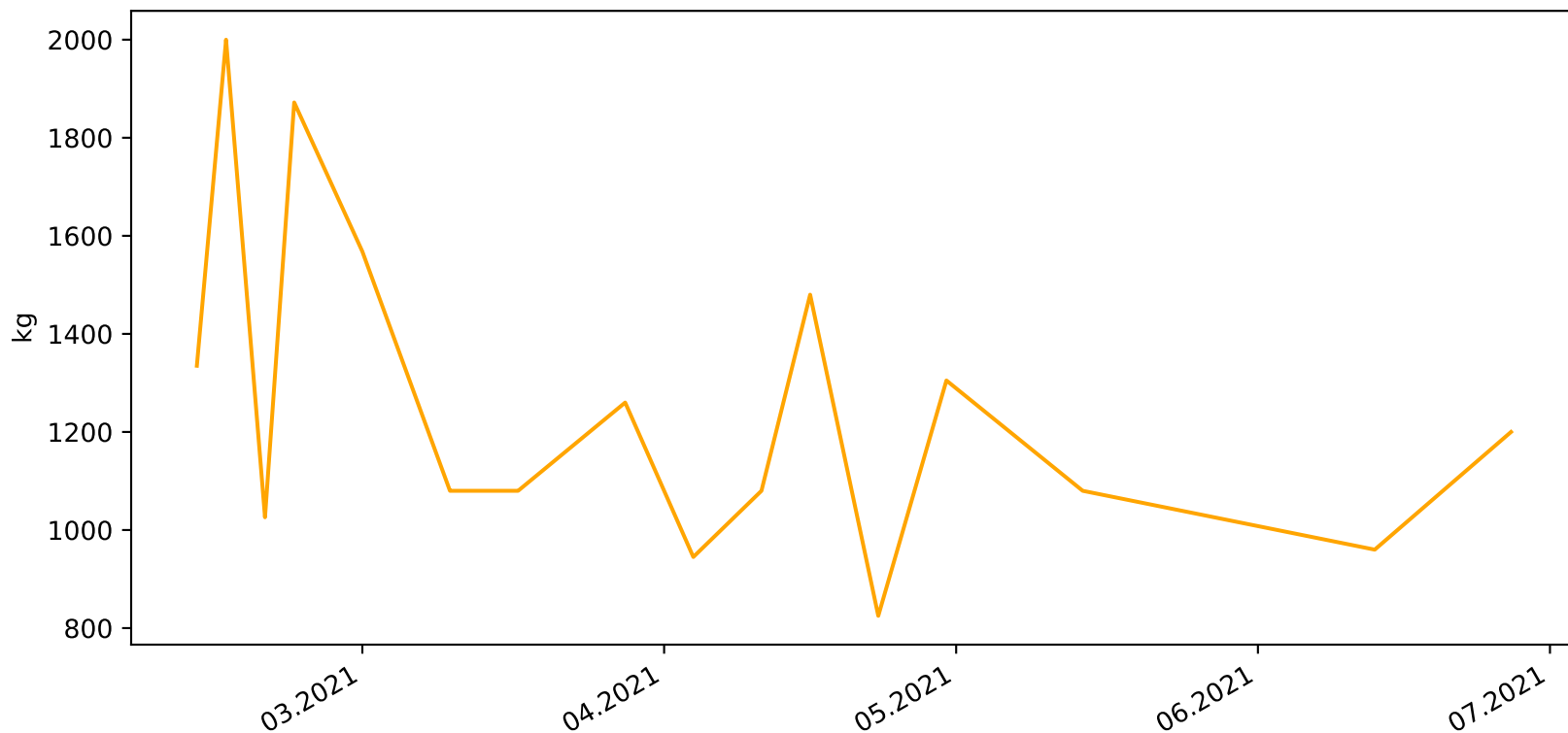
Bicep Curl (Dumbbell) volume



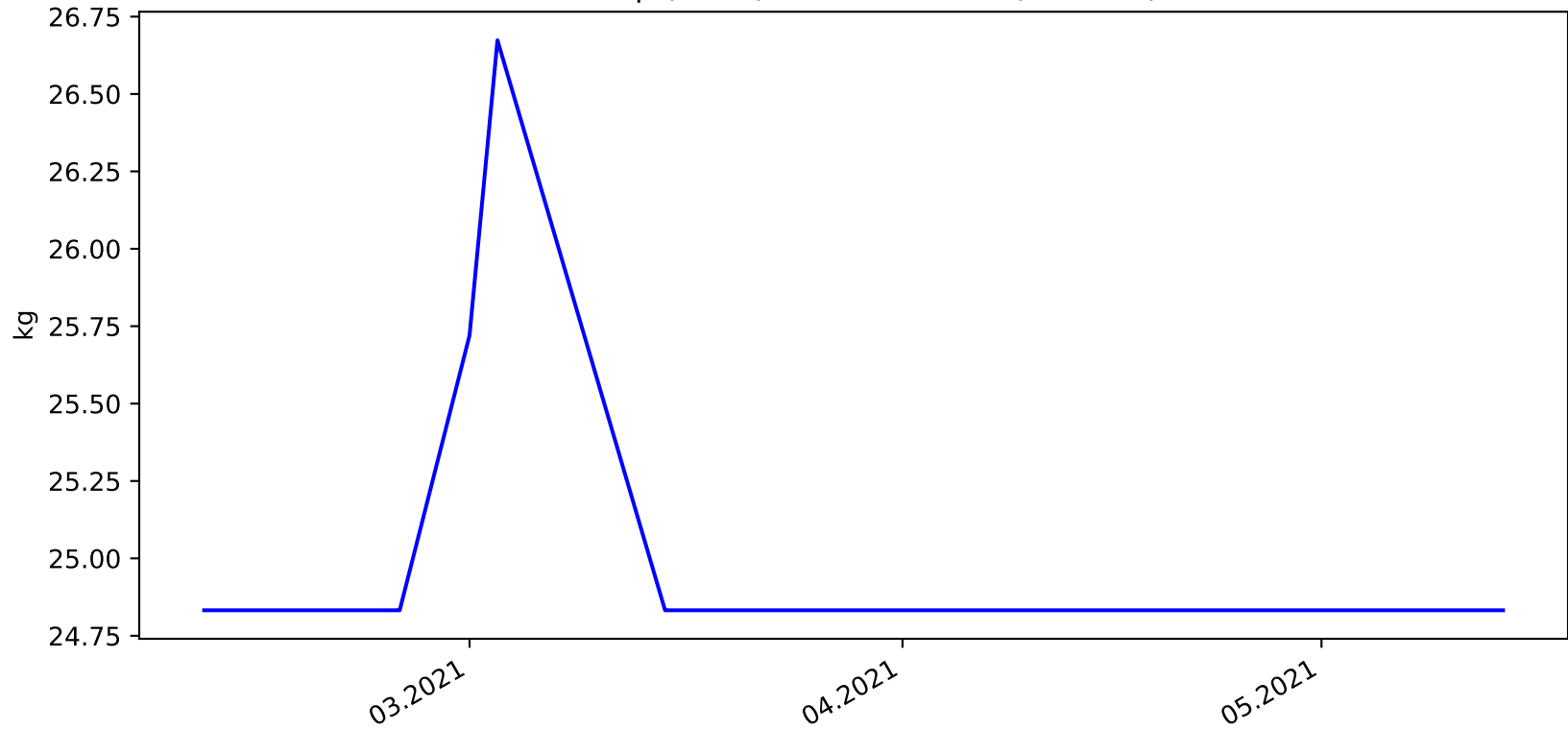
Overhead Press (Barbell) estimated 1rm (best set)



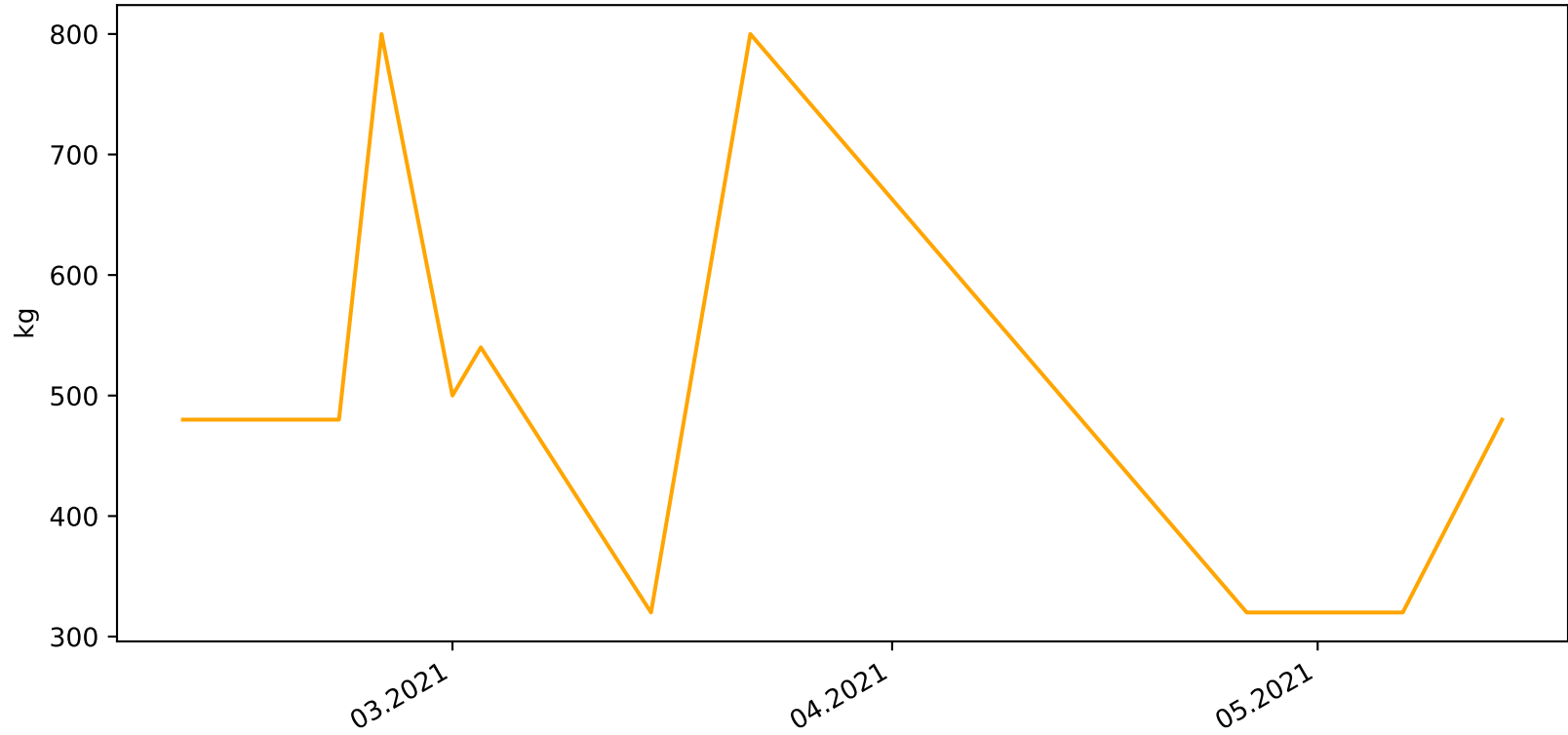
Overhead Press (Barbell) volume



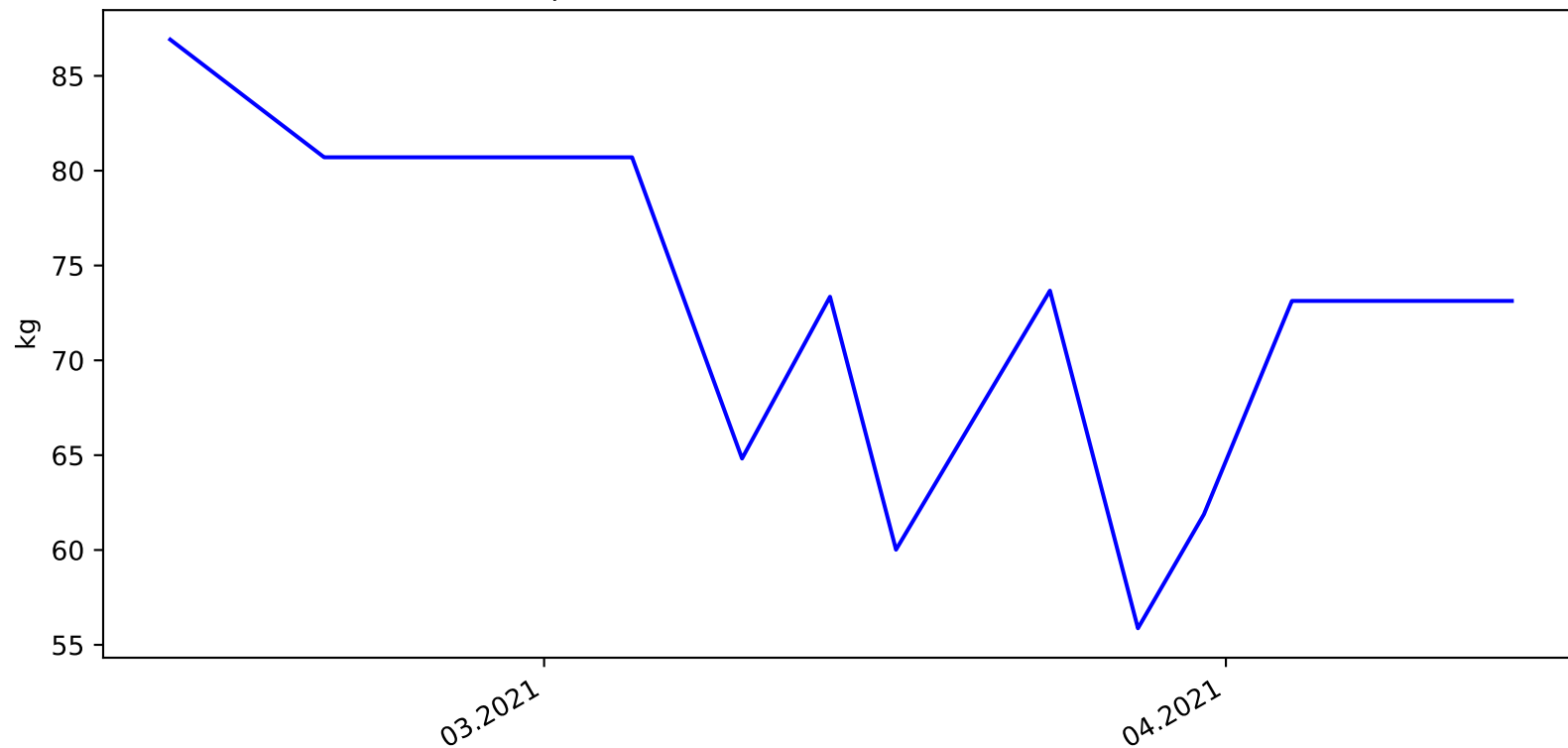
Pull Up (Band) estimated 1rm (best set)



