

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
11/21/15	Pull Up	1	0	11
11/21/15	Pull Up	2	0	7
11/21/15	Pull Up	3	0	8
11/21/15	Pull Up	4	0	6
11/21/15	Pull Up	5	0	4
11/21/15	Shoulder Press (Machine)	1	65	7
11/21/15	Shoulder Press (Machine)	2	65	6
11/21/15	Bench Press (Machine)	1	90	11
11/21/15	Bench Press (Machine)	2	90	9
11/21/15	Seated Row (Custom)	1	100	15
11/21/15	Seated Row (Custom)	2	100	16
11/21/15	Squat (Machine)	1	260	20
11/21/15	Squat (Machine)	2	280	15
11/21/15	Tricep Extension	1	80	16
11/21/15	Tricep Extension	2	80	11
11/27/15	Push Up	1	0	24
11/27/15	Push Up	2	0	12
11/27/15	Pull Up	1	0	11
11/27/15	Squat (Bodyweight)	1	0	35
11/27/15	Squat (Bodyweight)	2	0	35
11/29/15	Pull Up	1	0	11
11/29/15	Pull Up	2	0	7
11/29/15	Pull Up	3	0	6
11/29/15	Pull Up	4	0	6
11/29/15	Pull Up	5	0	5
11/29/15	Shoulder Press (Machine)	1	40	10
11/29/15	Shoulder Press (Machine)	2	40	10
11/29/15	Bench Press (Machine)	1	90	11
11/29/15	Bench Press (Machine)	2	90	11
11/29/15	Seated Row (Custom)	1	90	20
11/29/15	Seated Row (Custom)	2	90	16
11/29/15	Squat (Machine)	1	270	21
11/29/15	Squat (Machine)	2	270	16
11/29/15	Tricep Extension	1	40	15
11/29/15	Tricep Extension	2	40	12
12/04/15	Pull Up	1	0	12
12/04/15	Pull Up	2	0	8
12/04/15	Pull Up	3	0	8
12/04/15	Pull Up	4	0	6
12/04/15	Pull Up	5	0	4
12/04/15	Shoulder Press (Machine)	1	75	8
12/04/15	Shoulder Press (Machine)	2	75	8
12/04/15	Bench Press (Machine)	1	90	12
12/04/15	Bench Press (Machine)	2	90	5
12/04/15	Bench Press (Machine)	3	90	3
12/04/15	Seated Row (Custom)	1	100	15
12/04/15	Seated Row (Custom)	2	100	11

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/04/15	Squat (Machine)	1	170	22
12/04/15	Squat (Machine)	2	170	26
12/04/15	Tricep Extension	1	30	18
12/04/15	Tricep Extension	2	30	14
12/08/15	Pull Up	1	0	13
12/08/15	Pull Up	2	0	8
12/08/15	Pull Up	3	0	8
12/08/15	Pull Up	4	0	7
12/08/15	Pull Up	5	0	5
12/08/15	Shoulder Press (Machine)	1	75	9
12/08/15	Shoulder Press (Machine)	2	75	9
12/08/15	Bench Press (Machine)	1	90	8
12/08/15	Bench Press (Machine)	2	90	6
12/08/15	Seated Row (Custom)	1	100	12
12/08/15	Seated Row (Custom)	2	100	15
12/08/15	Squat (Machine)	1	185	23
12/08/15	Squat (Machine)	2	185	28
12/08/15	Tricep Extension	1	40	14
12/08/15	Tricep Extension	2	40	14
12/11/15	Pull Up	1	0	12
12/11/15	Pull Up	2	0	7
12/11/15	Pull Up	3	0	5
12/11/15	Pull Up	4	0	6
12/11/15	Shoulder Press (Machine)	1	75	14
12/11/15	Shoulder Press (Machine)	2	75	14
12/11/15	Bench Press (Machine)	1	90	14
12/11/15	Bench Press (Machine)	2	90	9
12/11/15	Seated Row (Custom)	1	100	15
12/11/15	Seated Row (Custom)	2	120	15
12/11/15	Squat (Machine)	1	270	25
12/11/15	Squat (Machine)	2	270	27
12/11/15	Tricep Extension	1	85	16
12/11/15	Tricep Extension	2	90	16
12/11/15	Kettle bell swings	1	10	30
12/19/15	Pull Up	1	0	10
12/19/15	Pull Up	2	0	6
12/19/15	Pull Up	3	0	6
12/19/15	Pull Up	4	0	4
12/19/15	Pull Up	5	0	3
12/19/15	Shoulder Press (Machine)	1	80	13
12/19/15	Shoulder Press (Machine)	2	80	10
12/19/15	Bench Press (Machine)	1	90	15
12/19/15	Bench Press (Machine)	2	90	10
12/19/15	Seated Row (Custom)	1	100	22
12/19/15	Seated Row (Custom)	2	100	14
12/19/15	Squat (Machine)	1	305	28
12/19/15	Squat (Machine)	2	305	28

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/19/15	Tricep Extension	1	90	10
12/19/15	Tricep Extension	2	90	10
12/24/15	Pull Up	1	0	14
12/24/15	Pull Up	2	0	11
12/24/15	Pull Up	3	0	8
12/24/15	Pull Up	4	0	7
12/24/15	Pull Up	5	0	6
12/24/15	Shoulder Press (Machine)	1	80	17
12/24/15	Shoulder Press (Machine)	2	80	13
12/24/15	Bench Press (Machine)	1	100	11
12/24/15	Bench Press (Machine)	2	100	11
12/24/15	Seated Row (Custom)	1	110	20
12/24/15	Seated Row (Custom)	2	110	12
12/24/15	Squat (Machine)	1	215	34
12/24/15	Squat (Machine)	2	215	38
12/24/15	Tricep Extension	1	90	12
12/24/15	Tricep Extension	2	90	13
12/24/15	Kettle bell swings	1	25	30
12/24/15	Kettle bell swings	2	25	30
01/05/16	Pull Up	1	0	13
01/05/16	Pull Up	2	0	10
01/05/16	Pull Up	3	0	9
01/05/16	Pull Up	4	0	7
01/05/16	Pull Up	5	0	5
01/05/16	Shoulder Press (Machine)	1	85	13
01/05/16	Shoulder Press (Machine)	2	85	12
01/05/16	Bench Press (Machine)	1	100	12
01/05/16	Bench Press (Machine)	2	100	10
01/05/16	Seated Row (Custom)	1	120	12
01/05/16	Seated Row (Custom)	2	120	12
01/05/16	Squat (Machine)	1	305	30
01/05/16	Squat (Machine)	2	305	30
01/05/16	Tricep Extension	1	90	14
01/05/16	Tricep Extension	2	90	14
01/05/16	Kettle bell swings	1	25	30
01/05/16	Kettle bell swings	2	25	30
01/09/16	Pull Up	1	0	14
01/09/16	Pull Up	2	0	10
01/09/16	Pull Up	3	0	9
01/09/16	Pull Up	4	0	8
01/09/16	Pull Up	5	0	7
01/09/16	Shoulder Press (Machine)	1	85	15
01/09/16	Shoulder Press (Machine)	2	85	14
01/09/16	Bench Press (Machine)	1	100	14
01/09/16	Bench Press (Machine)	2	100	9
01/09/16	Seated Row (Custom)	1	120	15
01/09/16	Seated Row (Custom)	2	120	13

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
01/09/16	Squat (Machine)	1	305	25
01/09/16	Squat (Machine)	2	305	25
01/09/16	Tricep Extension	1	90	15
01/09/16	Tricep Extension	2	90	15
01/09/16	Kettle bell swings	1	25	30
01/09/16	Kettle bell swings	2	25	30
01/16/16	Pull Up	1	0	14
01/16/16	Pull Up	2	0	8
01/16/16	Pull Up	3	0	9
01/16/16	Pull Up	4	0	6
01/16/16	Pull Up	5	0	7
01/16/16	Shoulder Press (Machine)	1	90	13
01/16/16	Shoulder Press (Machine)	2	90	13
01/16/16	Bench Press (Machine)	1	100	14
01/16/16	Bench Press (Machine)	2	100	11
01/16/16	Seated Row (Custom)	1	120	17
01/16/16	Seated Row (Custom)	2	120	15
01/16/16	Squat (Machine)	1	305	30
01/16/16	Squat (Machine)	2	305	30
01/16/16	Tricep Extension	1	90	16
01/16/16	Tricep Extension	2	90	16
01/16/16	Kettle bell swings	1	35	30
01/16/16	Kettle bell swings	2	35	30
01/23/16	Pull Up	1	0	12
01/23/16	Pull Up	2	0	10
01/23/16	Pull Up	3	0	9
01/23/16	Pull Up	4	0	7
01/23/16	Pull Up	5	0	7
01/23/16	Shoulder Press (Machine)	1	90	15
01/23/16	Shoulder Press (Machine)	2	90	14
01/23/16	Bench Press (Machine)	1	100	14
01/23/16	Bench Press (Machine)	2	100	11
01/23/16	Seated Row (Custom)	1	120	17
01/23/16	Seated Row (Custom)	2	120	17
01/23/16	Squat (Machine)	1	305	31
01/23/16	Squat (Machine)	2	305	31
01/23/16	Tricep Extension	1	95	15
01/23/16	Tricep Extension	2	95	16
01/23/16	Kettle bell swings	1	50	30
01/23/16	Kettle bell swings	2	50	30
01/30/16	Pull Up	1	0	9
01/30/16	Pull Up	2	0	6
01/30/16	Pull Up	3	0	8
01/30/16	Pull Up	4	0	8
01/30/16	Pull Up	5	0	7
01/30/16	Shoulder Press (Machine)	1	85	10
01/30/16	Shoulder Press (Machine)	2	85	9

