



Welcome.

Mesocycle is an easy to use app that customizes and auto programs your workouts for an entire month.

You may be asking yourself, what the heck is a mesocycle?

A mesocycle is a specific block of training designed to accomplish a certain goal, typically in a 3-4 week timetable. In addition, blah, blah, words, words, more words.

Let's get to work. You got this.

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Let's Begin.

We'll need a few pieces of information like which movements you prefer based on equipment availability and your 10 repetition maximum (10RM) for each movement in order to customize your training program.

Don't go and start maxing out just yet big guy, just give us a conservative guestimate. You can adjust it later.

You have some decisions to make. Time to put on your thinking cap

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Choose your exercise movement below for **Day 1** of each week.

Chest Upper Focus	Movement (Choose From Drop Down Menu)
Incline Push	Incline Medium Grip Bench Press
Chest Isolation	Flat Dumbbell Fly
Horizontal Push	Medium Grip Bench Press
Rear or Side Delts	Dumbbell Side Lateral Raise
Horizontal Pull	Cable Row

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Estimate your 10 rep maximum (10RM) for **Day 1** movements.






Movement	10RM (Input in the fields)
Incline Medium Grip Bench Press	155
Flat Dumbbell Fly	40
Medium Grip Bench Press	160
Dumbbell Side Lateral Raise	20
Cable Row	165

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Week 1 - Day 1

Rep Range: 12 – 20 reps | Rest Time Between Sets: 2 – 5 min

Movement	Sets	Weight	Rep Count			Instructional Video
Incline Medium Grip Bench Press	3	130	15	14	10	
Flat Dumbbell Fly	3	35	14	12	10	
Medium Grip Bench Press	3	135	17	15	12	
Dumbbell Side Lateral Raise	2	15	18	15	10	
Cable Row	2	140	18	16	14	



10RM



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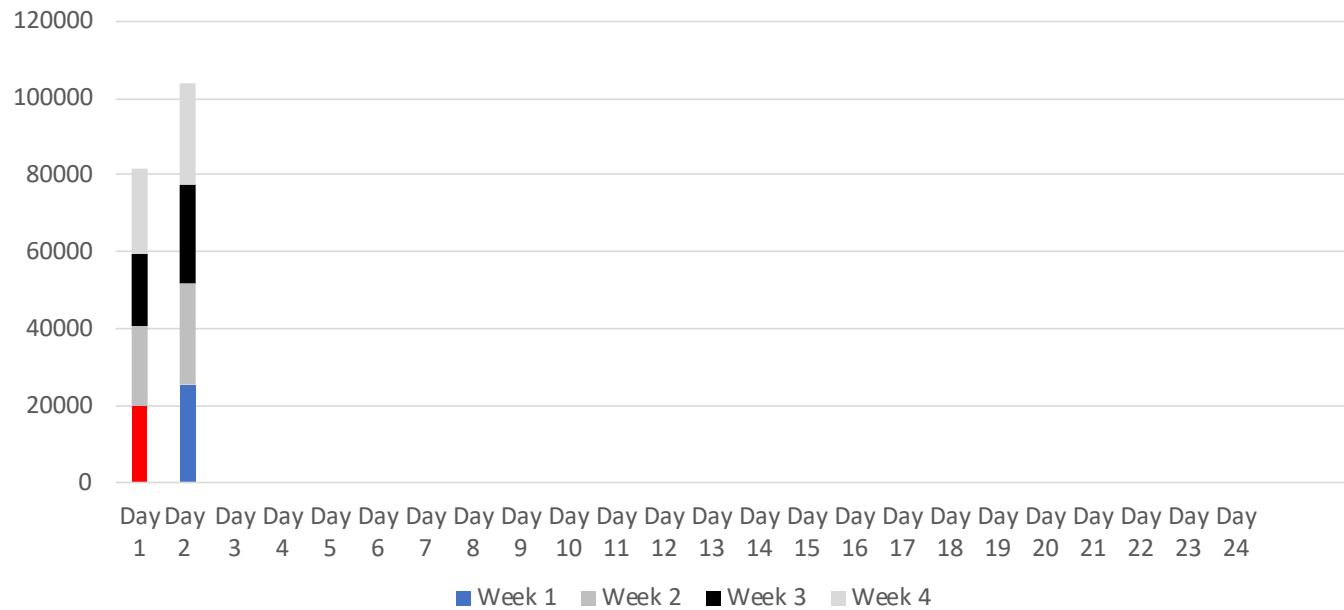
LOG IT



STATS



Training Volume = Sets x Reps x Weight



10RM



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WORKOUTS