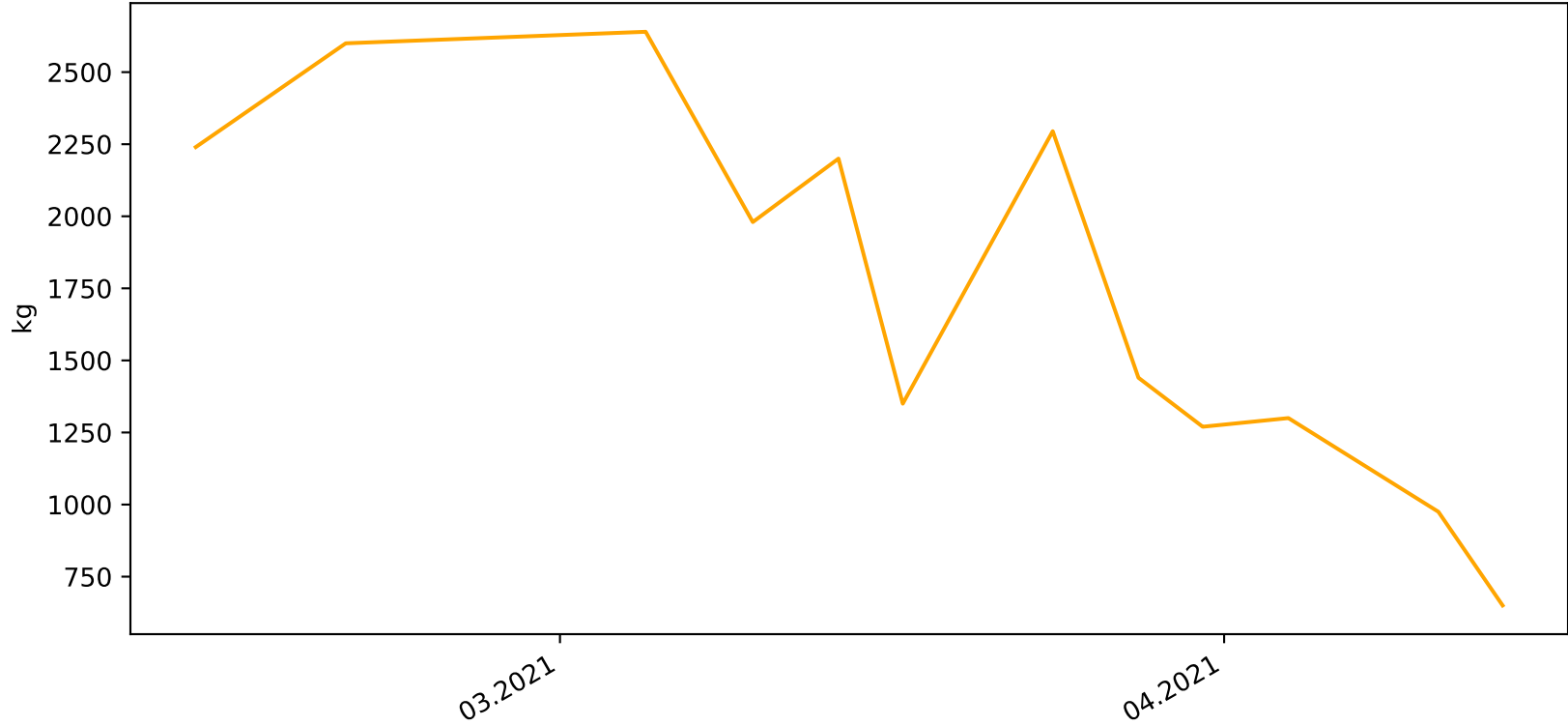
Pull Up (Band) volume



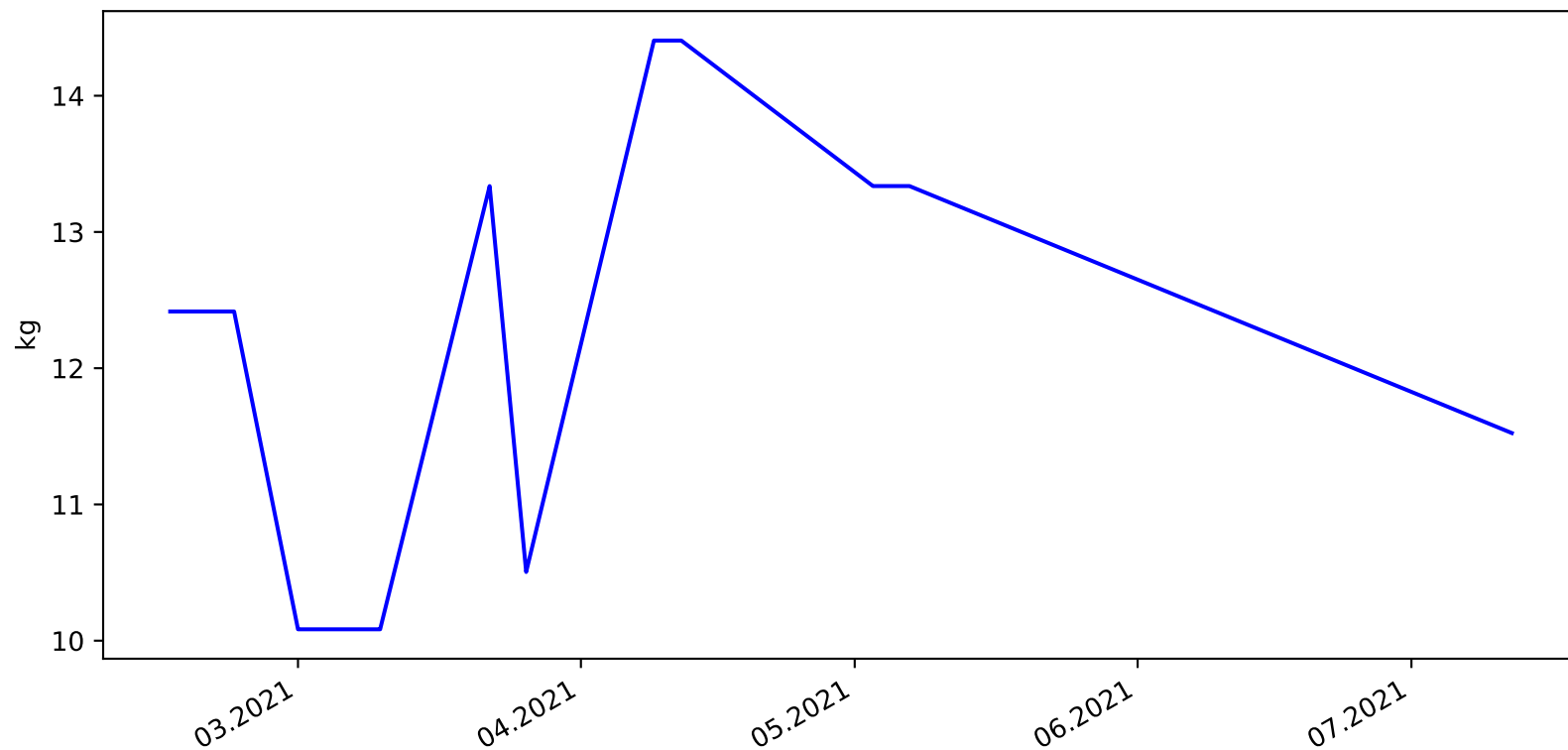
Squat (Barbell) estimated 1rm (best set)



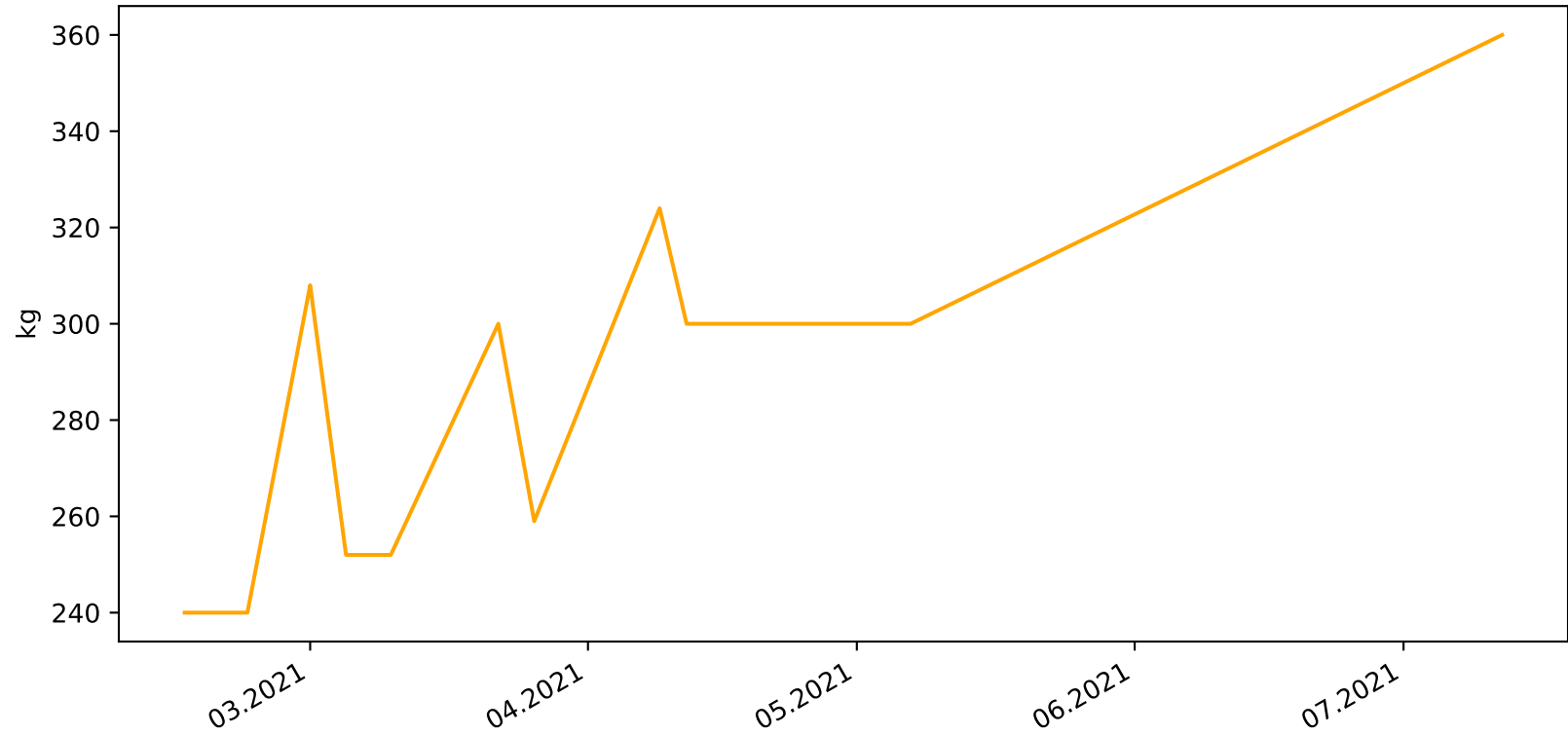
Squat (Barbell) volume



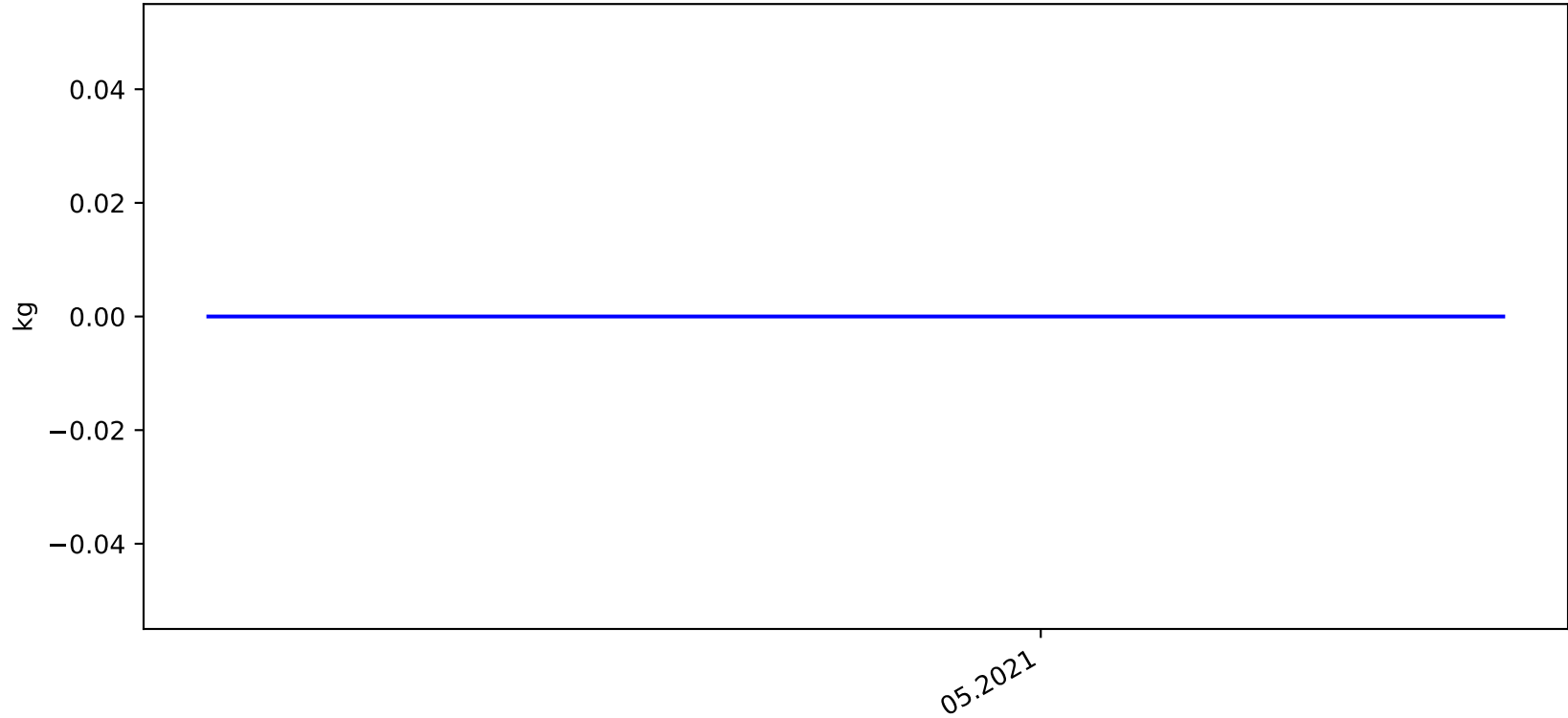
Lateral Raise (Dumbbell) estimated 1rm (best set)