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
01/30/16	Bench Press (Machine)	1	130	11
01/30/16	Bench Press (Machine)	2	130	10
01/30/16	Seated Row (Custom)	1	120	20
01/30/16	Seated Row (Custom)	2	120	20
01/30/16	Squat (Machine)	1	300	11
01/30/16	Squat (Machine)	2	310	30
01/30/16	Squat (Machine)	3	305	30
01/30/16	Tricep Extension	1	50	10
01/30/16	Tricep Extension	2	50	10
01/30/16	Kettle bell swings	1	53	30
02/05/16	Pull Up	1	0	13
02/05/16	Pull Up	2	0	8
02/05/16	Pull Up	3	0	9
02/05/16	Pull Up	4	0	7
02/05/16	Pull Up	5	0	7
02/05/16	Shoulder Press (Machine)	1	85	15
02/05/16	Shoulder Press (Machine)	2	90	15
02/05/16	Bench Press (Machine)	1	110	12
02/05/16	Bench Press (Machine)	2	110	10
02/05/16	Seated Row (Custom)	1	130	11
02/05/16	Seated Row (Custom)	2	120	11
02/05/16	Squat	1	135	10
02/05/16	Squat	2	135	10
02/05/16	Deadlift	1	135	10
02/05/16	Deadlift	2	135	10
02/05/16	Tricep Extension	1	95	16
02/05/16	Tricep Extension	2	95	14
02/05/16	Kettle bell swings	1	50	40
02/05/16	Kettle bell swings	2	50	40
02/13/16	Pull Up	1	0	12
02/13/16	Pull Up	2	0	8
02/13/16	Pull Up	3	0	9
02/13/16	Pull Up	4	0	7
02/13/16	Pull Up	5	0	7
02/13/16	Shoulder Press (Machine)	1	90	11
02/13/16	Shoulder Press (Machine)	2	90	12
02/13/16	Bench Press (Machine)	1	110	13
02/13/16	Bench Press (Machine)	2	110	10
02/13/16	Squat	1	135	10
02/13/16	Squat	2	135	10
02/13/16	Seated Row (Custom)	1	120	18
02/13/16	Seated Row (Custom)	2	120	10
02/13/16	Deadlift	1	135	10
02/13/16	Deadlift	2	135	10
02/13/16	Tricep Extension	1	95	16
02/13/16	Tricep Extension	2	95	16
02/13/16	Kettle bell swings	1	50	40

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
02/13/16	Kettle bell swings	2	50	40
02/13/16	Face Pulls	1	30	10
02/13/16	Face Pulls	2	30	10
02/19/16	Pull Up	1	0	13
02/19/16	Pull Up	2	0	5
02/19/16	Pull Up	3	0	10
02/19/16	Pull Up	4	0	7
02/19/16	Pull Up	5	0	7
02/19/16	Shoulder Press (Machine)	1	90	15
02/19/16	Shoulder Press (Machine)	2	90	15
02/19/16	Squat	1	135	10
02/19/16	Squat	2	135	10
02/19/16	Bench Press (Machine)	1	110	14
02/19/16	Bench Press (Machine)	2	110	12
02/19/16	Seated Row (Custom)	1	110	17
02/19/16	Seated Row (Custom)	2	110	16
02/19/16	Deadlift	1	135	10
02/19/16	Deadlift	2	135	10
02/19/16	Tricep Extension	1	100	16
02/19/16	Tricep Extension	2	100	17
02/19/16	Kettle bell swings	1	50	40
02/19/16	Kettle bell swings	2	50	40
02/19/16	Face Pulls	1	30	10
02/19/16	Face Pulls	2	30	11
02/27/16	Pull Up	1	0	13
02/27/16	Pull Up	2	0	8
02/27/16	Pull Up	3	0	10
02/27/16	Pull Up	4	0	9
02/27/16	Pull Up	5	0	8
02/27/16	Shoulder Press (Machine)	1	95	15
02/27/16	Shoulder Press (Machine)	2	95	13
02/27/16	Bench Press (Machine)	1	120	10
02/27/16	Bench Press (Machine)	2	120	8
02/27/16	Squat	1	10	10
02/27/16	Squat	2	45	10
02/27/16	Squat	3	95	10
02/27/16	Squat	4	95	10
02/27/16	Seated Row (Custom)	1	110	19
02/27/16	Seated Row (Custom)	2	110	12
02/27/16	Romanian Deadlift	1	135	10
02/27/16	Romanian Deadlift	2	135	10
02/27/16	Tricep Extension	1	100	18
02/27/16	Tricep Extension	2	100	16
02/27/16	Kettle bell swings	1	50	50
02/27/16	Kettle bell swings	2	50	50
02/27/16	Face Pulls	1	30	15
02/27/16	Face Pulls	2	30	15

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
03/04/16	Pull Up	1	0	9
03/04/16	Pull Up	2	0	8
03/04/16	Pull Up	3	0	4
03/04/16	Pull Up	4	0	4
03/04/16	Pull Up	5	0	4
03/04/16	Shoulder Press (Machine)	1	100	10
03/04/16	Shoulder Press (Machine)	2	85	10
03/04/16	Shoulder Press (Machine)	3	85	7
03/04/16	Bench Press (Machine)	1	120	10
03/04/16	Bench Press (Machine)	2	120	9
03/04/16	Bench Press (Machine)	3	120	8
03/04/16	Squat	1	45	10
03/04/16	Squat	2	95	10
03/04/16	Squat	3	95	10
03/04/16	Squat	4	95	10
03/04/16	Squat	5	95	11
03/04/16	Seated Row (Custom)	1	105	15
03/04/16	Seated Row (Custom)	2	85	20
03/04/16	Seated Row (Custom)	3	85	21
03/04/16	Deadlift	1	135	10
03/04/16	Deadlift	2	135	10
03/04/16	Deadlift	3	135	10
03/04/16	Tricep Extension	1	50	12
03/04/16	Tricep Extension	2	50	12
03/04/16	Tricep Extension	3	50	12
03/04/16	Kettle bell swings	1	50	50
03/04/16	Kettle bell swings	2	50	50
03/04/16	Kettle bell swings	3	50	50
03/04/16	Face Pulls	1	30	18
03/04/16	Face Pulls	2	30	15
03/04/16	Face Pulls	3	30	15
03/12/16	Pull Up	1	0	10
03/12/16	Pull Up	2	0	10
03/12/16	Pull Up	3	0	7
03/12/16	Pull Up	4	0	7
03/12/16	Pull Up	5	0	5
03/12/16	Shoulder Press (Machine)	1	60	11
03/12/16	Shoulder Press (Machine)	2	60	11
03/12/16	Shoulder Press (Machine)	3	60	11
03/12/16	Bench Press (Machine)	1	120	10
03/12/16	Bench Press (Machine)	2	120	6
03/12/16	Bench Press (Machine)	3	110	10
03/12/16	Squat	1	45	10
03/12/16	Squat	2	95	10
03/12/16	Squat	3	95	10
03/12/16	Squat	4	95	10
03/12/16	Squat	5	95	11

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
03/12/16	Seated Row (Custom)	1	100	16
03/12/16	Seated Row (Custom)	2	100	15
03/12/16	Seated Row (Custom)	3	100	12
03/12/16	Deadlift	1	140	10
03/12/16	Deadlift	2	140	10
03/12/16	Deadlift	3	160	10
03/12/16	Tricep Extension	1	88	10
03/12/16	Tricep Extension	2	88	9
03/12/16	Tricep Extension	3	88	9
03/12/16	Kettle bell swings	1	50	50
03/12/16	Kettle bell swings	2	50	50
03/12/16	Kettle bell swings	3	50	50
03/12/16	Face Pulls	1	25	40
03/12/16	Face Pulls	2	25	40
03/12/16	Face Pulls	3	25	40
03/19/16	Pull Up	1	0	12
03/19/16	Pull Up	2	0	9
03/19/16	Pull Up	3	0	8
03/19/16	Pull Up	4	0	8
03/19/16	Pull Up	5	0	7
03/19/16	Shoulder Press (Machine)	1	95	15
03/19/16	Shoulder Press (Machine)	2	95	13
03/19/16	Shoulder Press (Machine)	3	95	11
03/19/16	Squat	1	45	10
03/19/16	Squat	2	95	10
03/19/16	Squat	3	115	10
03/19/16	Squat	4	95	10
03/19/16	Bench Press (Machine)	1	120	10
03/19/16	Bench Press (Machine)	2	120	10
03/19/16	Bench Press (Machine)	3	120	9
03/19/16	Seated Row (Custom)	1	110	19
03/19/16	Seated Row (Custom)	2	110	12
03/19/16	Seated Row (Custom)	3	80	15
03/19/16	Deadlift	1	135	10
03/19/16	Deadlift	2	135	10
03/19/16	Deadlift	3	135	11
03/19/16	Tricep Extension	1	100	16
03/19/16	Tricep Extension	2	100	14
03/19/16	Tricep Extension	3	100	12
03/19/16	Kettle bell swings	1	50	55
03/19/16	Kettle bell swings	2	50	55
03/19/16	Kettle bell swings	3	50	55
03/19/16	Face Pulls	1	30	20
03/19/16	Face Pulls	2	30	30
03/19/16	Face Pulls	3	30	35
03/26/16	Pull Up	1	0	8
03/26/16	Pull Up	2	0	6

