

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

NEW PERSONAL RECORD: Machine Chest Press - 135 lbs.

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

