

Prescriptive Exercise Log:

Weight:

175

Reps:

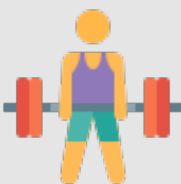
3

Load Potential:

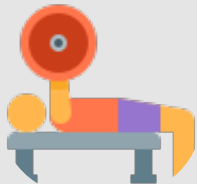
83%



Squat



Deadlift



Bench Press



Overhead Press