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
03/26/16	Pull Up	3	0	5
03/26/16	Shoulder Press (Machine)	1	105	14
03/26/16	Shoulder Press (Machine)	2	105	15
03/26/16	Shoulder Press (Machine)	3	105	16
03/26/16	Bench Press (Machine)	1	120	11
03/26/16	Bench Press (Machine)	2	120	10
03/26/16	Bench Press (Machine)	3	120	9
03/26/16	Squat	1	45	10
03/26/16	Squat	2	95	10
03/26/16	Squat	3	115	10
03/26/16	Squat	4	95	10
03/26/16	Squat	5	95	12
03/26/16	Seated Row (Custom)	1	90	25
03/26/16	Seated Row (Custom)	2	105	20
03/26/16	Seated Row (Custom)	3	90	20
03/26/16	Deadlift	1	135	10
03/26/16	Deadlift	2	200	5
03/26/16	Deadlift	3	200	5
03/26/16	Tricep Extension	1	50	11
03/26/16	Tricep Extension	2	50	10
03/26/16	Tricep Extension	3	50	10
03/26/16	Kettle bell swings	1	62	50
03/26/16	Kettle bell swings	2	62	50
03/26/16	Kettle bell swings	3	62	50
03/26/16	Face Pulls	1	105	15
03/26/16	Face Pulls	2	30	30
03/26/16	Face Pulls	3	30	30
04/03/16	Pull Up	1	0	10
04/03/16	Pull Up	2	0	9
04/03/16	Pull Up	3	0	8
04/03/16	Pull Up	4	0	6
04/03/16	Pull Up	5	0	5
04/03/16	Shoulder Press (Machine)	1	80	6
04/03/16	Shoulder Press (Machine)	2	60	12
04/03/16	Shoulder Press (Machine)	3	60	12
04/03/16	Bench Press (Machine)	1	90	9
04/03/16	Bench Press (Machine)	2	90	10
04/03/16	Bench Press (Machine)	3	90	10
04/03/16	Squat	1	45	10
04/03/16	Squat	2	135	10
04/03/16	Squat	3	115	10
04/03/16	Squat	4	115	12
04/03/16	Squat	5	95	12
04/03/16	Seated Row (Custom)	1	110	15
04/03/16	Seated Row (Custom)	2	90	15
04/03/16	Seated Row (Custom)	3	55	30
04/03/16	Deadlift	1	135	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
04/03/16	Deadlift	2	135	10
04/03/16	Deadlift	3	135	12
04/03/16	Tricep Extension	1	50	12
04/03/16	Tricep Extension	2	50	10
04/03/16	Tricep Extension	3	42.5	14
04/03/16	Kettle bell swings	1	65	50
04/03/16	Kettle bell swings	2	65	50
04/03/16	Kettle bell swings	3	60	50
04/03/16	Face Pulls	1	30	25
04/03/16	Face Pulls	2	27.5	15
04/03/16	Face Pulls	3	27.5	20
04/09/16	Pull Up	1	0	13
04/09/16	Pull Up	2	0	10
04/09/16	Pull Up	3	0	9
04/09/16	Pull Up	4	0	7
04/09/16	Pull Up	5	0	7
04/09/16	Shoulder Press (Machine)	1	95	15
04/09/16	Shoulder Press (Machine)	2	95	14
04/09/16	Shoulder Press (Machine)	3	95	13
04/09/16	Bench Press (Machine)	1	120	11
04/09/16	Bench Press (Machine)	2	120	10
04/09/16	Bench Press (Machine)	3	120	9
04/09/16	Squat	1	45	10
04/09/16	Squat	2	135	10
04/09/16	Squat	3	115	10
04/09/16	Squat	4	115	11
04/09/16	Squat	5	95	11
04/09/16	Seated Row (Custom)	1	100	25
04/09/16	Seated Row (Custom)	2	110	14
04/09/16	Seated Row (Custom)	3	90	15
04/09/16	Deadlift	1	135	10
04/09/16	Deadlift	2	185	5
04/09/16	Deadlift	3	185	5
04/09/16	Tricep Extension	1	100	17
04/09/16	Tricep Extension	2	100	17
04/09/16	Tricep Extension	3	100	15
04/09/16	Kettle bell swings	1	60	55
04/09/16	Kettle bell swings	2	60	55
04/09/16	Kettle bell swings	3	60	55
04/09/16	Face Pulls	1	30	25
04/09/16	Face Pulls	2	30	35
04/09/16	Face Pulls	3	30	35
04/17/16	Pull Up	1	0	10
04/17/16	Pull Up	2	0	9
04/17/16	Pull Up	3	0	6
04/17/16	Pull Up	4	0	6
04/17/16	Pull Up	5	0	4

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
04/17/16	Shoulder Press (Machine)	1	70	11
04/17/16	Shoulder Press (Machine)	2	70	10
04/17/16	Shoulder Press (Machine)	3	70	11
04/17/16	Bench Press (Machine)	1	120	10
04/17/16	Bench Press (Machine)	2	120	9
04/17/16	Bench Press (Machine)	3	120	6
04/17/16	Bench Press (Machine)	4	120	4
04/17/16	Squat	1	45	15
04/17/16	Squat	2	135	10
04/17/16	Squat	3	135	10
04/17/16	Squat	4	135	10
04/17/16	Squat	5	115	12
04/17/16	Seated Row (Custom)	1	100	20
04/17/16	Seated Row (Custom)	2	100	20
04/17/16	Seated Row (Custom)	3	85	25
04/17/16	Deadlift	1	135	10
04/17/16	Deadlift	2	225	3
04/17/16	Deadlift	3	225	3
04/17/16	Tricep Extension	1	50	13
04/17/16	Tricep Extension	2	50	12
04/17/16	Tricep Extension	3	40	12
04/17/16	Kettle bell swings	1	60	55
04/17/16	Kettle bell swings	2	60	55
04/17/16	Kettle bell swings	3	60	55
04/17/16	Face Pulls	1	30	35
04/17/16	Face Pulls	2	30	25
04/17/16	Face Pulls	3	30	30
04/24/16	Pull Up	1	0	11
04/24/16	Pull Up	2	0	10
04/24/16	Pull Up	3	0	7
04/24/16	Pull Up	4	0	7
04/24/16	Pull Up	5	168	5
04/24/16	Shoulder Press (Machine)	1	70	13
04/24/16	Shoulder Press (Machine)	2	70	12
04/24/16	Shoulder Press (Machine)	3	70	11
04/24/16	Bench Press (Machine)	1	45	10
04/24/16	Bench Press (Machine)	2	120	10
04/24/16	Bench Press (Machine)	3	100	10
04/24/16	Bench Press (Machine)	4	100	10
04/24/16	Squat	1	45	10
04/24/16	Squat	2	135	10
04/24/16	Squat	3	135	10
04/24/16	Squat	4	135	10
04/24/16	Squat	5	115	14
04/24/16	Seated Row (Custom)	1	100	25
04/24/16	Seated Row (Custom)	2	100	20
04/24/16	Seated Row (Custom)	3	85	20

