

Weekly Reports

Ben Gramza

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Week 1 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	35	40
Table top row	1	15	15	15	20	20
Sumo Deadlift	1	54	65	65	65	65
Push Press	2	20	25	25	25	30
DB Row	2	35	35	35	35	40
Walking Lunges	2	35	35	35	35	40
Machine Chest Press	3	95	110	110	115	120
Chin Ups	3	6	6	6	6	6
Leg Press	3	290	310	310	315	315

Exercise Group B1		Weights (in lbs.) / Reps if Bodyweight		
Exercise	Session	Set 1	Set 2	Set 3
Bicep Hammer Curls	1	20	25	25
Back Extensions	1	8	8	8
Rear Delt Flys	1	5	8	8
Rope Tricep Pushdown	2	25	30	35
DB High Pull	2	15	20	25
Side Raises	2	10	10	12
Bicep Curls	3	20	20	20
Incline Push Ups	3	8	8	8
DB Front Raise	3	8	10	12