

Weekly Reports

Ben Gramza

Week 6 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	40	40	45	50
Table top row	1	15	15	15	15	15
Deadlift	1	95	115	115	125	125
Push Press	2	25	30	35	35	35
DB Row	2	25	30	35	40	40
Walking Lunges	2	50	50	60	60	60
Machine Chest Press	3	110	120	130	130	140
Chin Ups	3	6	6	6	6	6
Leg Press	3	275	300	325	350	360

Exercise Group B1		Weights (in lbs.) / Reps if Bodyweight		
Exercise	Session	Set 1	Set 2	Set 3
Bicep Hammer Curls	1	25	25	30
Back Extensions	1	8	8	8
Rear Delt Flys	1	8	10	12
Rope Tricep Pushdown	2	40	45	50
DB High Pull	2	20	25	30
Side Raises	2	10	10	10
Bicep Curls	3	20	20	20
Incline Push Ups	3	8	8	8
DB Front Raise	3	10	12	12

Report 2a. New Personal Records

NEW PERSONAL RECORD: Machine Chest Press - 140 lbs.

NEW PERSONAL RECORD: Leg Press - 360 lbs.

Report 2b. Notes

1. Bicep Curls: Tried to push 25 slow and with good form, not it yet

2. Push Press: Throwing later, went light on shoulder work

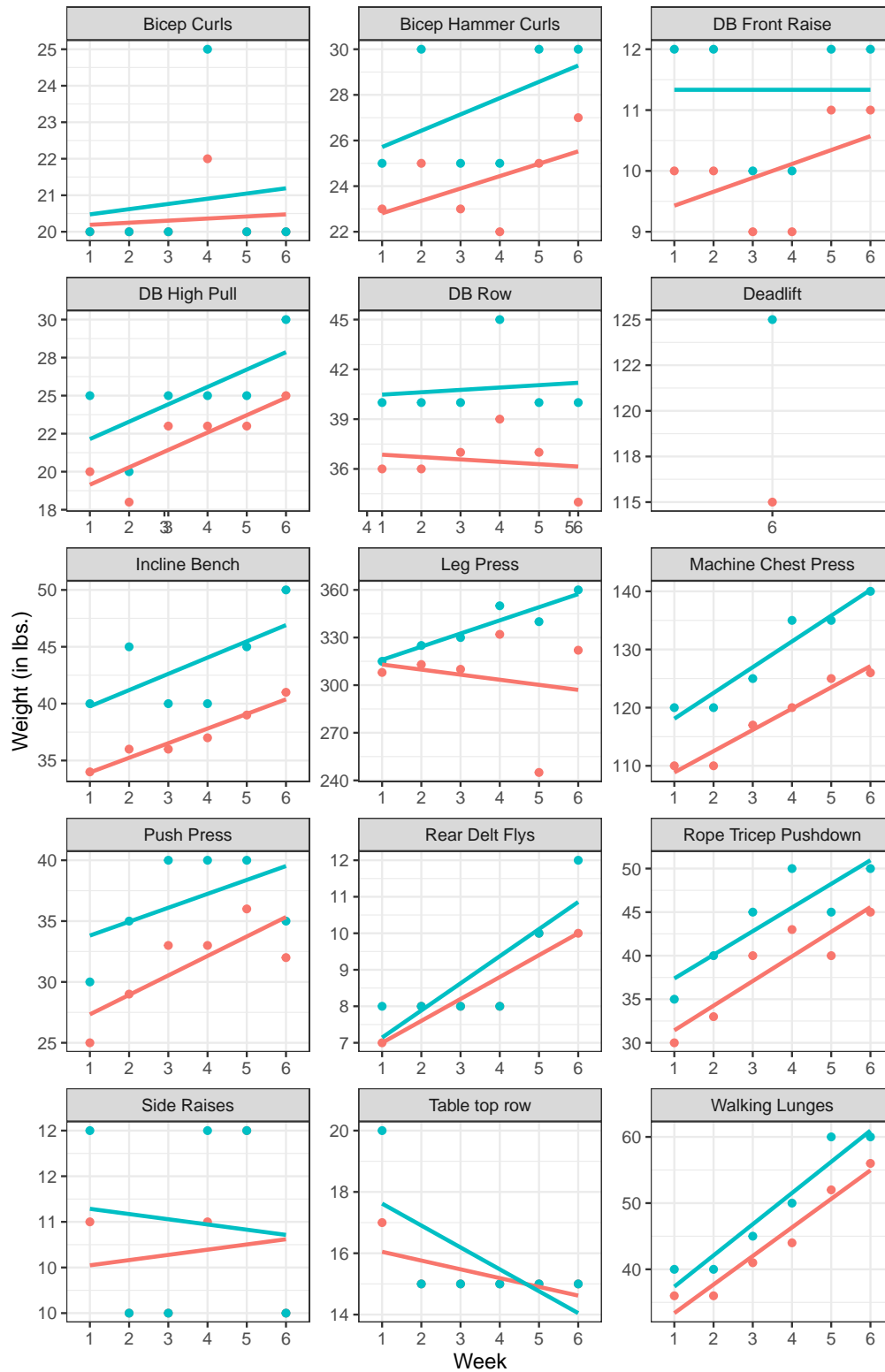
3. Tabata Banded Overhead: Still the most difficult exercise, but getting easier

4. Walking Lunges: Cardio/forearms make this difficult, start lower on lunges

Report 3. Weight over Time

Weight over Time By Exercise

w/ Regression Lines



Metric — Mean (lbs./rep) — Max Weight