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
04/24/16	Deadlift	1	135	10
04/24/16	Deadlift	2	225	3
04/24/16	Deadlift	3	225	3
04/24/16	Tricep Extension	1	50	25
04/24/16	Tricep Extension	2	50	12
04/24/16	Tricep Extension	3	40	15
04/24/16	Kettle bell swings	1	60	60
04/24/16	Kettle bell swings	2	60	60
04/24/16	Kettle bell swings	3	60	60
04/24/16	Face Pulls	1	30	30
04/24/16	Face Pulls	2	30	30
04/24/16	Bent Over Row	1	45	10
04/24/16	Bent Over Row	2	100	10
04/24/16	Bent Over Row	3	75	10
04/29/16	Pull Up	1	0	6
04/29/16	Pull Up	2	0	5
04/29/16	Pull Up	3	0	8
04/29/16	Pull Up	4	0	9
04/29/16	Pull Up	5	0	6
04/29/16	Shoulder Press (Machine)	1	70	14
04/29/16	Shoulder Press (Machine)	2	70	12
04/29/16	Shoulder Press (Machine)	3	70	12
04/29/16	Bench Press (Machine)	1	45	15
04/29/16	Bench Press (Machine)	2	95	10
04/29/16	Bench Press (Machine)	3	95	10
04/29/16	Bench Press (Machine)	4	95	10
04/29/16	Squat	1	45	15
04/29/16	Squat	2	135	10
04/29/16	Squat	3	135	10
04/29/16	Squat	4	135	10
04/29/16	Squat	5	115	12
04/29/16	Bent Over Row	1	45	15
04/29/16	Bent Over Row	2	65	10
04/29/16	Bent Over Row	3	45	15
04/29/16	Deadlift	1	135	10
04/29/16	Deadlift	2	225	3
04/29/16	Deadlift	3	225	4
04/29/16	Tricep Extension	1	50	15
04/29/16	Tricep Extension	2	50	14
04/29/16	Tricep Extension	3	50	13
04/29/16	Kettle bell swings	1	60	60
04/29/16	Kettle bell swings	2	60	60
04/29/16	Kettle bell swings	3	60	60
04/29/16	Face Pulls	1	30	35
04/29/16	Face Pulls	2	30	30
04/29/16	Face Pulls	3	30	30
05/04/16	Pull Up	1	0	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
05/04/16	Pull Up	2	0	10
05/04/16	Pull Up	3	0	8
05/04/16	Pull Up	4	0	8
05/04/16	Pull Up	5	168	7
05/04/16	Shoulder Press (Machine)	1	75	9
05/04/16	Shoulder Press (Machine)	2	75	8
05/04/16	Shoulder Press (Machine)	3	75	8
05/04/16	Bench Press (Machine)	1	65	15
05/04/16	Bench Press (Machine)	2	95	10
05/04/16	Bench Press (Machine)	3	95	12
05/04/16	Squat	1	45	15
05/04/16	Squat	2	145	10
05/04/16	Squat	3	145	10
05/04/16	Squat	4	135	11
05/04/16	Squat	5	115	12
05/04/16	Bent Over Row	1	45	15
05/04/16	Bent Over Row	2	65	10
05/04/16	Bent Over Row	3	65	12
05/04/16	Deadlift	1	135	10
05/04/16	Deadlift	2	225	3
05/04/16	Deadlift	3	225	3
05/04/16	Tricep Extension	1	50	17
05/04/16	Tricep Extension	2	50	14
05/04/16	Tricep Extension	3	50	12
05/04/16	Kettle bell swings	1	60	65
05/04/16	Kettle bell swings	2	60	65
05/04/16	Kettle bell swings	3	60	65
05/04/16	Face Pulls	1	30	35
05/04/16	Face Pulls	2	30	30
05/04/16	Face Pulls	3	30	30
05/13/16	Pull Up	1	0	11
05/13/16	Pull Up	2	0	8
05/13/16	Pull Up	3	0	8
05/13/16	Pull Up	4	0	8
05/13/16	Pull Up	5	0	7
05/13/16	Shoulder Press (Machine)	1	75	10
05/13/16	Shoulder Press (Machine)	2	75	8
05/13/16	Shoulder Press (Machine)	3	75	8
05/13/16	Bench Press (Machine)	1	65	15
05/13/16	Bench Press (Machine)	2	100	10
05/13/16	Bench Press (Machine)	3	100	10
05/13/16	Bent Over Row	1	45	15
05/13/16	Bent Over Row	2	65	10
05/13/16	Bent Over Row	3	65	12
05/13/16	Squat	1	45	15
05/13/16	Squat	2	145	10
05/13/16	Squat	3	145	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
05/13/16	Squat	4	135	10
05/13/16	Squat	5	115	12
05/13/16	Deadlift	1	135	10
05/13/16	Deadlift	2	185	6
05/13/16	Deadlift	3	225	4
05/13/16	Tricep Extension	1	50	17
05/13/16	Tricep Extension	2	50	14
05/13/16	Tricep Extension	3	50	14
05/13/16	Kettle bell swings	1	60	65
05/13/16	Kettle bell swings	2	60	65
05/13/16	Kettle bell swings	3	60	65
05/13/16	Face Pulls	1	40	25
05/13/16	Face Pulls	2	40	25
05/13/16	Face Pulls	3	40	20
05/21/16	Pull Up	1	0	13
05/21/16	Pull Up	2	0	11
05/21/16	Pull Up	3	0	10
05/21/16	Pull Up	4	0	9
05/21/16	Pull Up	5	0	7
05/21/16	Squat	1	45	15
05/21/16	Squat	2	155	10
05/21/16	Squat	3	145	10
05/21/16	Squat	4	135	10
05/21/16	Squat	5	115	12
05/21/16	Shoulder Press (Machine)	1	100	15
05/21/16	Shoulder Press (Machine)	2	100	13
05/21/16	Shoulder Press (Machine)	3	100	12
05/21/16	Deadlift	1	135	12
05/21/16	Deadlift	2	185	6
05/21/16	Deadlift	3	185	6
05/21/16	Bench Press (Machine)	1	120	11
05/21/16	Bench Press (Machine)	2	120	9
05/21/16	Bench Press (Machine)	3	110	11
05/21/16	Bent Over Row	1	45	15
05/21/16	Bent Over Row	2	65	12
05/21/16	Bent Over Row	3	65	15
05/21/16	Tricep Extension	1	100	18
05/21/16	Tricep Extension	2	100	18
05/21/16	Tricep Extension	3	100	15
05/21/16	Kettle bell swings	1	60	70
05/21/16	Kettle bell swings	2	60	70
05/21/16	Kettle bell swings	3	60	70
05/21/16	Face Pulls	1	40	35
05/21/16	Face Pulls	2	40	35
05/21/16	Face Pulls	3	40	35
05/26/16	Pull Up	1	0	6
05/26/16	Pull Up	2	200	1

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
05/26/16	Pull Up	3	220	1
05/26/16	Squat	1	45	15
05/26/16	Squat	2	315	1
05/26/16	Squat	3	395	1
05/26/16	Shoulder Press (Machine)	1	100	2
05/26/16	Shoulder Press (Machine)	2	75	11
05/26/16	Shoulder Press (Machine)	3	75	10
05/26/16	Deadlift	1	135	10
05/26/16	Deadlift	2	315	1
05/26/16	Deadlift	3	315	1
05/26/16	Bench Press (Machine)	1	65	10
05/26/16	Bench Press (Machine)	2	225	1
05/26/16	Bench Press (Machine)	3	275	1
05/26/16	Bent Over Row	1	45	15
05/26/16	Bent Over Row	2	75	10
05/26/16	Bent Over Row	3	75	10
05/26/16	Tricep Extension	1	50	10
05/26/16	Tricep Extension	2	50	10
05/26/16	Tricep Extension	3	50	10
05/26/16	Kettle bell swings	1	60	70
05/26/16	Kettle bell swings	2	60	70
05/26/16	Kettle bell swings	3	60	70
05/26/16	Face Pulls	1	40	35
05/26/16	Face Pulls	2	40	35
05/26/16	Face Pulls	3	40	40
06/02/16	Pull Up	1	0	6
06/02/16	Pull Up	2	250	1
06/02/16	Pull Up	3	250	1
06/02/16	Squat	1	45	15
06/02/16	Squat	2	495.01	1
06/02/16	Squat	3	630.01	1
06/02/16	Squat	4	630.01	1
06/02/16	Shoulder Press (Machine)	1	100	3
06/02/16	Shoulder Press (Machine)	2	75	10
06/02/16	Shoulder Press (Machine)	3	75	10
06/02/16	Deadlift	1	135	10
06/02/16	Deadlift	2	365	1
06/02/16	Bench Press (Machine)	1	65	10
06/02/16	Bench Press (Machine)	2	275	1
06/02/16	Bench Press (Machine)	3	275	1
06/02/16	Bent Over Row	1	45	15
06/02/16	Bent Over Row	2	75	10
06/02/16	Bent Over Row	3	75	12
06/02/16	Tricep Extension	1	50	10
06/02/16	Tricep Extension	2	50	10
06/02/16	Tricep Extension	3	50	10
06/02/16	Kettle bell swings	1	60	75