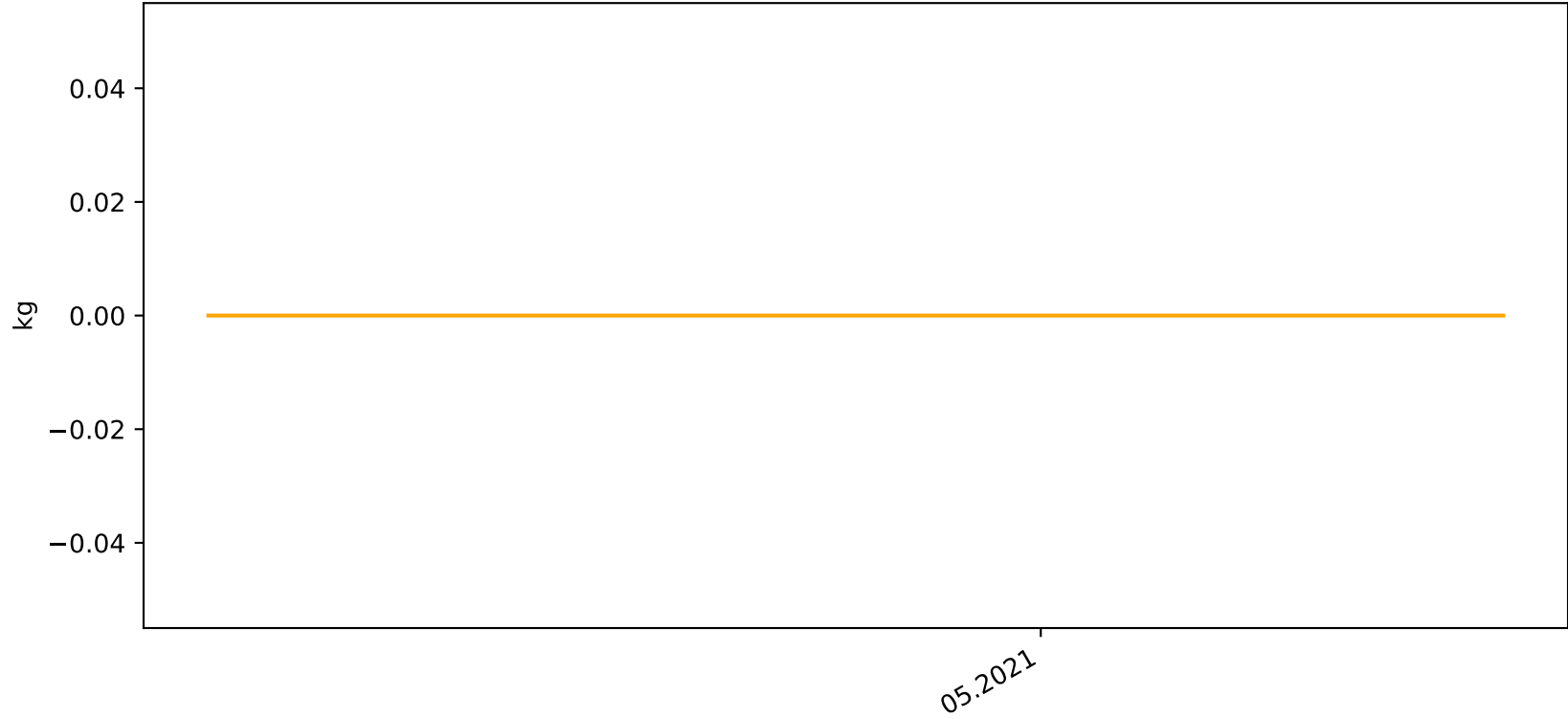
Lateral Raise (Dumbbell) volume



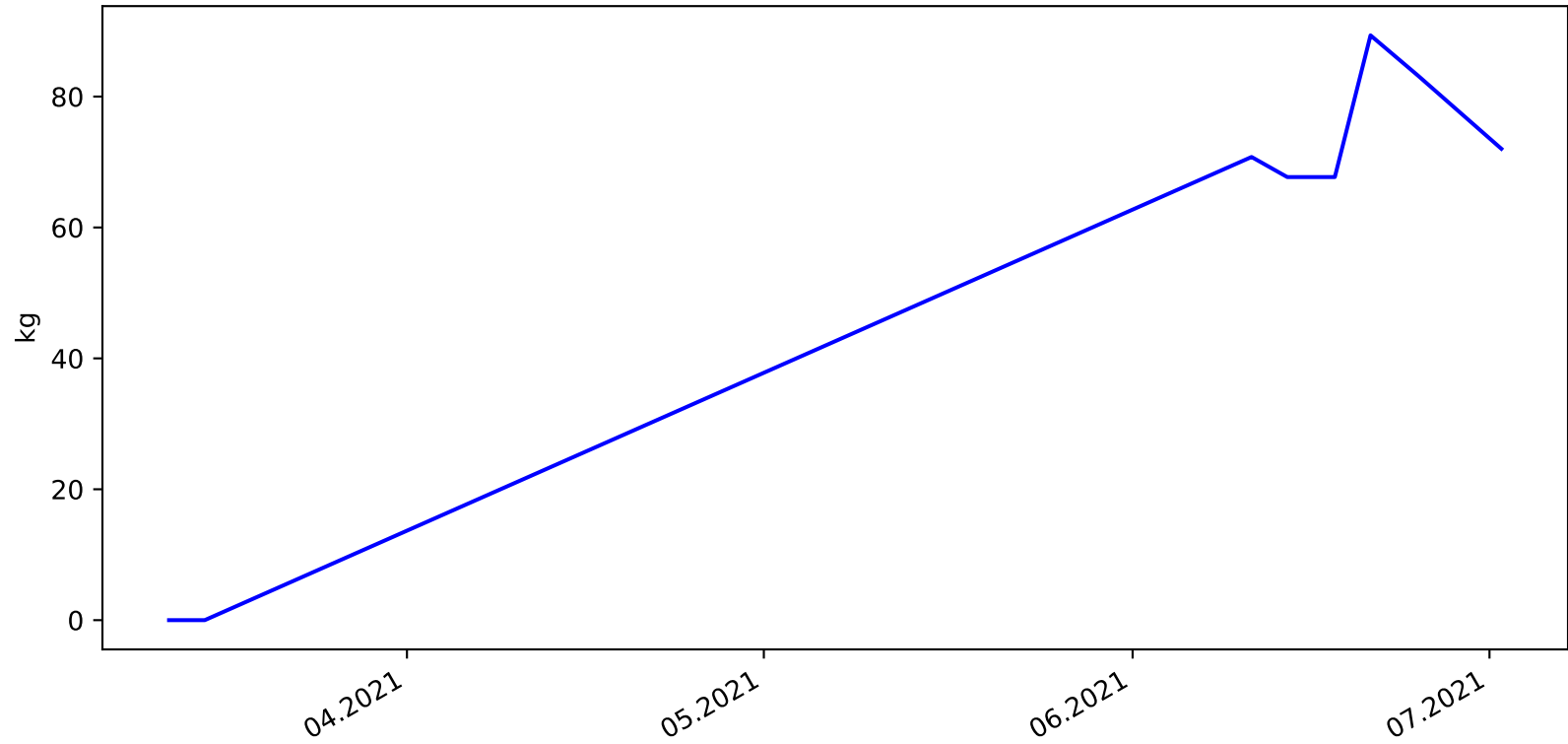
Hanging Leg Raise estimated 1rm (best set)



