Weekly Reports

Ben Gramza

Week 5 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 | 35 | 40 | 45 | 45 | | |
| Table top row | 1 | 15 | 15 | 15 | 15 | 15 | | |
| Sumo Deadlift | 1 | 65 | 65 | 65 | 65 | 65 | | |
| Push Press | 2 | 30 | 35 | 35 | 40 | 40 | | |
| DB Row | 2 | 35 | 35 | 35 | 40 | 40 | | |
| Walking Lunges | 2 | 40 | 40 | 60 | 60 | 60 | | |
| Machine Chest Press | 3 | 115 | 120 | 125 | 130 | 135 | | |
| Chin Ups | 3 | 6 | 6 | 6 | 6 | 6 | | |
| Leg Press | 3 | 310 | 325 | 340 | 250 | 0 | | |

| 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 | 10 | 10 | 10 | | | | | | |
| Rope Tricep Pushdown | 2 | 35 | 40 | 45 | | | | | | |
| DB High Pull | 2 | 20 | 25 | 25 | | | | | | |
| Side Raises | 2 | 12 | 12 | 12 | | | | | | |
| Bicep Curls | 3 | 20 | 20 | 20 | | | | | | |
| Incline Push Ups | 3 | 8 | 8 | 8 | | | | | | |
| DB Front Raise | 3 | 10 | 12 | 12 | | | | | | |

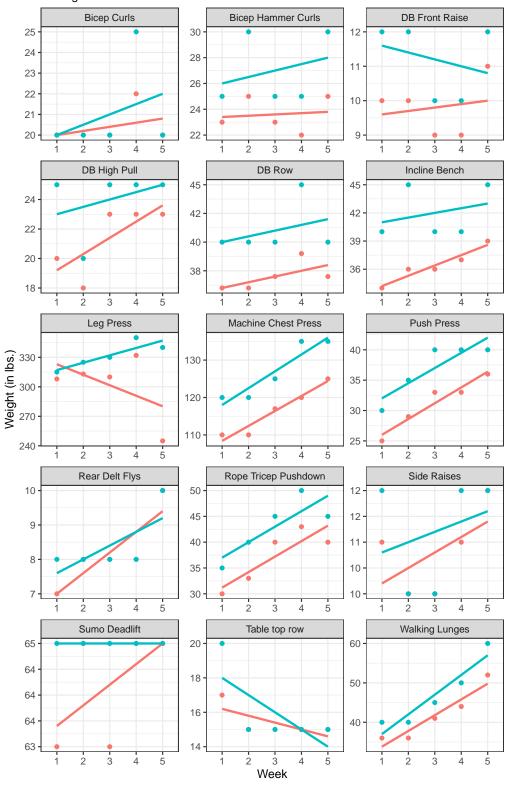
Report 2. New Personal Records

[1] "No Personal Records set"

Report 3. Weight over Time

Weight over Time By Exercise

w/ Regression Lines



Metric - Mean (lbs./rep) - Max Weight