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
06/02/16	Kettle bell swings	2	60	75
06/02/16	Kettle bell swings	3	60	75
06/02/16	Face Pulls	1	40	35
06/02/16	Face Pulls	2	50	25
06/02/16	Face Pulls	3	50	25
06/11/16	Pull Up	1	0	6
06/11/16	Pull Up	2	265	1
06/11/16	Pull Up	3	265	1
06/11/16	Squat	1	45	15
06/11/16	Squat	2	720.01	1
06/11/16	Squat	3	990.01	1
06/11/16	Shoulder Press (Machine)	1	105	4
06/11/16	Shoulder Press (Machine)	2	75	12
06/11/16	Shoulder Press (Machine)	3	75	13
06/11/16	Deadlift	1	135	10
06/11/16	Deadlift	2	315	1
06/11/16	Deadlift	3	275	1
06/11/16	Deadlift	4	315	1
06/11/16	Bench Press (Machine)	1	65	10
06/11/16	Bench Press (Machine)	2	315	1
06/11/16	Bench Press (Machine)	3	225	1
06/11/16	Bent Over Row	1	45	15
06/11/16	Bent Over Row	2	75	12
06/11/16	Bent Over Row	3	75	12
06/11/16	Tricep Extension	1	45	15
06/11/16	Tricep Extension	2	55	10
06/11/16	Tricep Extension	3	55	10
06/11/16	Kettle bell swings	1	62	75
06/11/16	Face Pulls	1	45	25
06/11/16	Face Pulls	2	60	25
06/11/16	Face Pulls	3	77	25
06/18/16	Pull Up	1	0	11
06/18/16	Pull Up	2	0	9
06/18/16	Pull Up	3	0	10
06/18/16	Pull Up	4	0	8
06/18/16	Pull Up	5	0	6
06/18/16	Squat	1	45	15
06/18/16	Squat	2	155	12
06/18/16	Squat	3	155	8
06/18/16	Squat	4	135	10
06/18/16	Squat	5	115	10
06/18/16	Shoulder Press (Machine)	1	75	10
06/18/16	Shoulder Press (Machine)	2	75	10
06/18/16	Shoulder Press (Machine)	3	75	10
06/18/16	Deadlift	1	135	10
06/18/16	Deadlift	2	225	6
06/18/16	Deadlift	3	185	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
06/18/16	Bench Press (Machine)	1	65	10
06/18/16	Bench Press (Machine)	2	100	13
06/18/16	Bench Press (Machine)	3	95	11
06/18/16	Bent Over Row	1	45	15
06/18/16	Bent Over Row	2	85	10
06/18/16	Bent Over Row	3	85	10
06/18/16	Tricep Extension	1	50	10
06/18/16	Tricep Extension	2	50	12
06/18/16	Tricep Extension	3	50	14
06/18/16	Kettle bell swings	1	60	75
06/18/16	Face Pulls	1	50	30
06/18/16	Face Pulls	2	40	25
06/18/16	Face Pulls	3	40	25
06/25/16	Pull Up	1	0	11
06/25/16	Pull Up	2	0	10
06/25/16	Pull Up	3	0	9
06/25/16	Pull Up	4	0	6
06/25/16	Pull Up	5	0	8
06/25/16	Squat	1	45	15
06/25/16	Squat	2	155	10
06/25/16	Squat	3	155	10
06/25/16	Squat	4	135	11
06/25/16	Squat	5	115	12
06/25/16	Shoulder Press (Machine)	1	75	11
06/25/16	Shoulder Press (Machine)	2	75	11
06/25/16	Shoulder Press (Machine)	3	75	10
06/25/16	Deadlift	1	135	10
06/25/16	Deadlift	2	225	10
06/25/16	Deadlift	3	185	10
06/25/16	Bench Press (Machine)	1	65	12
06/25/16	Bench Press (Machine)	2	115	8
06/25/16	Bench Press (Machine)	3	105	8
06/25/16	Bent Over Row	1	45	15
06/25/16	Bent Over Row	2	85	11
06/25/16	Bent Over Row	3	85	11
06/25/16	Tricep Extension	1	50	12
06/25/16	Tricep Extension	2	50	16
06/25/16	Tricep Extension	3	50	14
06/25/16	Kettle bell swings	1	60	75
06/25/16	Kettle bell swings	2	60	75
06/25/16	Kettle bell swings	3	60	60
06/25/16	Face Pulls	1	50	30
06/25/16	Face Pulls	2	50	30
06/25/16	Face Pulls	3	60	30
07/02/16	Pull Up	1	0	12
07/02/16	Pull Up	2	0	10
07/02/16	Pull Up	3	0	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
07/02/16	Pull Up	4	0	9
07/02/16	Pull Up	5	0	6
07/02/16	Squat	1	45	15
07/02/16	Squat	2	165	10
07/02/16	Squat	3	155	10
07/02/16	Squat	4	135	10
07/02/16	Squat	5	115	12
07/02/16	Shoulder Press (Machine)	1	75	12
07/02/16	Shoulder Press (Machine)	2	75	11
07/02/16	Shoulder Press (Machine)	3	75	11
07/02/16	Deadlift	1	135	12
07/02/16	Deadlift	2	225	10
07/02/16	Deadlift	3	225	9
07/02/16	Bench Press (Machine)	1	65	12
07/02/16	Bench Press (Machine)	2	115	9
07/02/16	Bench Press (Machine)	3	105	9
07/02/16	Bent Over Row	1	45	15
07/02/16	Bent Over Row	2	95	10
07/02/16	Bent Over Row	3	85	11
07/02/16	Tricep Extension	1	50	16
07/02/16	Tricep Extension	2	50	14
07/02/16	Tricep Extension	3	50	12
07/02/16	Kettle bell swings	1	65	75
07/02/16	Kettle bell swings	2	65	75
07/02/16	Kettle bell swings	3	65	75
07/02/16	Face Pulls	1	60	25
07/02/16	Face Pulls	2	70	20
07/02/16	Face Pulls	3	70	25
07/09/16	Pull Up	1	0	9
07/09/16	Pull Up	2	0	8
07/09/16	Pull Up	3	0	6
07/09/16	Pull Up	4	0	6
07/09/16	Pull Up	5	0	5
07/09/16	Squat	1	45	15
07/09/16	Squat	2	95	10
07/09/16	Squat	3	115	10
07/09/16	Squat	4	95	10
07/09/16	Squat	5	95	10
07/09/16	Shoulder Press (Machine)	1	85	10
07/09/16	Shoulder Press (Machine)	2	85	9
07/09/16	Shoulder Press (Machine)	3	85	8
07/09/16	Deadlift	1	185	10
07/09/16	Deadlift	2	225	7
07/09/16	Deadlift	3	225	4
07/09/16	Bench Press (Machine)	1	65	12
07/09/16	Bench Press (Machine)	2	115	10
07/09/16	Bench Press (Machine)	3	105	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
07/09/16	Bent Over Row	1	45	15
07/09/16	Bent Over Row	2	95	10
07/09/16	Bent Over Row	3	85	11
07/09/16	Tricep Extension	1	50	14
07/09/16	Tricep Extension	2	50	10
07/09/16	Tricep Extension	3	42.5	13
07/09/16	Kettle bell swings	1	62	75
07/09/16	Kettle bell swings	2	62	75
07/09/16	Kettle bell swings	3	62	75
07/09/16	Face Pulls	1	50	15
07/09/16	Back Extensions (bench)	1	168	15
07/09/16	Back Extensions (bench)	2	168	20
07/17/16	Pull Up	1	0	10
07/17/16	Pull Up	2	0	9
07/17/16	Pull Up	3	0	8
07/17/16	Pull Up	4	0	8
07/17/16	Pull Up	5	0	7
07/17/16	Squat	1	45	15
07/17/16	Squat	2	65	10
07/17/16	Squat	3	85	10
07/17/16	Squat	4	95	10
07/17/16	Squat	5	95	10
07/17/16	Shoulder Press (Machine)	1	85	11
07/17/16	Shoulder Press (Machine)	2	85	10
07/17/16	Shoulder Press (Machine)	3	85	10
07/17/16	Deadlift	1	185	5
07/17/16	Deadlift	2	185	5
07/17/16	Deadlift	3	225	5
07/17/16	Deadlift	4	225	5
07/17/16	Bench Press (Machine)	1	65	12
07/17/16	Bench Press (Machine)	2	115	11
07/17/16	Bench Press (Machine)	3	105	10
07/17/16	Bent Over Row	1	45	15
07/17/16	Bent Over Row	2	95	10
07/17/16	Bent Over Row	3	85	10
07/17/16	Tricep Extension	1	50	17
07/17/16	Tricep Extension	2	50	18
07/17/16	Tricep Extension	3	50	15
07/17/16	Kettle bell swings	1	65	75
07/17/16	Kettle bell swings	2	65	75
07/17/16	Kettle bell swings	3	65	75
07/17/16	Face Pulls	1	50	25
07/17/16	Face Pulls	2	40	25
07/17/16	Face Pulls	3	40	25
07/23/16	Pull Up	1	0	12
07/23/16	Pull Up	2	0	9
07/23/16	Pull Up	3	0	7

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
07/23/16	Pull Up	4	0	7
07/23/16	Pull Up	5	0	7
07/23/16	Squat	1	45	15
07/23/16	Squat	2	85	10
07/23/16	Squat	3	115	10
07/23/16	Squat	4	115	10
07/23/16	Squat	5	95	15
07/23/16	Shoulder Press (Machine)	1	85	12
07/23/16	Shoulder Press (Machine)	2	85	11
07/23/16	Shoulder Press (Machine)	3	85	11
07/23/16	Deadlift	1	185	4
07/23/16	Deadlift	2	205	5
07/23/16	Deadlift	3	225	5
07/23/16	Deadlift	4	245	5
07/23/16	Bench Press (Machine)	1	65	12
07/23/16	Bench Press (Machine)	2	115	10
07/23/16	Bench Press (Machine)	3	105	12
07/23/16	Bent Over Row	1	45	15
07/23/16	Bent Over Row	2	95	11
07/23/16	Bent Over Row	3	85	11
07/23/16	Tricep Extension	1	50	18
07/23/16	Tricep Extension	2	50	18
07/23/16	Tricep Extension	3	50	16
07/23/16	Kettle bell swings	1	70	75
07/23/16	Kettle bell swings	2	70	75
07/23/16	Kettle bell swings	3	70	75
07/23/16	Face Pulls	1	40	30
07/23/16	Face Pulls	2	40	25
07/23/16	Face Pulls	3	40	25
08/06/16	Pull Up	1	0	9
08/06/16	Pull Up	2	0	8
08/06/16	Pull Up	3	0	8
08/06/16	Pull Up	4	0	7
08/06/16	Pull Up	5	0	5
08/06/16	Squat	1	2	15
08/06/16	Squat	2	85	10
08/06/16	Squat	3	115	10
08/06/16	Squat	4	115	10
08/06/16	Squat	5	95	15
08/06/16	Shoulder Press (Machine)	1	85	11
08/06/16	Shoulder Press (Machine)	2	85	11
08/06/16	Shoulder Press (Machine)	3	85	10
08/06/16	Deadlift	1	185	5
08/06/16	Deadlift	2	205	5
08/06/16	Deadlift	3	225	6
08/06/16	Deadlift	4	245	5
08/06/16	Bench Press (Machine)	1	65	13

