



15 RM							10 RM							5 RM						2 RM		
Exercises	Inc	1	2	3	4	5	6	Inc	1	2	3	4	5	6	Inc	1	2	3	4	5	6	Negs
Squat	10	175	185	195	205	215	225	10	205	215	225	235	245	255	10	265	275	285	295	305	315	0
SLDL	10	55	65	75	85	95	105	10	85	95	105	115	125	135	10	105	115	125	135	145	155	0
Incline Barbell Benc	5	180	185	190	195	200	205	5	200	205	210	215	220	225	5	220	225	230	235	240	245	0
Dips	5	0	5	10	15	20	25	5	20	25	30	35	40	45	5	45	50	55	60	65	70	0
Bent Rows	10	85	95	105	115	125	135	10	105	115	125	135	145	155	10	135	145	155	165	175	185	0
Lat Pulldowns	10	110	120	130	140	150	160	10	130	140	150	160	170	180	10	150	160	170	180	190	200	0
Shrugs	10	175	185	195	205	215	225	10	225	235	245	255	265	275	10	265	275	285	295	305	315	0
DB Shoulder Press	5	40	45	50	55	60	65	5	50	55	60	65	70	75	5	60	65	70	75	80	85	0
DB Lateral Raise	5	5	10	15	20	25	30	5	15	20	25	30	35	40	5	25	30	35	40	45	50	0
DB Curls	5	15	20	25	30	35	40	5	25	30	35	40	45	50	5	35	40	45	50	55	60	0
Tricep Pushdowns	10	60	70	80	90	100	110	10	80	90	100	110	120	130	10	100	110	120	130	140	150	0
Calf Raises	10	90	100	110	120	130	140	10	110	120	130	140	150	160	10	130	140	150	160	170	180	0
[Exercise 13]	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Exercise 14]	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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