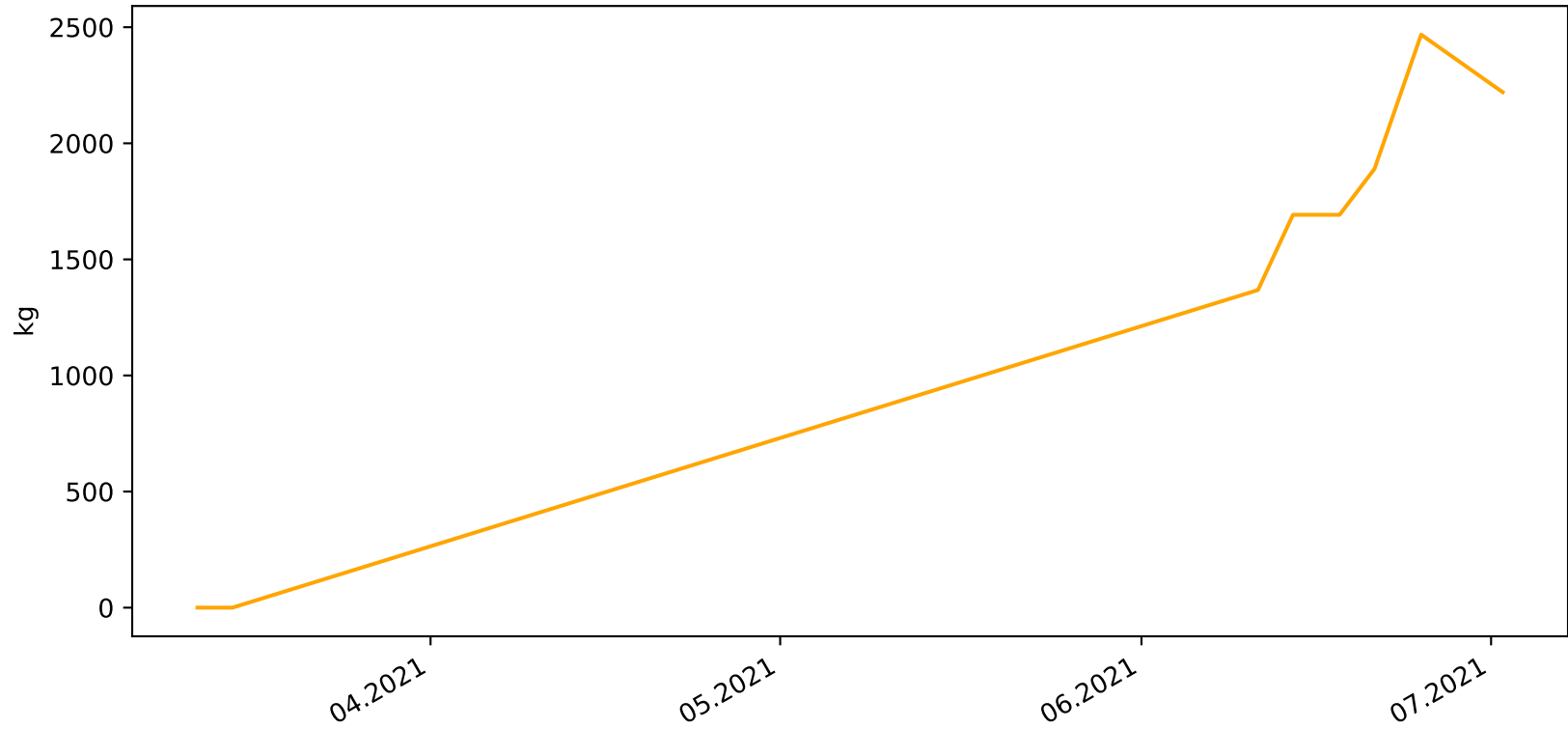
Hanging Leg Raise volume



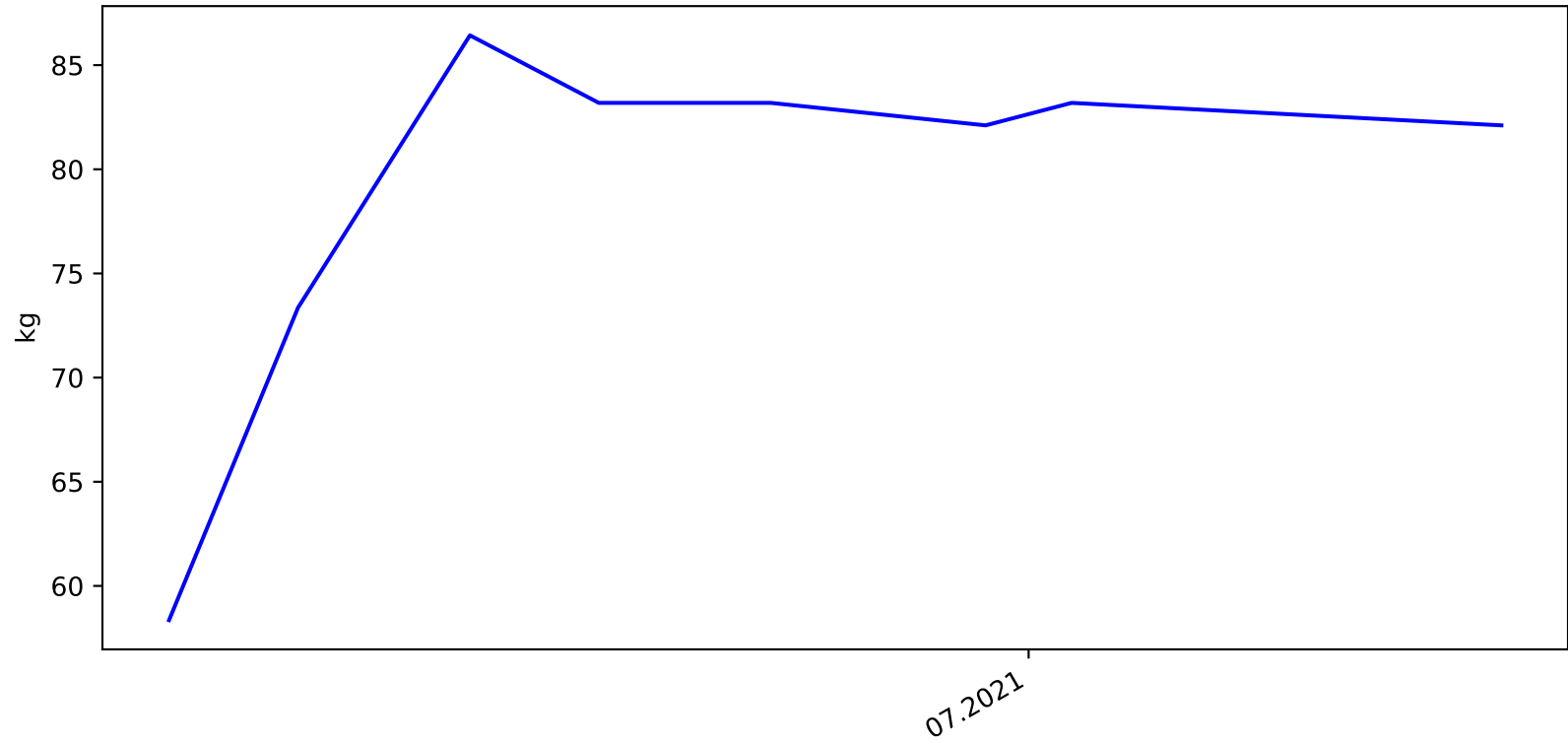
Seated Row (Cable) estimated 1rm (best set)



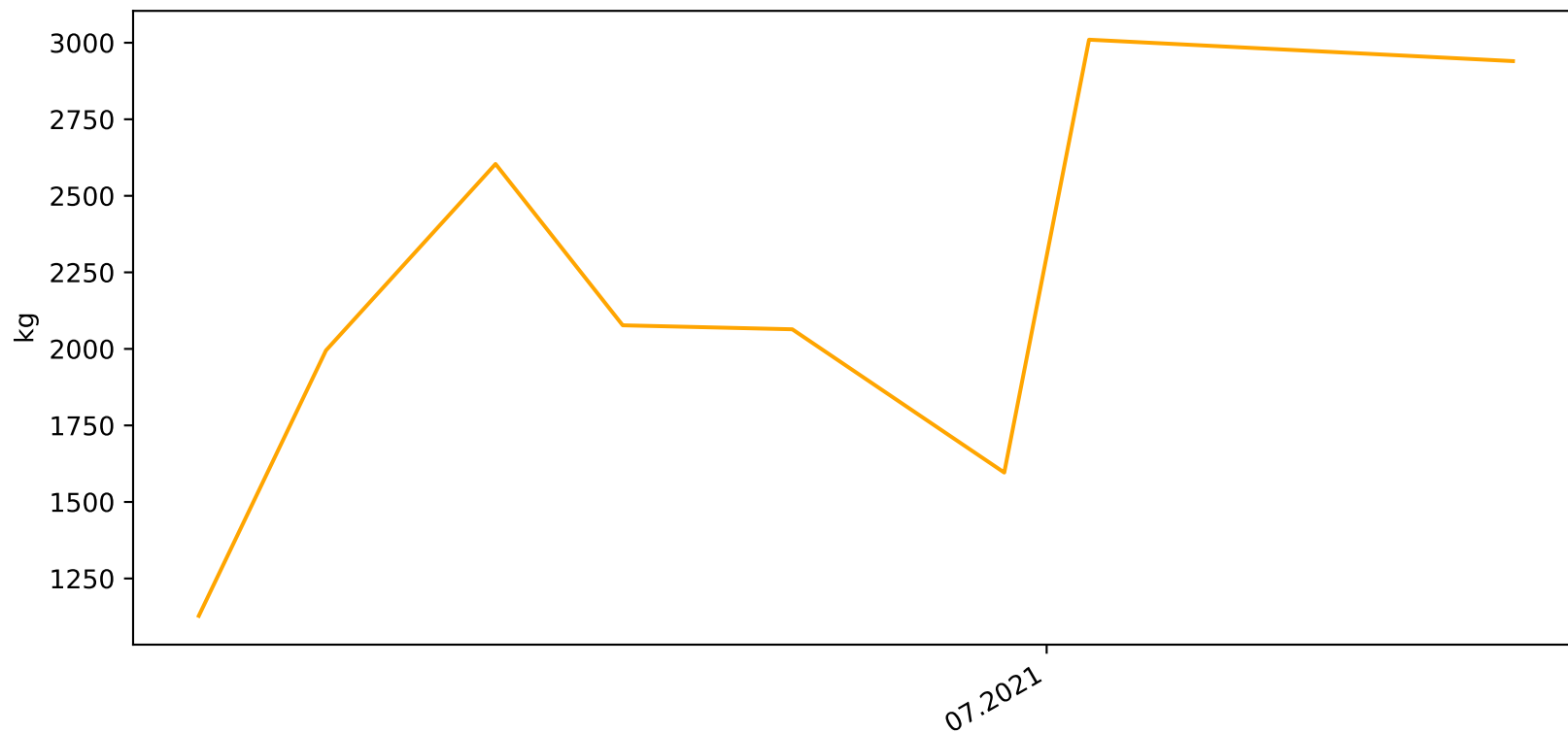
Seated Row (Cable) volume



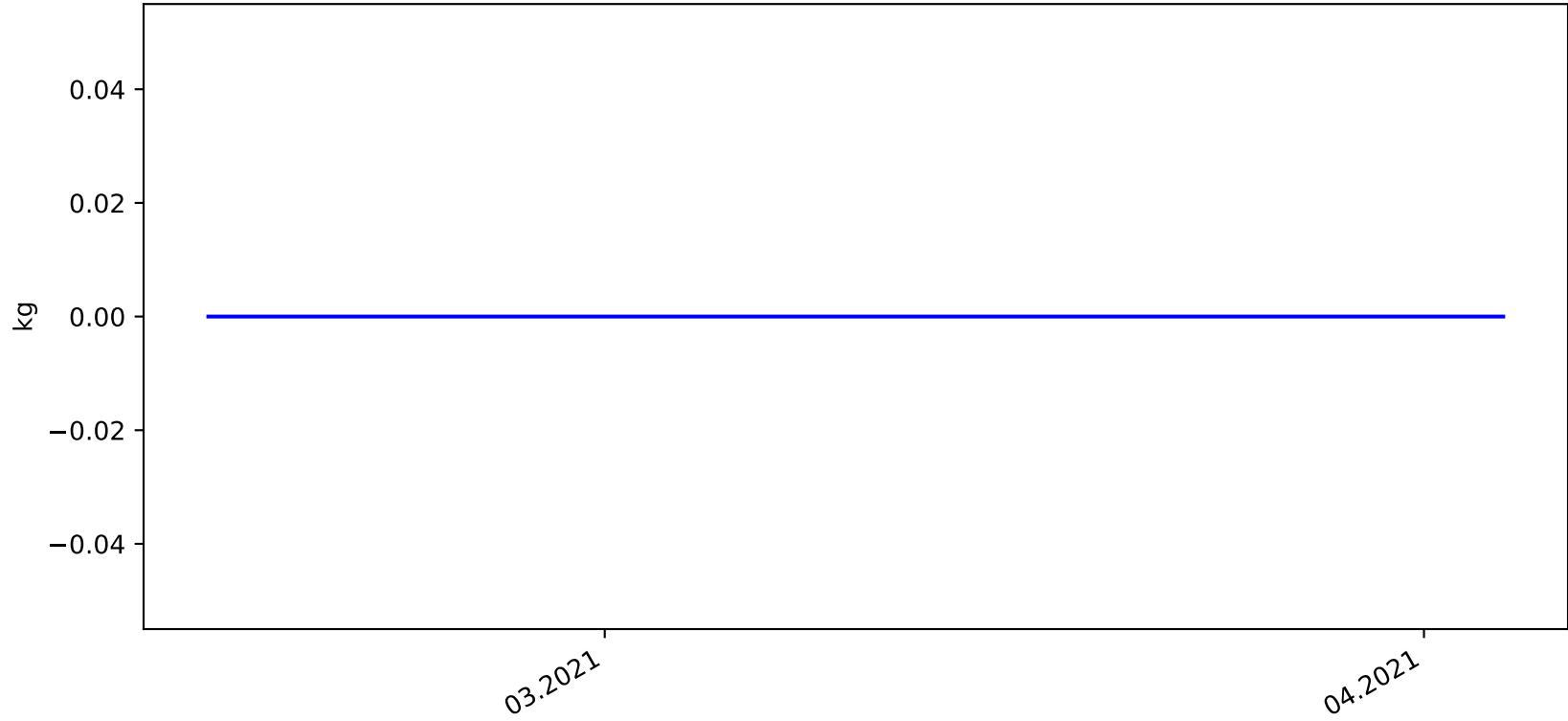
Lat Pulldown (Cable) estimated 1rm (best set)