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
08/06/16	Bench Press (Machine)	2	115	10
08/06/16	Bench Press (Machine)	3	105	12
08/06/16	Bent Over Row	1	45	15
08/06/16	Bent Over Row	2	95	10
08/06/16	Bent Over Row	3	85	12
08/06/16	Tricep Extension	1	55	20
08/06/16	Tricep Extension	2	55	17
08/06/16	Tricep Extension	3	55	13
08/06/16	Kettle bell swings	1	62	75
08/06/16	Kettle bell swings	2	62	75
08/06/16	Kettle bell swings	3	62	75
08/06/16	Face Pulls	1	33	25
08/06/16	Face Pulls	2	33	30
08/06/16	Face Pulls	3	33	35
08/08/16	Pull Up	1	0	10
08/08/16	Pull Up	2	0	6
08/08/16	Pull Up	3	0	7
08/08/16	Pull Up	4	0	7
08/08/16	Pull Up	5	0	6
08/08/16	Squat	1	45	15
08/08/16	Squat	2	85	10
08/08/16	Squat	3	115	10
08/08/16	Squat	4	115	10
08/08/16	Squat	5	95	10
08/08/16	Shoulder Press (Machine)	1	85	12
08/08/16	Shoulder Press (Machine)	2	85	12
08/08/16	Shoulder Press (Machine)	3	85	11
08/08/16	Deadlift	1	185	5
08/08/16	Deadlift	2	205	5
08/08/16	Deadlift	3	225	6
08/08/16	Deadlift	4	245	6
08/08/16	Bench Press (Machine)	1	85	12
08/08/16	Bench Press (Machine)	2	115	10
08/08/16	Bench Press (Machine)	3	105	10
08/08/16	Bent Over Row	1	45	15
08/08/16	Bent Over Row	2	95	10
08/08/16	Bent Over Row	3	85	11
08/08/16	Tricep Extension	1	50	17
08/08/16	Tricep Extension	2	50	16
08/08/16	Tricep Extension	3	50	12
08/08/16	Kettle bell swings	1	70	75
08/08/16	Face Pulls	1	40	30
08/08/16	Face Pulls	2	40	30
08/08/16	Face Pulls	3	40	35
08/14/16	Pull Up	1	0	11
08/14/16	Pull Up	2	0	9
08/14/16	Pull Up	3	0	9

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
08/14/16	Pull Up	4	0	7
08/14/16	Squat	1	45	15
08/14/16	Squat	2	85	10
08/14/16	Squat	3	135	10
08/14/16	Squat	4	135	10
08/14/16	Shoulder Press (Machine)	1	85	13
08/14/16	Shoulder Press (Machine)	2	85	13
08/14/16	Deadlift	1	45	15
08/14/16	Deadlift	2	135	10
08/14/16	Deadlift	3	225	5
08/14/16	Deadlift	4	275	5
08/14/16	Bench Press (Machine)	1	85	13
08/14/16	Bench Press (Machine)	2	125	10
08/14/16	Bent Over Row	1	45	15
08/14/16	Bent Over Row	2	95	10
08/14/16	Tricep Extension	1	50	16
08/14/16	Tricep Extension	2	50	15
08/14/16	Kettle bell swings	1	70	75
08/14/16	Kettle bell swings	2	85	50
08/14/16	Face Pulls	1	40	40
08/14/16	Face Pulls	2	50	40
08/20/16	Pull Up	1	0	10
08/20/16	Pull Up	2	0	10
08/20/16	Pull Up	3	0	9
08/20/16	Pull Up	4	0	9
08/20/16	Pull Up	5	0	7
08/20/16	Squat	1	45	15
08/20/16	Squat	2	95	10
08/20/16	Squat	3	135	10
08/20/16	Squat	4	135	11
08/20/16	Squat	5	115	10
08/20/16	Shoulder Press (Machine)	1	85	13
08/20/16	Shoulder Press (Machine)	2	85	13
08/20/16	Shoulder Press (Machine)	3	85	12
08/20/16	Deadlift	1	85	10
08/20/16	Deadlift	2	185	5
08/20/16	Deadlift	3	225	5
08/20/16	Deadlift	4	255	5
08/20/16	Bench Press (Machine)	1	85	12
08/20/16	Bench Press (Machine)	2	125	10
08/20/16	Bench Press (Machine)	3	105	10
08/20/16	Bent Over Row	1	45	15
08/20/16	Bent Over Row	2	95	10
08/20/16	Bent Over Row	3	85	10
08/20/16	Tricep Extension	1	50	17
08/20/16	Tricep Extension	2	50	15
08/20/16	Tricep Extension	3	50	13

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
08/20/16	Kettle bell swings	1	85	50
08/20/16	Kettle bell swings	2	85	50
08/20/16	Kettle bell swings	3	85	50
08/20/16	Face Pulls	1	50	30
08/20/16	Face Pulls	2	50	40
08/20/16	Face Pulls	3	50	45
09/05/16	Pull Up	1	0	10
09/05/16	Pull Up	2	0	8
09/05/16	Pull Up	3	0	6
09/05/16	Pull Up	4	0	5
09/05/16	Squat	1	45	15
09/05/16	Squat	2	95	10
09/05/16	Squat	3	135	10
09/05/16	Squat	4	135	10
09/05/16	Shoulder Press (Machine)	1	105	4
09/05/16	Shoulder Press (Machine)	2	85	10
09/05/16	Shoulder Press (Machine)	3	85	10
09/05/16	Shoulder Press (Machine)	4	85	7
09/05/16	Deadlift	1	185	10
09/05/16	Deadlift	2	225	5
09/05/16	Deadlift	3	225	5
09/05/16	Deadlift	4	255	5
09/05/16	Bench Press (Machine)	1	85	12
09/05/16	Bench Press (Machine)	2	125	9
09/05/16	Bench Press (Machine)	3	105	12
09/05/16	Bent Over Row	1	45	15
09/05/16	Bent Over Row	2	95	10
09/05/16	Bent Over Row	3	85	12
09/05/16	Tricep Extension	1	50	10
09/05/16	Tricep Extension	2	35	20
09/05/16	Tricep Extension	3	42.5	12
09/05/16	Kettle bell swings	1	53	75
09/05/16	Kettle bell swings	2	53	50
09/05/16	Kettle bell swings	3	53	60
09/05/16	Face Pulls	1	30	30
09/05/16	Face Pulls	2	35	35
09/05/16	Face Pulls	3	35	40
09/18/16	Pull Up	1	0	11
09/18/16	Pull Up	2	0	9
09/18/16	Pull Up	3	0	9
09/18/16	Pull Up	4	0	7
09/18/16	Pull Up	5	0	7
09/18/16	Squat	1	45	15
09/18/16	Squat	2	95	10
09/18/16	Squat	3	135	10
09/18/16	Squat	4	135	10
09/18/16	Squat	5	115	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
09/18/16	Shoulder Press (Machine)	1	85	11
09/18/16	Shoulder Press (Machine)	2	85	10
09/18/16	Shoulder Press (Machine)	3	85	11
09/18/16	Deadlift	1	135	10
09/18/16	Deadlift	2	225	7
09/18/16	Deadlift	3	225	7
09/18/16	Bench Press (Machine)	1	85	10
09/18/16	Bench Press (Machine)	2	120	9
09/18/16	Bench Press (Machine)	3	105	10
09/18/16	Bent Over Row	1	45	16
09/18/16	Bent Over Row	2	95	10
09/18/16	Bent Over Row	3	85	10
09/18/16	Tricep Extension	1	50	15
09/18/16	Tricep Extension	2	50	12
09/18/16	Kettle bell swings	1	85	35
09/18/16	Kettle bell swings	2	85	35
09/18/16	Kettle bell swings	3	85	25
09/18/16	Face Pulls	1	50	30
09/18/16	Face Pulls	2	50	40
09/18/16	Face Pulls	3	60	25
09/18/16	Tricep Dip	1	168	4
09/23/16	Pull Up	1	0	12
09/23/16	Pull Up	2	0	8
09/23/16	Pull Up	3	0	9
09/23/16	Pull Up	4	0	7
09/23/16	Pull Up	5	0	8
09/23/16	Squat	1	45	15
09/23/16	Squat	2	95	10
09/23/16	Squat	3	135	10
09/23/16	Squat	4	135	10
09/23/16	Squat	5	115	10
09/23/16	Shoulder Press (Machine)	1	85	11
09/23/16	Shoulder Press (Machine)	2	85	11
09/23/16	Shoulder Press (Machine)	3	85	10
09/23/16	Deadlift	1	135	10
09/23/16	Deadlift	2	185	10
09/23/16	Deadlift	3	225	5
09/23/16	Deadlift	4	225	5
09/23/16	Bench Press (Machine)	1	85	12
09/23/16	Bench Press (Machine)	2	125	9
09/23/16	Bench Press (Machine)	3	105	10
09/23/16	Bent Over Row	1	45	16
09/23/16	Bent Over Row	2	95	11
09/23/16	Bent Over Row	3	85	10
09/23/16	Kettle bell swings	1	85	40
09/23/16	Kettle bell swings	2	85	40
09/23/16	Kettle bell swings	3	85	40

