Weekly Reports

Ben Gramza

Week 4 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	35	35	35	40	40			
Table top row	1	15	15	15	15	15			
Sumo Deadlift	1	65	65	65	65	65			
Push Press	2	25	30	35	35	40			
DB Row	2	35	35	40	40	45			
Walking Lunges	2	35	40	45	50	50			
Machine Chest Press	3	110	115	120	120	135			
Chin Ups	3	8	8	8	8	8			
Leg Press	3	310	320	330	350	350			

Exercise Group B1									
		Weights (in lbs.) / Reps if Bodyweight							
Exercise	Session	Set 1	Set 2	Set 3					
Bicep Hammer Curls	1	20	20	25					
Back Extensions	1	8	8	8					
Rear Delt Flys	1	8	8	8					
Rope Tricep Pushdown	2	35	45	50					
DB High Pull	2	20	25	25					
Side Raises	2	10	12	12					
Bicep Curls	3	20	20	25					
Incline Push Ups	3	8	8	8					
DB Front Raise	3	8	8	10					

Report 2. New Personal Records

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\mbox{\tt \#\#} NEW PERSONAL RECORD: Machine Chest Press - 135 lbs.
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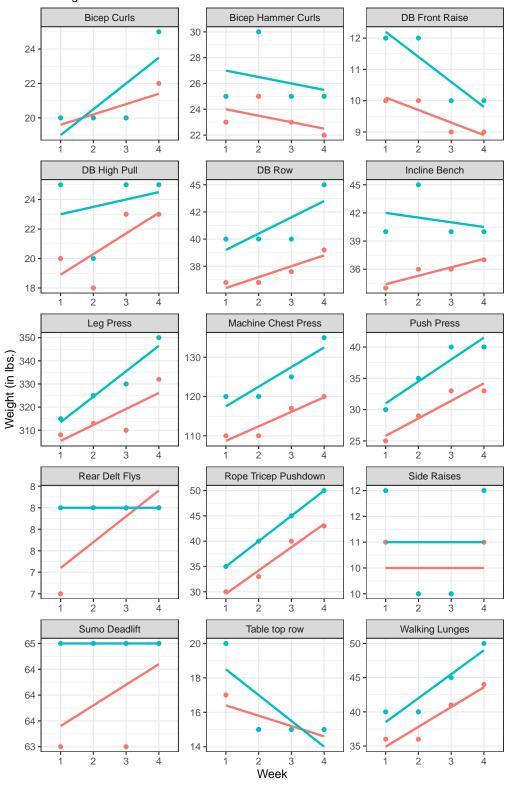
^{##} NEW PERSONAL RECORD: Leg Press - 350 lbs.

^{##} NEW PERSONAL RECORD: Bicep Curls - 25 lbs.

Report 3. Weight over Time

Weight over Time By Exercise

w/ Regression Lines



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