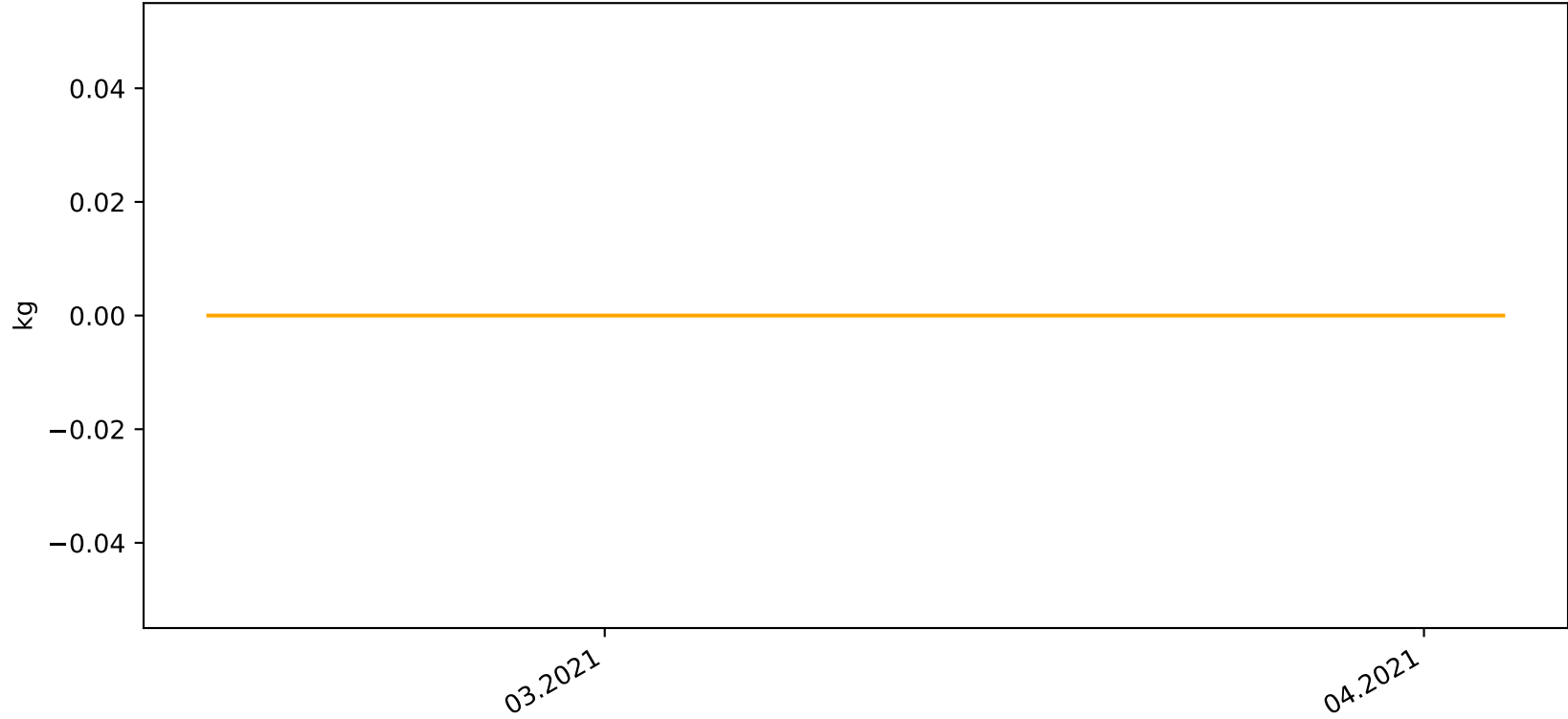
Lat Pulldown (Cable) volume



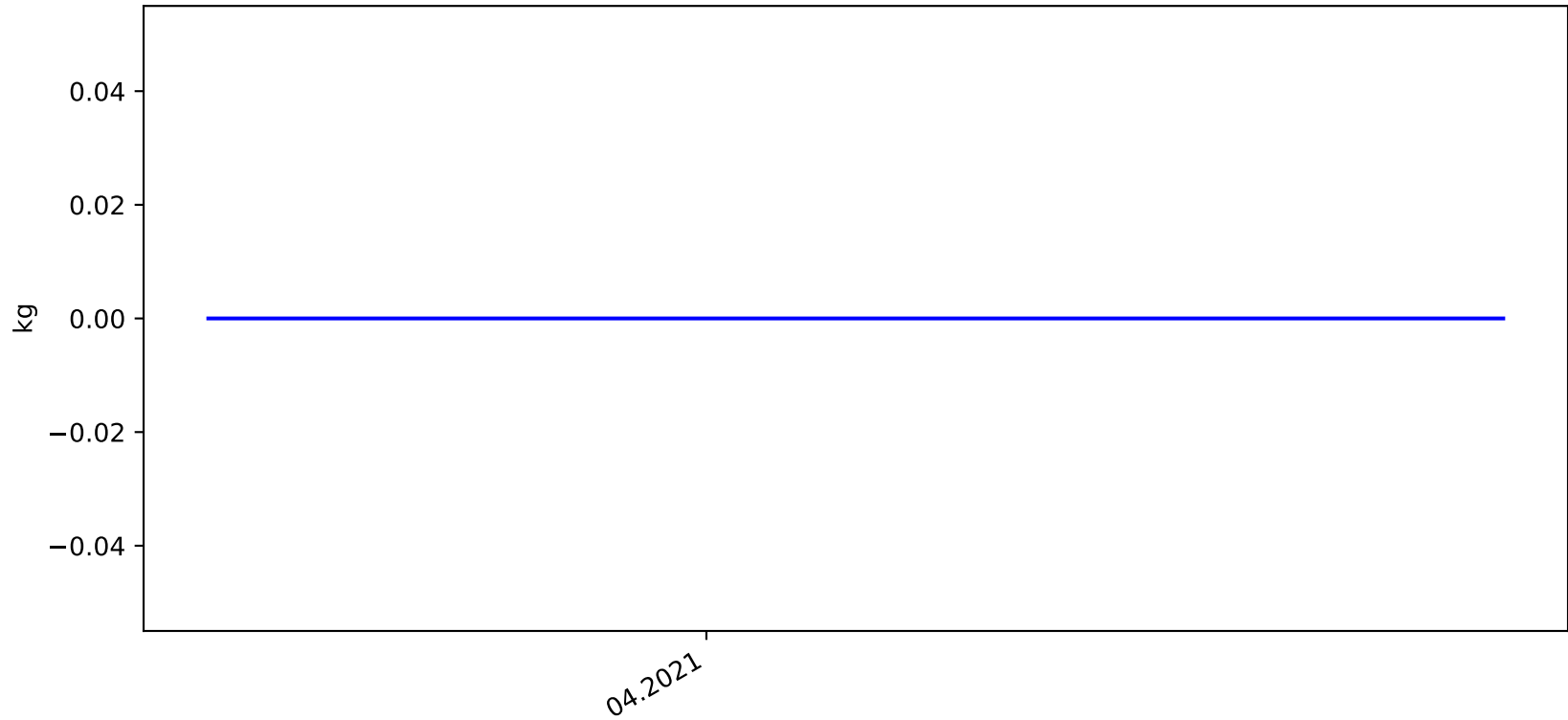
Flat Leg Raise estimated 1rm (best set)



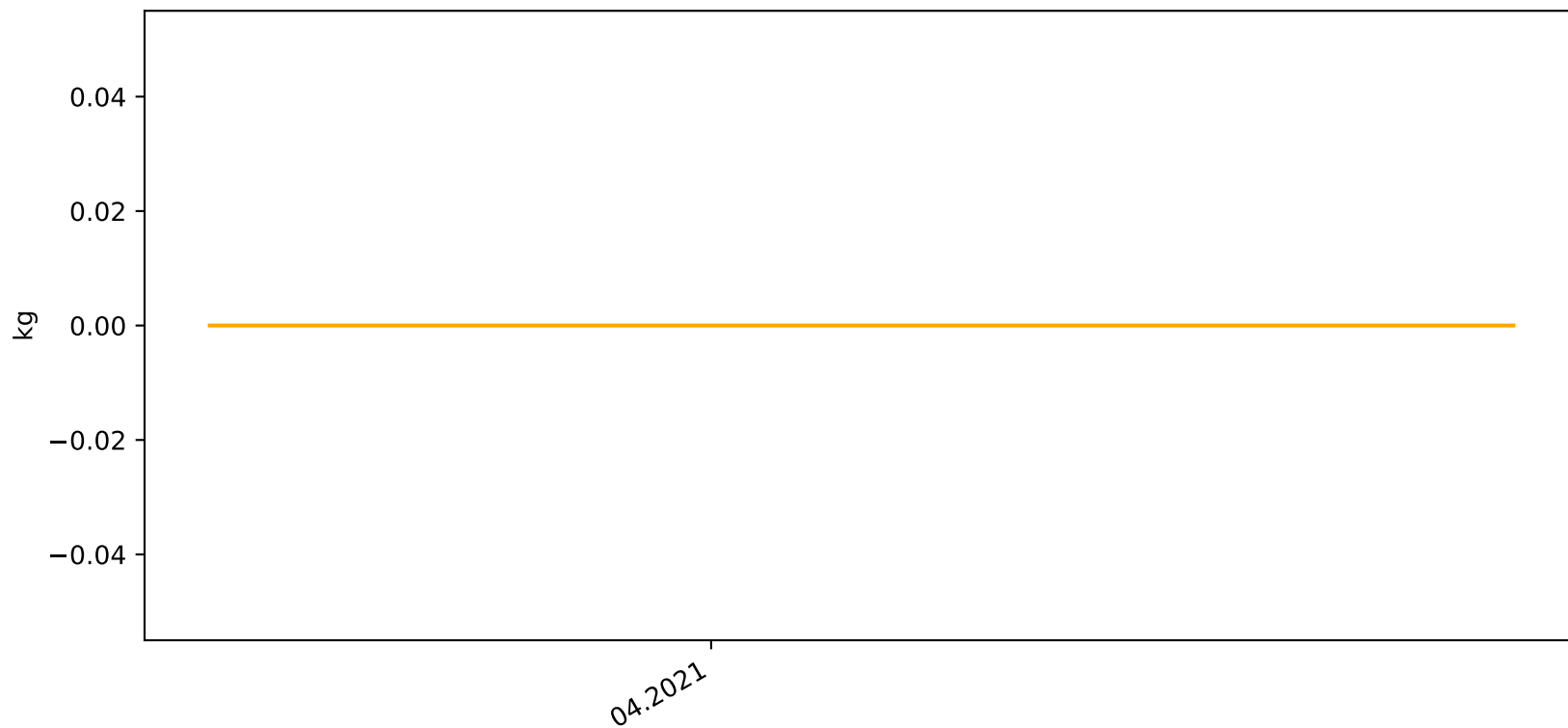
Flat Leg Raise volume



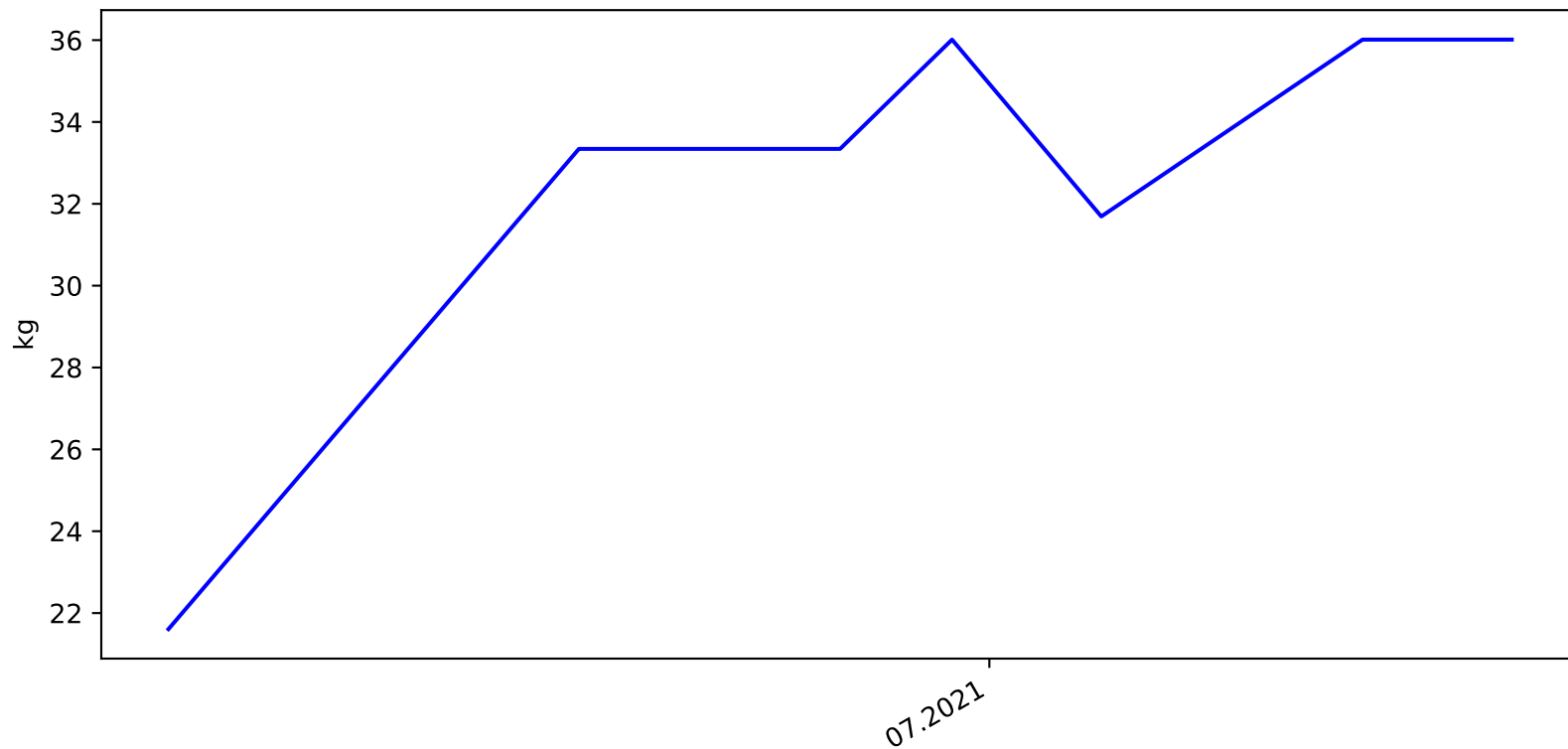
Russian Twist estimated 1rm (best set)