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
09/23/16	Face Pulls	1	60	40
09/23/16	Face Pulls	2	60	40
09/23/16	Face Pulls	3	60	45
09/23/16	Tricep Dip	1	0	7
09/23/16	Tricep Dip	2	0	7
09/23/16	Tricep Dip	3	0	6
09/25/16	Pull Up	1	0	10
09/25/16	Pull Up	2	0	8
09/25/16	Pull Up	3	0	9
09/25/16	Pull Up	4	0	7
09/25/16	Pull Up	5	0	7
09/25/16	Squat	1	45	15
09/25/16	Squat	2	95	10
09/25/16	Squat	3	135	10
09/25/16	Squat	4	135	10
09/25/16	Squat	5	115	12
09/25/16	Shoulder Press (Machine)	1	85	12
09/25/16	Shoulder Press (Machine)	2	85	11
09/25/16	Shoulder Press (Machine)	3	85	11
09/25/16	Deadlift	1	135	10
09/25/16	Deadlift	2	185	10
09/25/16	Deadlift	3	225	5
09/25/16	Bench Press (Machine)	1	85	12
09/25/16	Bench Press (Machine)	2	125	5
09/25/16	Bench Press (Machine)	3	125	2
09/25/16	Bench Press (Machine)	4	105	7
09/25/16	Bent Over Row	1	45	16
09/25/16	Bent Over Row	2	95	11
09/25/16	Bent Over Row	3	85	12
09/25/16	Kettle bell swings	1	85	40
09/25/16	Kettle bell swings	2	85	40
09/25/16	Kettle bell swings	3	85	40
09/25/16	Face Pulls	1	60	45
09/25/16	Face Pulls	2	60	40
09/25/16	Face Pulls	3	60	40
09/25/16	Tricep Dip	1	0	10
09/25/16	Tricep Dip	2	0	13
09/25/16	Tricep Dip	3	0	11
10/11/16	Pull Up	1	0	10
10/11/16	Pull Up	2	0	8
10/11/16	Pull Up	3	0	8
10/11/16	Pull Up	4	0	7
10/11/16	Pull Up	5	0	6
10/11/16	Squat	1	45	15
10/11/16	Squat	2	95	8
10/11/16	Squat	3	135	10
10/11/16	Squat	4	135	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
10/11/16	Squat	5	115	12
10/11/16	Shoulder Press (Machine)	1	85	10
10/11/16	Shoulder Press (Machine)	2	85	10
10/11/16	Shoulder Press (Machine)	3	85	10
10/11/16	Deadlift	1	135	10
10/11/16	Deadlift	2	185	10
10/11/16	Deadlift	3	225	5
10/11/16	Bench Press (Machine)	1	85	13
10/11/16	Bench Press (Machine)	2	125	8
10/11/16	Bench Press (Machine)	3	125	5
10/11/16	Bent Over Row	1	45	16
10/11/16	Bent Over Row	2	95	12
10/11/16	Bent Over Row	3	85	10
10/11/16	Kettle bell swings	1	70	50
10/11/16	Kettle bell swings	2	70	50
10/11/16	Kettle bell swings	3	70	50
10/11/16	Face Pulls	1	42.5	30
10/11/16	Face Pulls	2	42.5	35
10/11/16	Face Pulls	3	42.5	40
10/11/16	Tricep Dip	1	0	14
10/11/16	Tricep Dip	2	0	14
10/11/16	Tricep Dip	3	0	10
10/18/16	Pull Up	1	0	12
10/18/16	Pull Up	2	0	8
10/18/16	Pull Up	3	0	9
10/18/16	Pull Up	4	0	7
10/18/16	Pull Up	5	0	7
10/18/16	Squat	1	45	15
10/18/16	Squat	2	95	10
10/18/16	Squat	3	145	10
10/18/16	Squat	4	135	10
10/18/16	Squat	5	135	10
10/18/16	Shoulder Press (Machine)	1	85	11
10/18/16	Shoulder Press (Machine)	2	85	11
10/18/16	Shoulder Press (Machine)	3	85	9
10/18/16	Deadlift	1	135	10
10/18/16	Deadlift	2	185	10
10/18/16	Deadlift	3	225	5
10/18/16	Deadlift	4	245	5
10/18/16	Bench Press (Machine)	1	85	12
10/18/16	Bench Press (Machine)	2	125	5
10/18/16	Bench Press (Machine)	3	125	4
10/18/16	Bench Press (Machine)	4	125	5
10/18/16	Bent Over Row	1	45	15
10/18/16	Bent Over Row	2	95	9
10/18/16	Bent Over Row	3	85	10
10/18/16	Kettle bell swings	1	85	40

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
10/18/16	Kettle bell swings	2	85	40
10/18/16	Kettle bell swings	3	85	35
10/18/16	Face Pulls	1	60	40
10/18/16	Face Pulls	2	60	45
10/18/16	Face Pulls	3	60	50
10/18/16	Tricep Dip	1	0	17
10/18/16	Tricep Dip	2	0	14
10/18/16	Tricep Dip	3	0	4
10/22/16	Pull Up	1	0	10
10/22/16	Pull Up	2	168	9
10/22/16	Pull Up	3	0	8
10/22/16	Pull Up	4	0	4
10/22/16	Pull Up	5	0	6
10/22/16	Squat	1	45	15
10/22/16	Squat	2	95	10
10/22/16	Squat	3	145	10
10/22/16	Squat	4	145	10
10/22/16	Squat	5	135	10
10/22/16	Shoulder Press (Machine)	1	85	12
10/22/16	Shoulder Press (Machine)	2	85	12
10/22/16	Shoulder Press (Machine)	3	85	10
10/22/16	Deadlift	1	135	10
10/22/16	Deadlift	2	185	10
10/22/16	Deadlift	3	225	5
10/22/16	Deadlift	4	245	6
10/22/16	Bench Press (Machine)	1	85	10
10/22/16	Bench Press (Machine)	2	125	7
10/22/16	Bench Press (Machine)	3	125	4
10/22/16	Bench Press (Machine)	4	125	4
10/22/16	Bent Over Row	1	45	15
10/22/16	Bent Over Row	2	95	12
10/22/16	Bent Over Row	3	85	12
10/22/16	Tricep Dip	1	0	16
10/22/16	Tricep Dip	2	0	13
10/22/16	Tricep Dip	3	0	12
10/22/16	Kettle bell swings	1	85	40
10/22/16	Kettle bell swings	2	85	40
10/22/16	Kettle bell swings	3	85	30
10/22/16	Face Pulls	1	70	30
10/22/16	Face Pulls	2	70	35
10/22/16	Face Pulls	3	70	40
10/29/16	Pull Up	1	0	10
10/29/16	Pull Up	2	0	7
10/29/16	Pull Up	3	0	8
10/29/16	Squat	1	45	15
10/29/16	Squat	2	95	10
10/29/16	Squat	3	145	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
10/29/16	Shoulder Press (Machine)	1	85	12
10/29/16	Shoulder Press (Machine)	2	85	10
10/29/16	Deadlift	1	135	10
10/29/16	Deadlift	2	185	10
10/29/16	Deadlift	3	225	5
10/29/16	Bench Press (Machine)	1	85	10
10/29/16	Bench Press (Machine)	2	125	8
10/29/16	Bent Over Row	1	45	15
10/29/16	Bent Over Row	2	95	15
10/29/16	Tricep Dip	1	0	17
10/29/16	Tricep Dip	2	0	18
10/29/16	Kettle bell swings	1	70	50
10/29/16	Kettle bell swings	2	50	50
10/29/16	Face Pulls	1	42.5	30
10/29/16	Face Pulls	2	42.5	40
11/06/16	Pull Up	1	0	10
11/06/16	Pull Up	2	0	7
11/06/16	Pull Up	3	0	6
11/06/16	Squat	1	45	15
11/06/16	Squat	2	95	10
11/06/16	Squat	3	145	10
11/06/16	Squat	4	145	10
11/06/16	Shoulder Press (Machine)	1	90	10
11/06/16	Shoulder Press (Machine)	2	80	11
11/06/16	Deadlift	1	135	10
11/06/16	Deadlift	2	185	9
11/06/16	Deadlift	3	225	5
11/06/16	Bench Press (Machine)	1	85	10
11/06/16	Bench Press (Machine)	2	125	7
11/06/16	Bent Over Row	1	45	15
11/06/16	Bent Over Row	2	95	10
11/06/16	Tricep Dip	1	0	12
11/06/16	Tricep Dip	2	0	12
11/06/16	Kettle bell swings	1	75	50
11/06/16	Kettle bell swings	2	75	40
11/06/16	Face Pulls	1	42.5	35
11/06/16	Face Pulls	2	42.5	35
11/12/16	Squat	1	95	5
11/12/16	Squat	2	155	7
11/12/16	Squat	3	155	7
11/12/16	Squat	4	155	7
11/12/16	Tricep Dip	1	0	12
11/12/16	Tricep Dip	2	0	12
11/12/16	Tricep Dip	3	0	12
11/12/16	Pull Up	1	0	5
11/12/16	Pull Up	2	20	3
11/12/16	Pull Up	3	20	2

