# Weekly Reports

## Ben Gramza

#### Week 3 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	35	40	40			
Table top row	1	15	15	15	15	15			
Sumo Deadlift	1	54	65	65	65	65			
Push Press	2	25	30	35	35	40			
DB Row	2	35	35	35	40	40			
Walking Lunges	2	35	40	40	45	45			
Machine Chest Press	3	110	110	120	120	125			
Chin Ups	3	6	6	6	6	6			
Leg Press	3	275	300	320	325	330			

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

#### Report 2. New Personal Records

 $\mbox{\tt \#\#}$  NEW PERSONAL RECORD: Machine Chest Press - 125 lbs.

## NEW PERSONAL RECORD: Leg Press - 330 lbs.

Report 3. Weight over Time

### Weight over Time By Exercise

w/ Regression Lines Bicep Curls Bicep Hammer Curls DB Front Raise 20 30 12 20 28 11 20 26 10 -20 24 20 DB High Pull DB Row Incline Bench 40 45 24 39 42 22 · 38 39 20 · 37 36 -36 18 -Leg Press Machine Chest Press Push Press 125 40 330 Weight (in lbs.) 120 35 -115 30 -310 110 25 Rear Delt Flys Rope Tricep Pushdown Side Raises 45 12 8 12 40 8 11 8 -35 10 10 30 Sumo Deadlift Table top row Walking Lunges 65 20 45 42 -64 · 18 64 40 16 64 -38 -63 Week