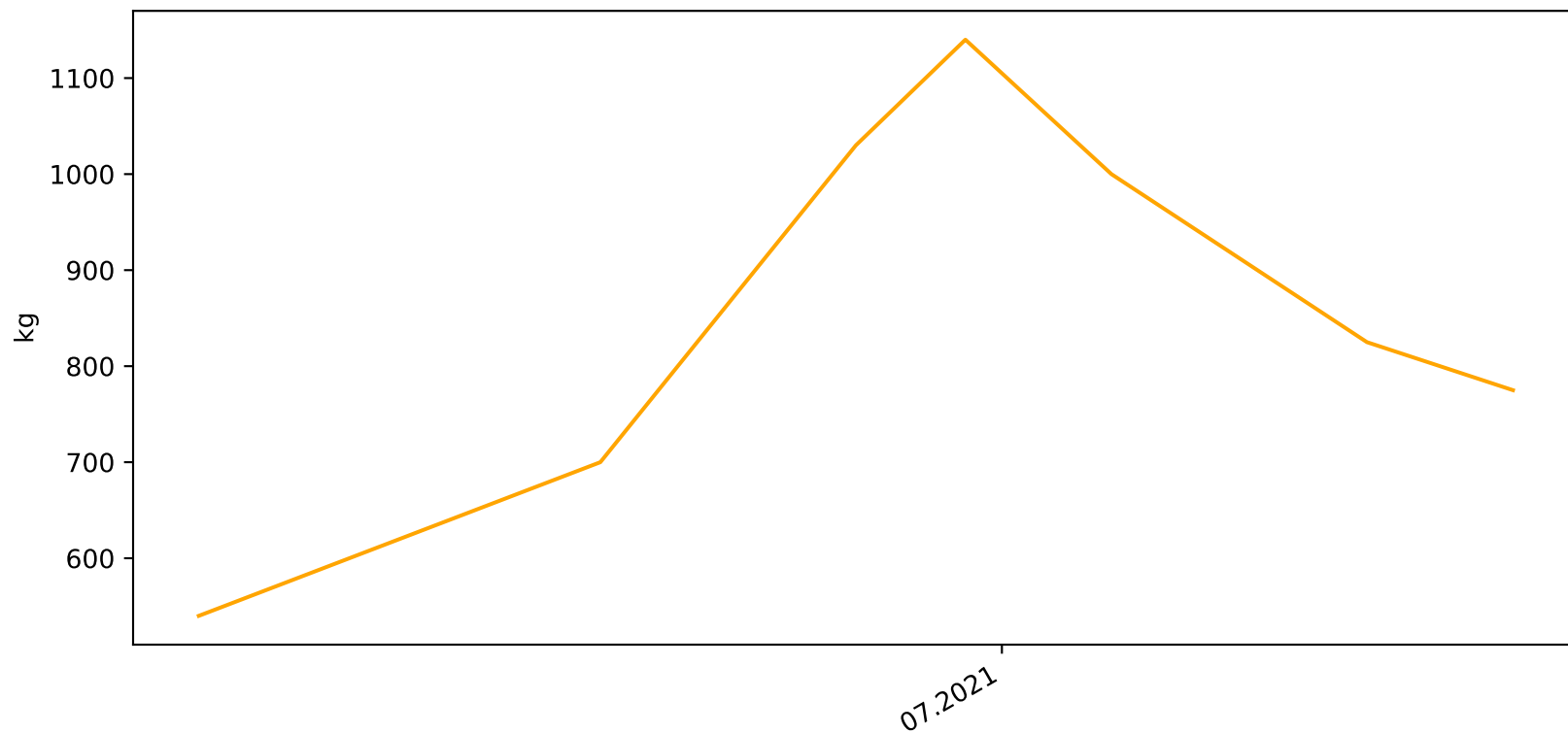
Russian Twist volume



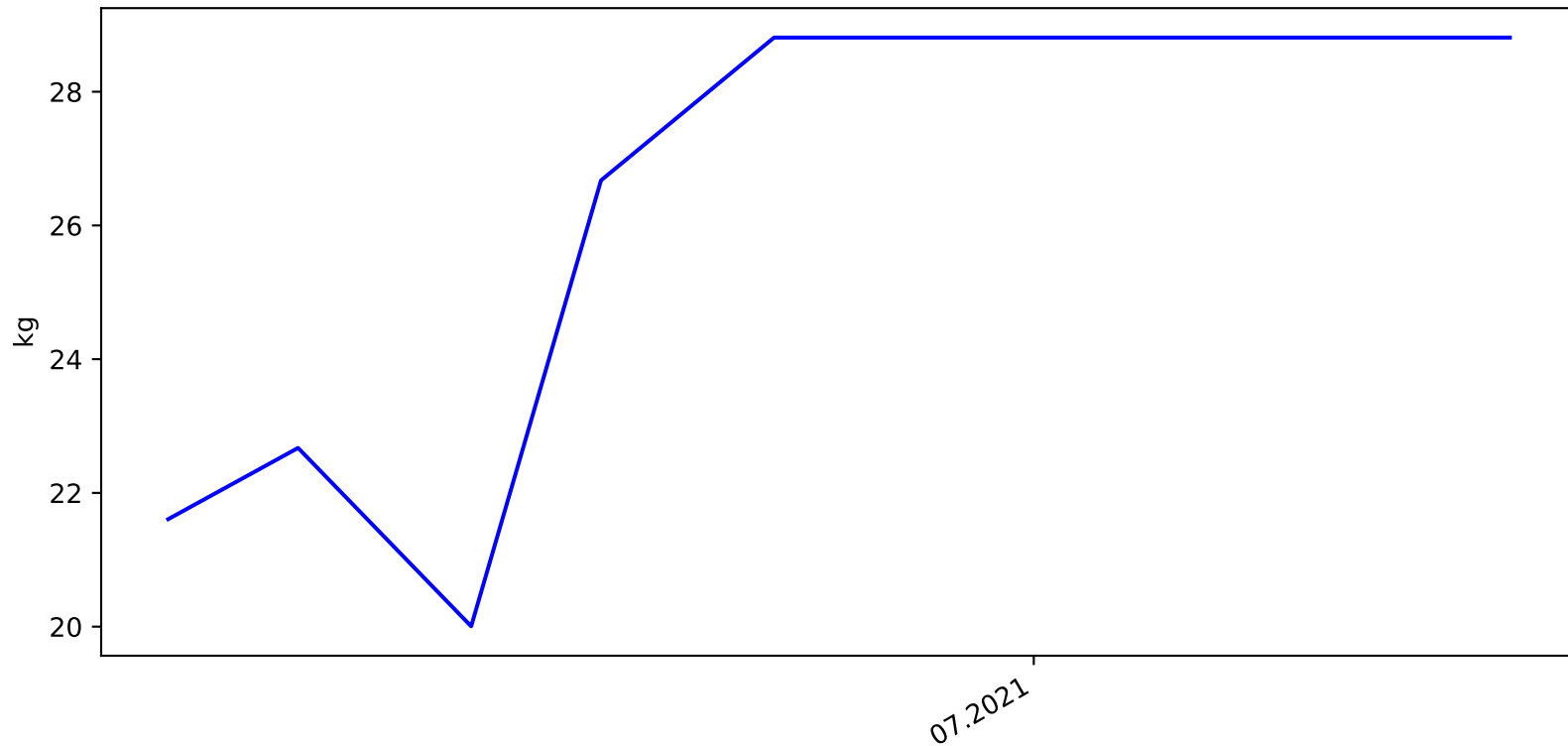
Incline Chest Press (Machine) estimated 1rm (best set)



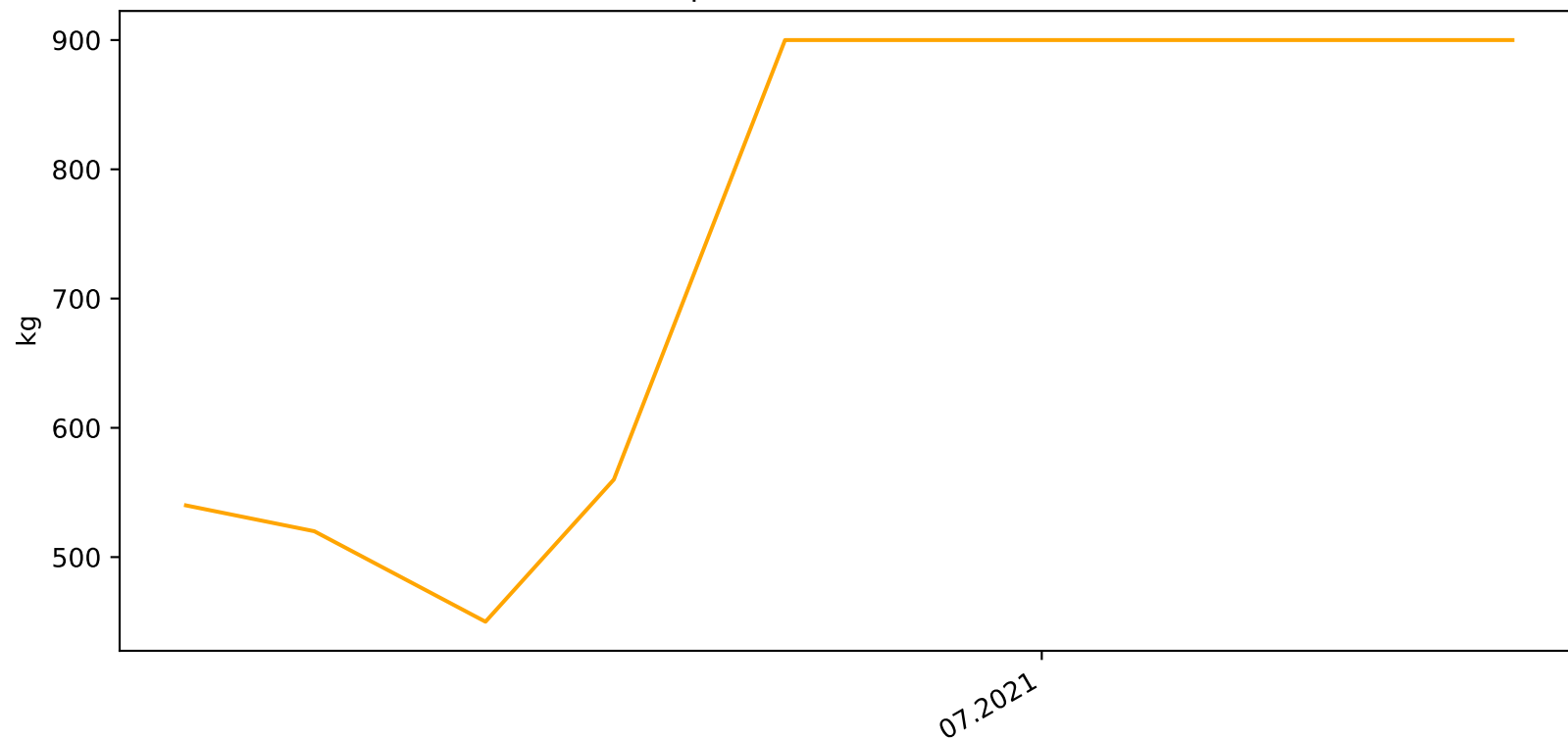
Incline Chest Press (Machine) volume



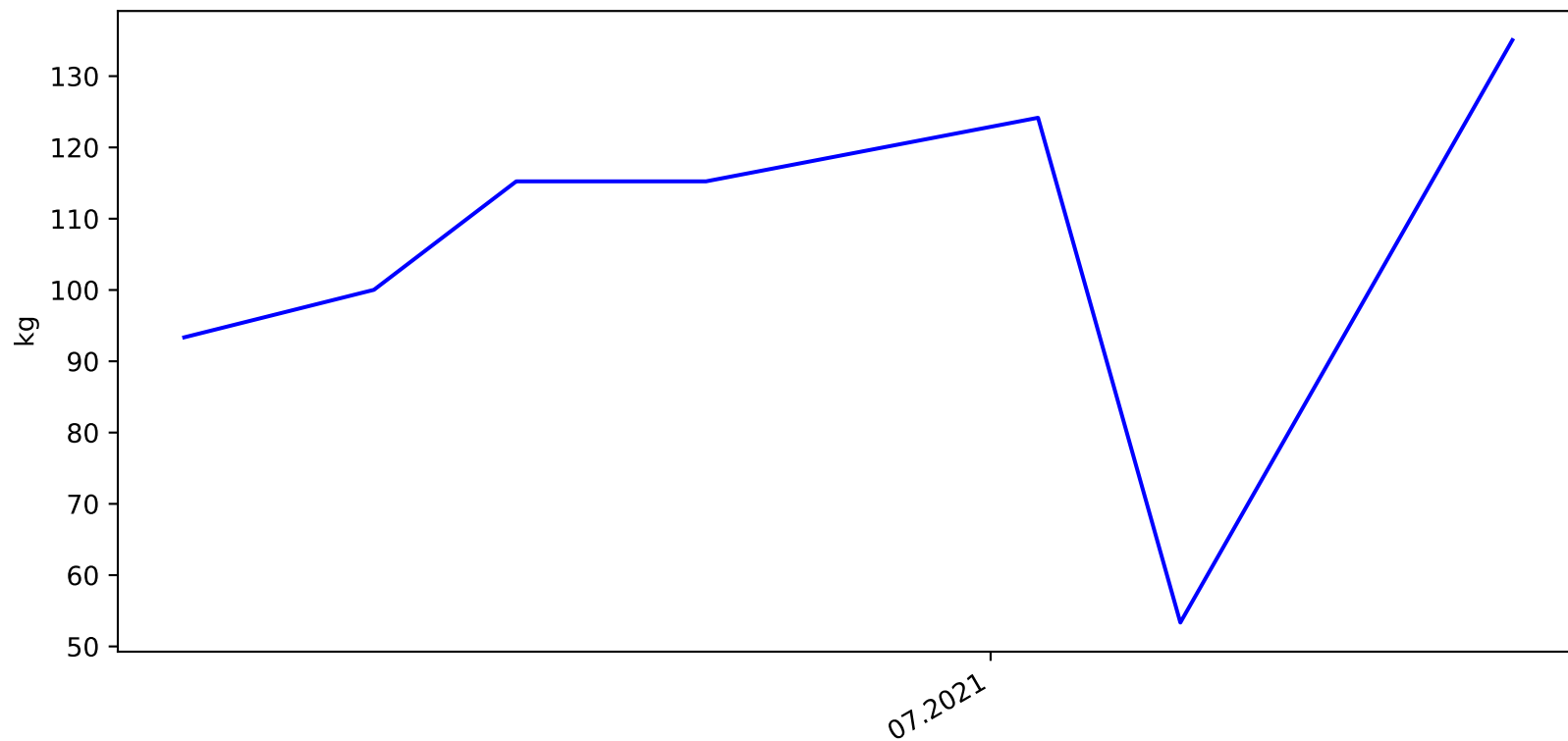
Bicep Curl (Machine) estimated 1rm (best set)



