

Weekly Reports

Ben Gramza

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Week 2 Report

Exercise Group A1		Weights (in lbs.) / Reps if Bodyweight				
Exercise	Session	Set 1	Set 2	Set 3	Set 4	Set 5
Incline Bench	1	30	30	35	40	45
Table top row	1	15	15	15	15	15
Sumo Deadlift	1	65	65	65	65	65
Push Press	2	25	25	30	30	35
DB Row	2	35	35	35	35	40
Walking Lunges	2	35	35	35	35	40
Machine Chest Press	3	100	105	110	115	120
Chin Ups	3	6	6	6	6	6
Leg Press	3	300	310	310	320	325

Exercise Group B1		Weights (in lbs.) / Reps if Bodyweight		
Exercise	Session	Set 1	Set 2	Set 3
Bicep Hammer Curls	1	20	25	30
Back Extensions	1	8	8	8
Rear Delt Flys	1	8	8	8
Rope Tricep Pushdown	2	25	35	40
DB High Pull	2	15	20	20
Side Raises	2	10	10	10
Bicep Curls	3	20	20	20
Incline Push Ups	3	8	8	8
DB Front Raise	3	8	10	12