

# 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

## 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