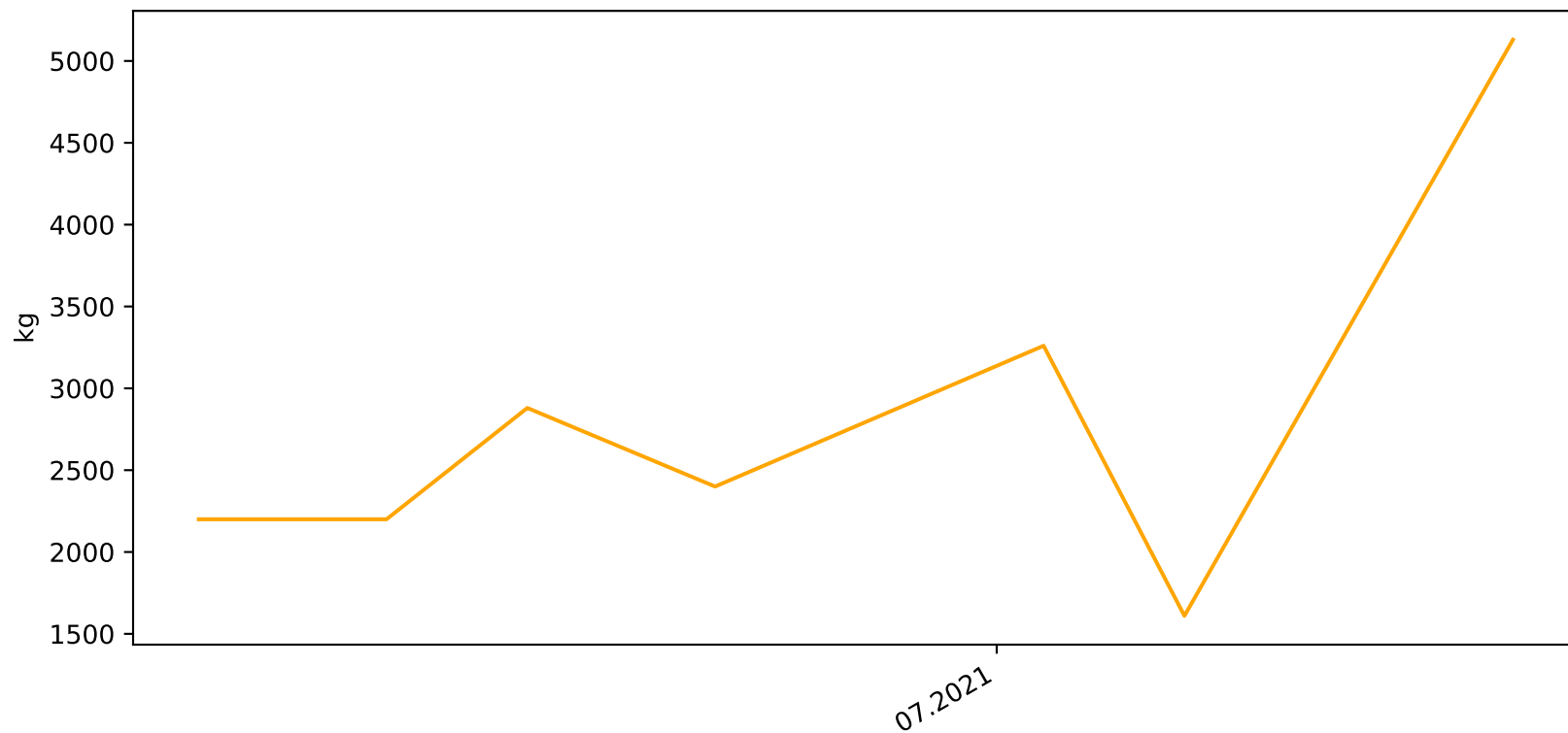
Bicep Curl (Machine) volume



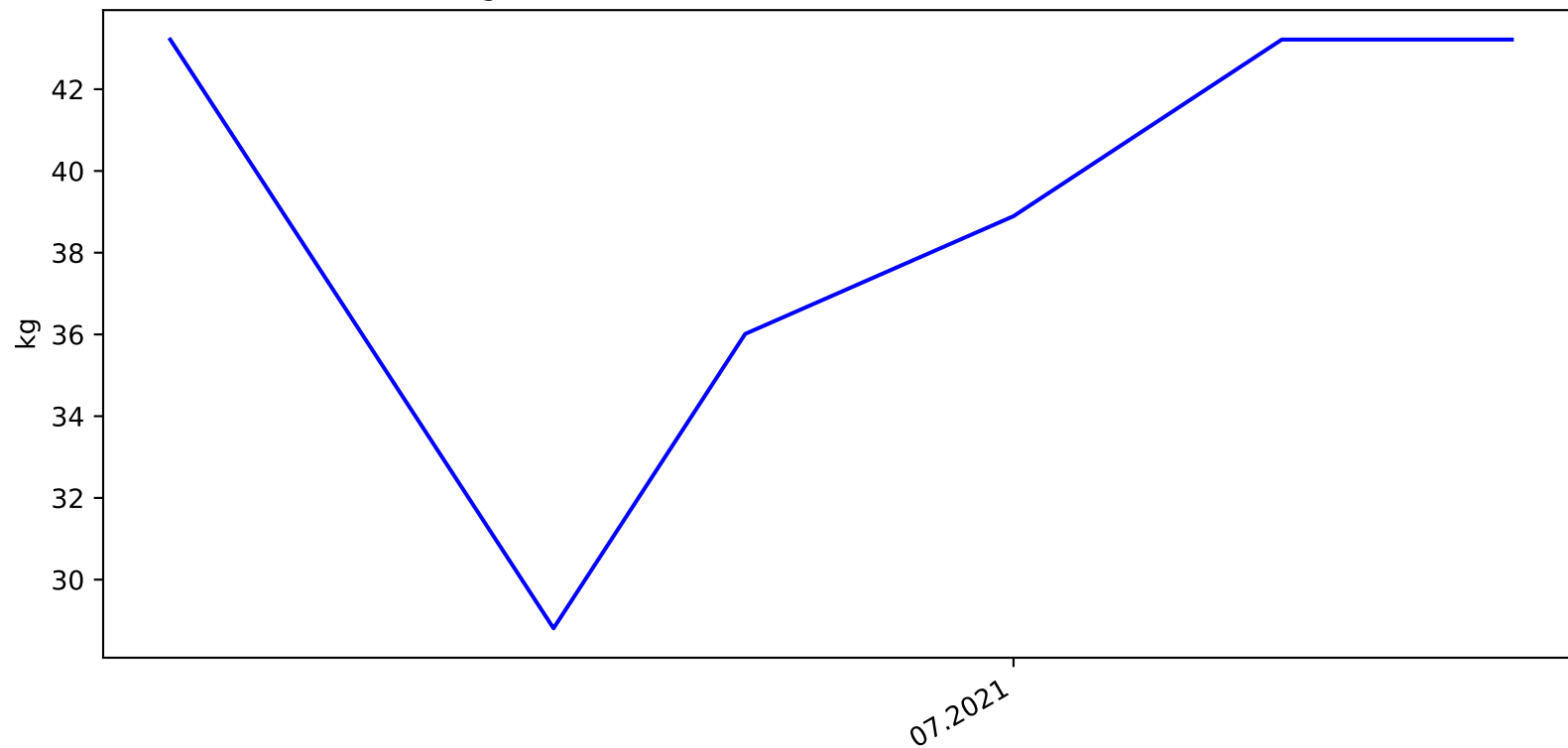
Seated Row (Machine) estimated 1rm (best set)



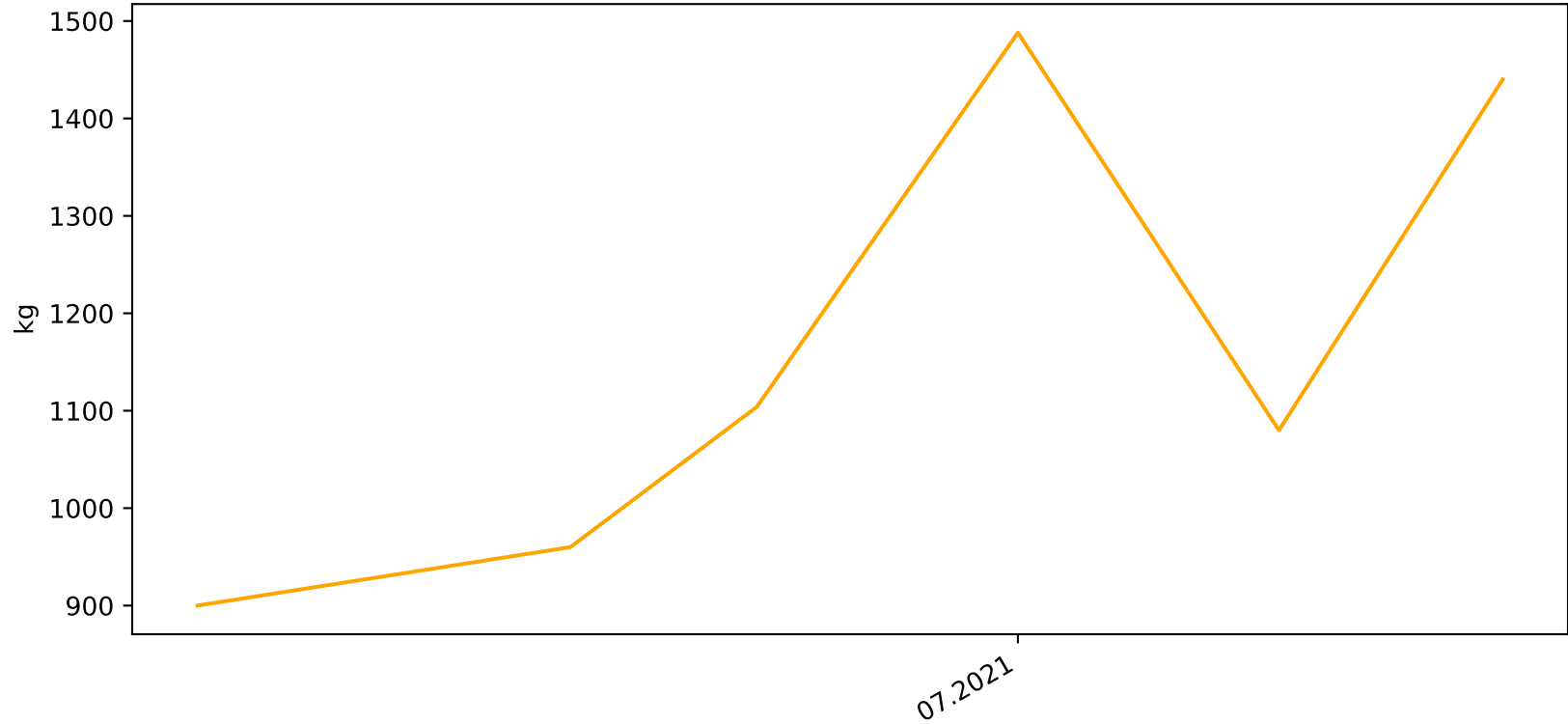
Seated Row (Machine) volume



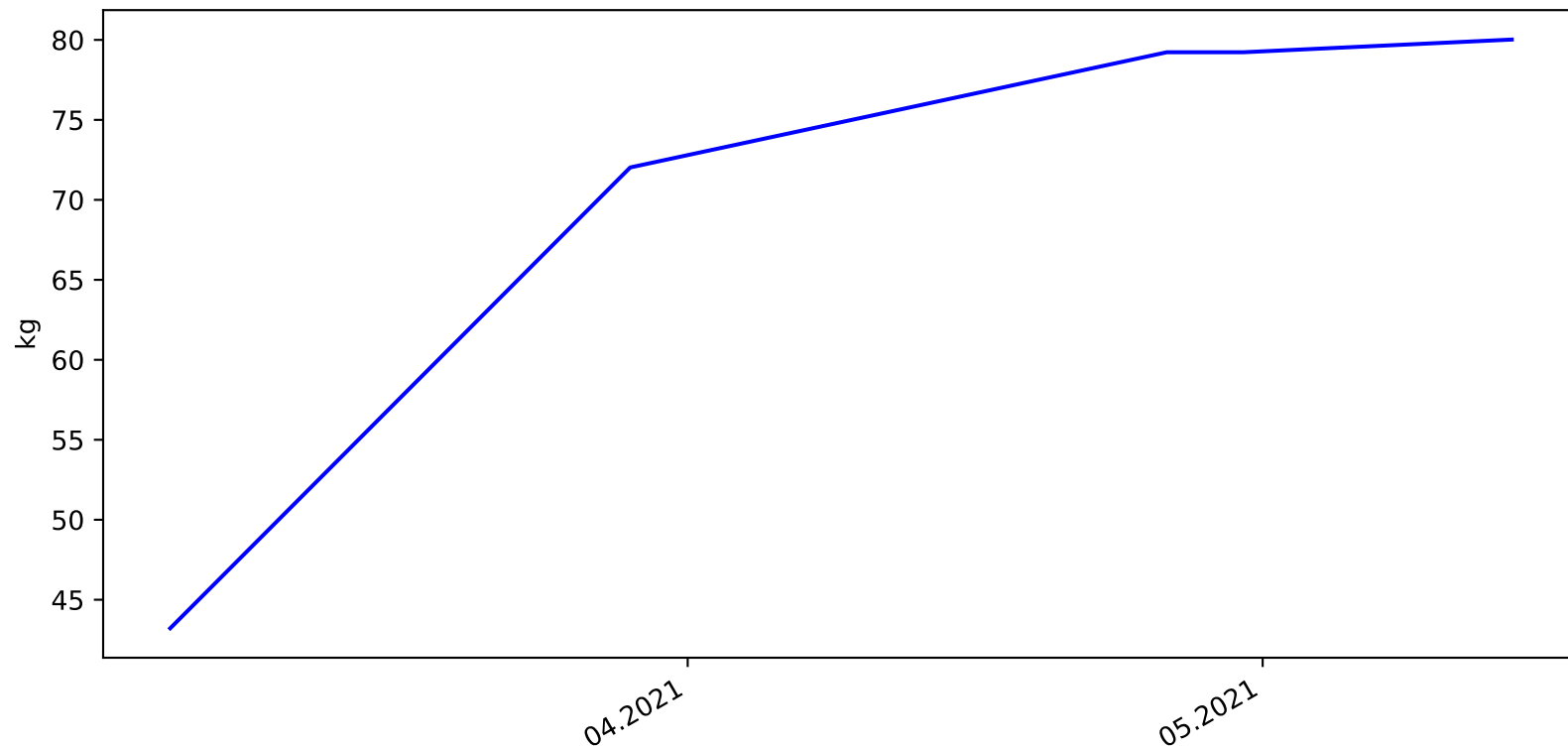
Leg Extension (Machine) estimated 1rm (best set)



