

# 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

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## [1] "No Personal Records set"
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Report 3. Weight over Time

Weight over Time By Exercise  
w/ Regression Lines