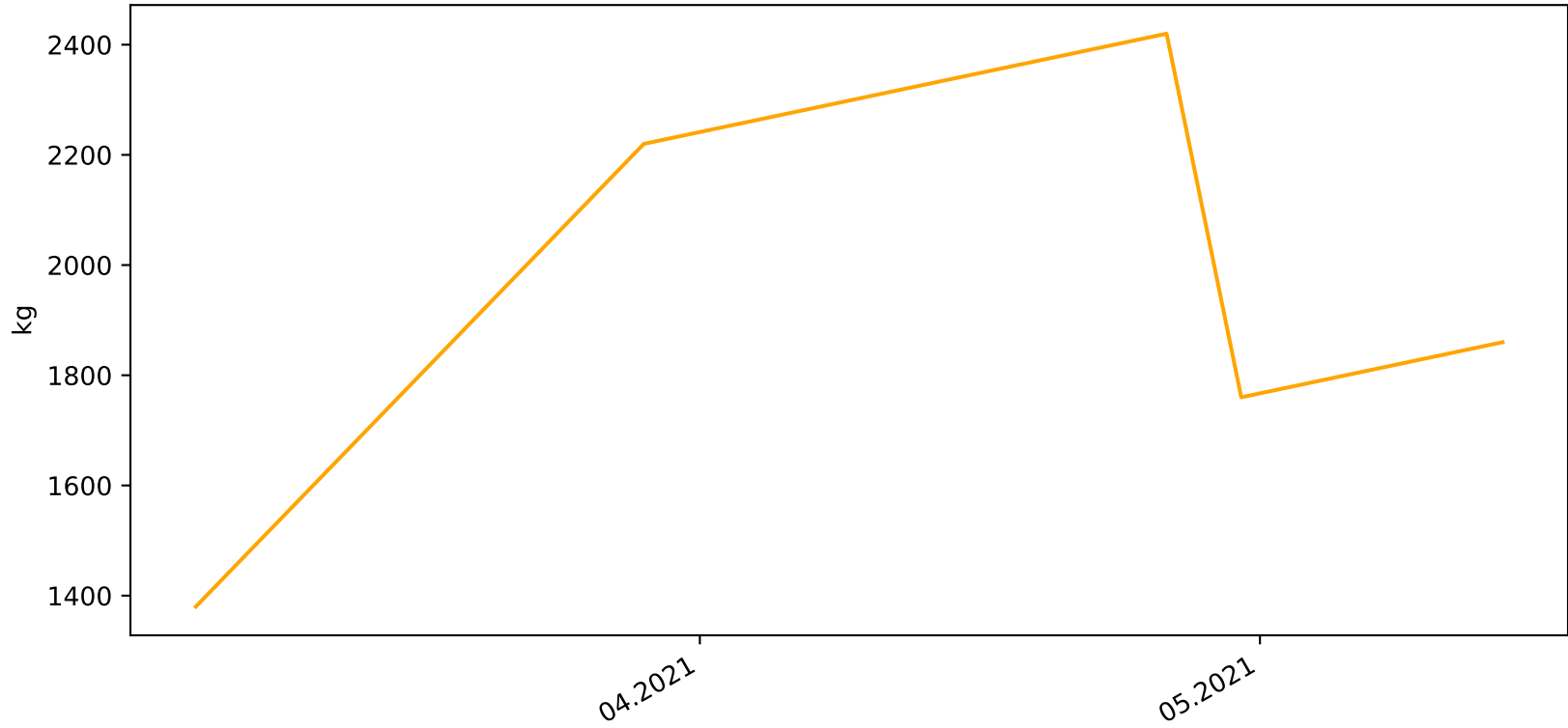
Leg Extension (Machine) volume



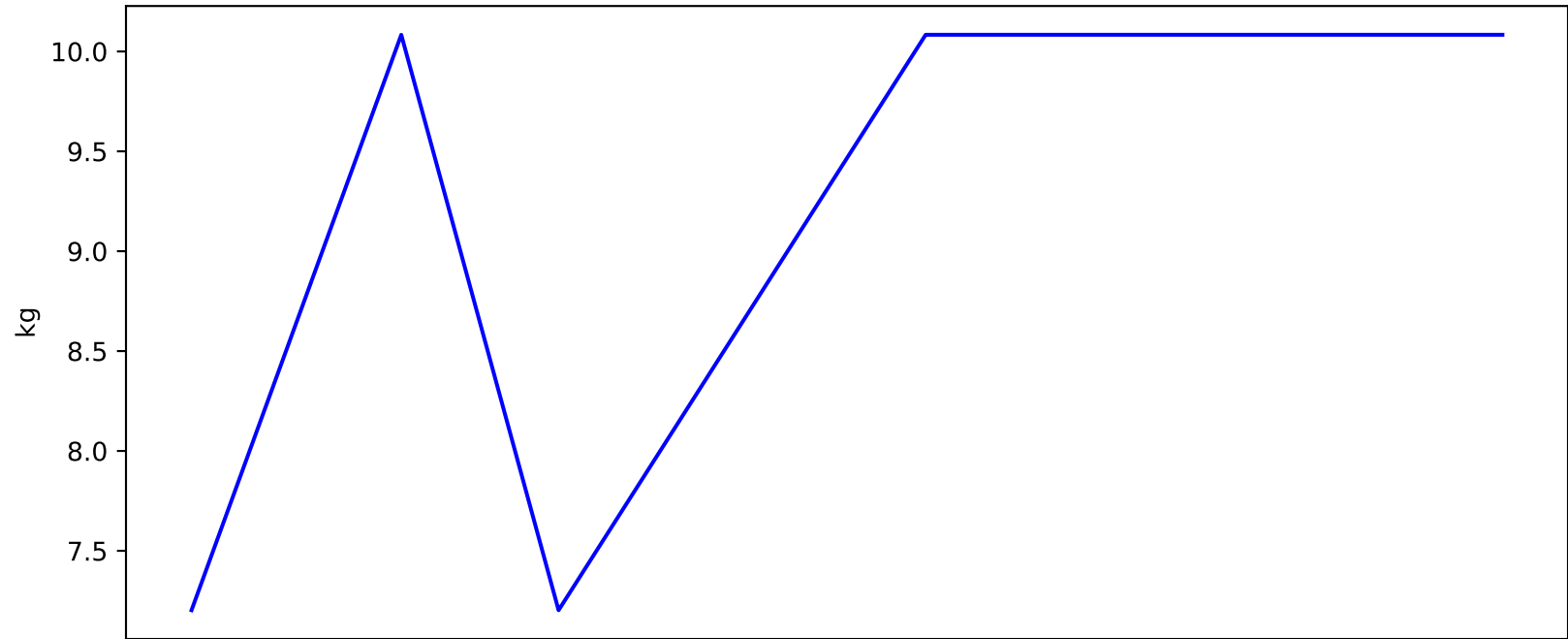
T Bar Row estimated 1rm (best set)



T Bar Row volume

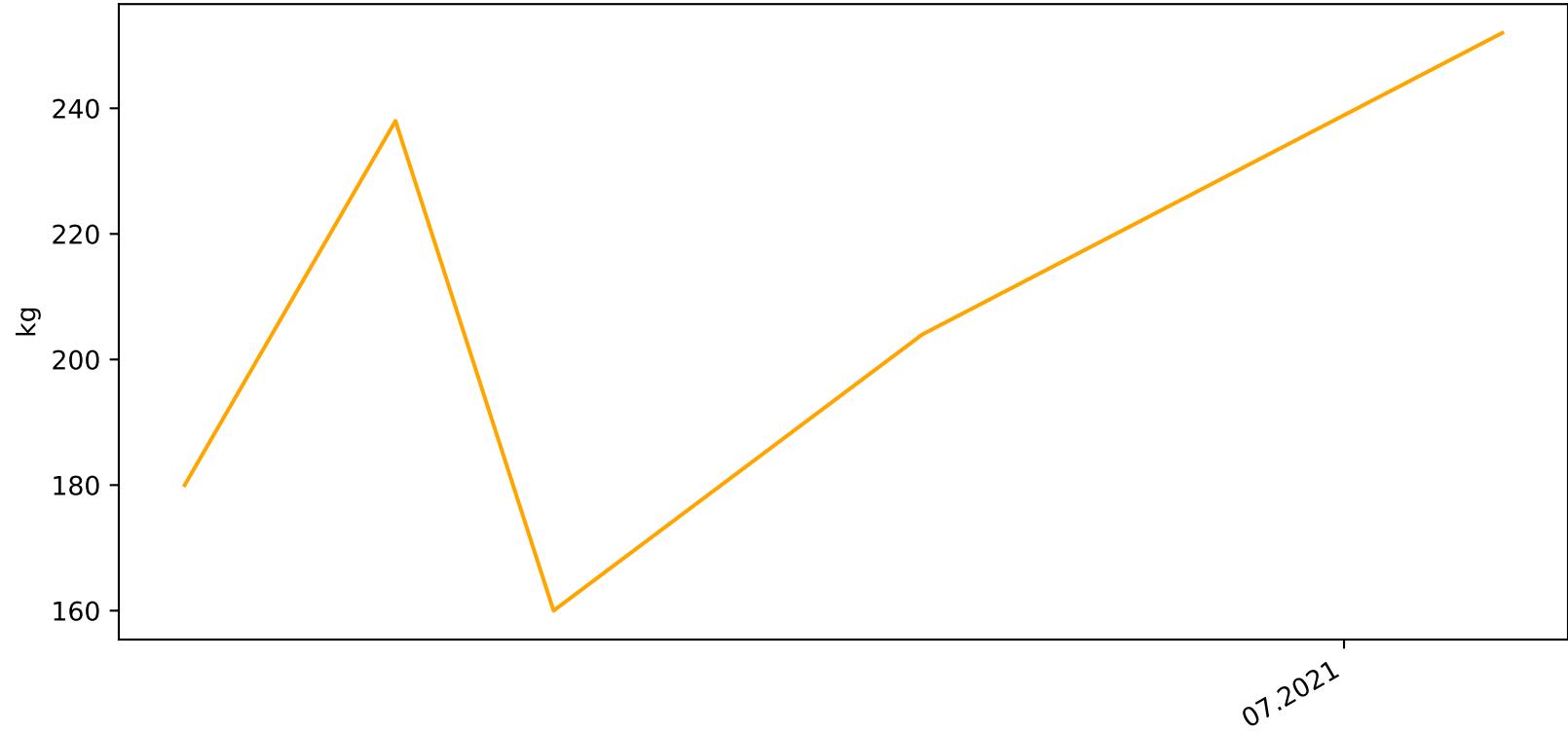


Cable Crossover estimated 1rm (best set)

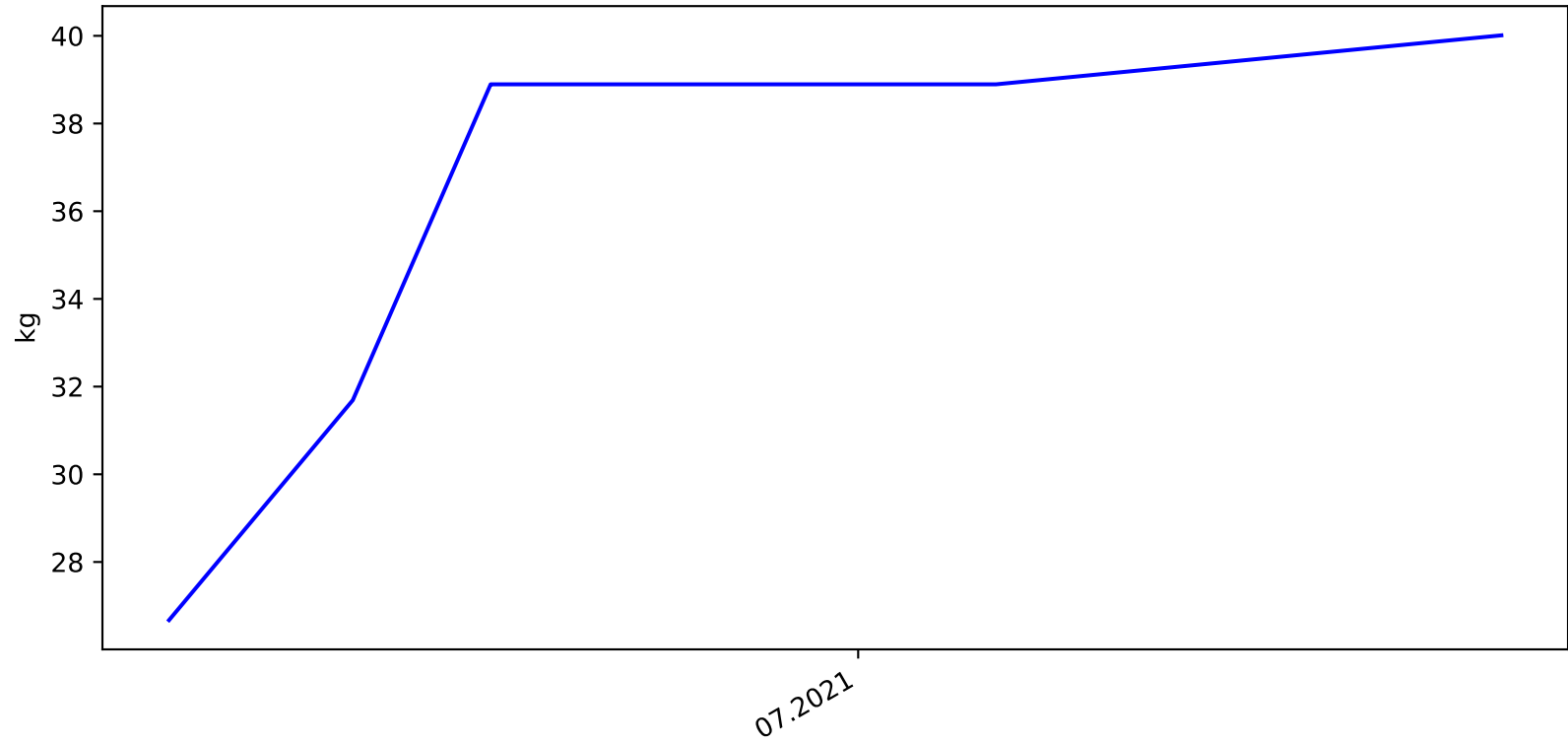


07.2021

Cable Crossover volume



Shoulder Press (Plate Loaded) estimated 1rm (best set)



Shoulder Press (Plate Loaded) volume