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
11/12/16	Pull Up	4	20	4
11/12/16	Shoulder Press (Machine)	1	40	7
11/12/16	Shoulder Press (Machine)	2	90	6
11/12/16	Shoulder Press (Machine)	3	85	7
11/12/16	Shoulder Press (Machine)	4	85	7
11/12/16	Deadlift	1	135	5
11/12/16	Deadlift	2	185	5
11/12/16	Deadlift	3	225	7
11/12/16	Bench Press (Machine)	1	85	10
11/12/16	Bench Press (Machine)	2	125	10
11/12/16	Bench Press (Machine)	3	115	7
11/12/16	Bench Press (Machine)	4	115	7
11/12/16	Bent Over Row	1	45	7
11/12/16	Bent Over Row	2	95	7
11/12/16	Bent Over Row	3	95	7
11/12/16	Bent Over Row	4	95	7
11/12/16	Kettle bell swings	1	62	60
11/12/16	Kettle bell swings	2	62	60
11/12/16	Kettle bell swings	3	62	40
11/12/16	Face Pulls	1	90	35
11/12/16	Face Pulls	2	90	35
11/12/16	Face Pulls	3	90	40
11/14/16	Squat	1	95	7
11/14/16	Squat	2	155	7
11/14/16	Tricep Dip	1	0	12
11/14/16	Tricep Dip	2	0	12
11/14/16	Pull Up	1	0	10
11/14/16	Pull Up	2	0	7
11/14/16	Shoulder Press (Machine)	1	40	7
11/14/16	Shoulder Press (Machine)	2	85	6
11/14/16	Bench Press (Machine)	1	85	7
11/14/16	Bench Press (Machine)	2	115	7
11/14/16	Bent Over Row	1	45	7
11/14/16	Bent Over Row	2	95	7
11/21/16	Squat	1	95	7
11/21/16	Squat	2	155	7
11/21/16	Squat	3	155	7
11/21/16	Squat	4	155	7
11/21/16	Tricep Dip	1	0	12
11/21/16	Tricep Dip	2	0	12
11/21/16	Tricep Dip	3	0	12
11/21/16	Pull Up	1	0	5
11/21/16	Pull Up	2	20	5
11/21/16	Pull Up	3	20	3
11/21/16	Pull Up	4	0	4
11/21/16	Shoulder Press (Machine)	1	40	7
11/21/16	Shoulder Press (Machine)	2	80	7

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
11/21/16	Shoulder Press (Machine)	3	80	7
11/21/16	Shoulder Press (Machine)	4	80	7
11/21/16	Deadlift	1	135	7
11/21/16	Deadlift	2	185	7
11/21/16	Deadlift	3	230	7
11/21/16	Bench Press (Machine)	1	85	7
11/21/16	Bench Press (Machine)	2	115	7
11/21/16	Bench Press (Machine)	3	115	7
11/21/16	Bench Press (Machine)	4	115	7
11/21/16	Bent Over Row	1	45	7
11/21/16	Bent Over Row	2	95	7
11/21/16	Bent Over Row	3	95	7
11/21/16	Bent Over Row	4	95	8
11/21/16	Kettle bell swings	1	71	50
11/21/16	Kettle bell swings	2	71	50
11/21/16	Kettle bell swings	3	71	50
11/21/16	Face Pulls	1	50	35
11/21/16	Face Pulls	2	50	40
11/21/16	Face Pulls	3	50	50
11/24/16	Squat	1	65	20
11/24/16	Squat	2	65	20
11/24/16	Lying Leg Curls - feet inward	1	40	8
11/24/16	Lying Leg Curls - feet inward	2	40	8
11/24/16	Parallel Bar Dips	1	0	12
11/24/16	Parallel Bar Dips	2	0	12
11/24/16	Close Parallel Grip Chin-ups	1	0	8
11/24/16	Close Parallel Grip Chin-ups	2	0	4
11/24/16	Incline Dumbbell Press	1	30	12
11/24/16	Incline Dumbbell Press	2	30	11
11/24/16	Bent Over Row	1	85	10
11/24/16	Bent Over Row	2	85	10
11/24/16	Deadlift	1	110	15
11/24/16	Deadlift	2	110	15
11/24/16	10' Decline Dumbbell Tricep Extensions	1	25	10
11/24/16	10' Decline Dumbbell Tricep Extensions	2	25	12
11/24/16	45' Incline Dumbbell Curls, supinating grip	1	25	10
11/24/16	45' Incline Dumbbell Curls, supinating grip	2	25	10
11/24/16	Kettle bell swings	1	71	50
11/24/16	Face Pulls	1	50	40
11/27/16	Back Barbell Lunges	1	45	15
11/27/16	Back Barbell Lunges	2	45	20
11/27/16	Dumbbell Deadlifts	1	70	12
11/27/16	Dumbbell Deadlifts	2	70	12
11/27/16	Back Step-ups	1	44	20
11/27/16	Back Step-ups	2	44	20
11/27/16	Back Extension	1	0	10
11/27/16	Back Extension	2	0	15

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
11/27/16	Back Extension	3	0	15
11/27/16	45' Incline Barbell Bench Press	1	105	8
11/27/16	45' Incline Barbell Bench Press	2	95	10
11/27/16	Supinated Chin-ups	1	0	9
11/27/16	Supinated Chin-ups	2	0	6
11/27/16	10' Decline Dumbbell Press, neutral grip	1	30	12
11/27/16	10' Decline Dumbbell Press, neutral grip	2	30	12
11/27/16	One Arm Dumbbell Rows	1	30	10
11/27/16	One Arm Dumbbell Rows	2	30	10
11/27/16	Parallel Bar Dips	1	0	12
11/27/16	Parallel Bar Dips	2	0	12
11/27/16	Glute Bridge	1	60	15
11/27/16	Glute Bridge	2	60	15
11/27/16	Leg Press, heels high	1	200	15
11/27/16	Leg Press, heels high	2	190	20
11/27/16	Leg Press, heels high	3	190	25
11/30/16	Squat	1	75	20
11/30/16	Squat	2	75	20
11/30/16	Squat	3	75	20
11/30/16	Parallel Bar Dips	1	0	12
11/30/16	Parallel Bar Dips	2	0	12
11/30/16	Parallel Bar Dips	3	0	12
11/30/16	Close Parallel Grip Chin-ups	1	0	8
11/30/16	Close Parallel Grip Chin-ups	2	0	5
11/30/16	Close Parallel Grip Chin-ups	3	0	4
11/30/16	45' Incline Dumbbell Presses, neutral grip	1	25	10
11/30/16	45' Incline Dumbbell Presses, neutral grip	2	30	10
11/30/16	45' Incline Dumbbell Presses, neutral grip	3	30	10
11/30/16	Bent Over Row	1	85	10
11/30/16	Bent Over Row	2	85	10
11/30/16	Bent Over Row	3	85	11
11/30/16	Leg Press, heels high	1	195	15
11/30/16	Leg Press, heels high	2	195	20
11/30/16	Leg Press, heels high	3	195	25
11/30/16	45' Incline Dumbbell Curls, supinating grip	1	25	10
11/30/16	45' Incline Dumbbell Curls, supinating grip	2	25	10
11/30/16	45' Incline Dumbbell Curls, supinating grip	3	25	10
11/30/16	10' Decline Dumbbell Tricep Extensions	1	25	12
11/30/16	10' Decline Dumbbell Tricep Extensions	2	25	12
11/30/16	10' Decline Dumbbell Tricep Extensions	3	25	12
11/30/16	Kettle bell swings	1	62	50
11/30/16	Kettle bell swings	2	62	50
12/03/16	Front Squat	1	45	6
12/03/16	Front Squat	2	65	6
12/03/16	Front Squat	3	85	6
12/03/16	Lying Leg Curls, feet outward	1	65	6
12/03/16	Lying Leg Curls, feet outward	2	65	6

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/03/16	Lying Leg Curls, feet outward	3	65	6
12/03/16	Bench Press (Machine)	1	115	6
12/03/16	Bench Press (Machine)	2	115	6
12/03/16	Bench Press (Machine)	3	115	6
12/03/16	Lean-away Chin-ups	1	0	6
12/03/16	Lean-away Chin-ups	2	0	5
12/03/16	Lean-away Chin-ups	3	0	4
12/03/16	Pronating Seated Dumbbell Shoulder Presses	1	30	6
12/03/16	Pronating Seated Dumbbell Shoulder Presses	2	30	6
12/03/16	Pronating Seated Dumbbell Shoulder Presses	3	30	6
12/03/16	Incline Dumbbell Curls, hammer grip	1	30	6
12/03/16	Incline Dumbbell Curls, hammer grip	2	25	6
12/03/16	Incline Dumbbell Curls, hammer grip	3	25	6
12/03/16	Leg Press, heels high	1	230	15
12/03/16	Leg Press, heels high	2	260	15
12/03/16	Leg Press, heels high	3	240	15
12/03/16	Weighted Side Plank	1	25	6
12/03/16	Weighted Side Plank	2	25	6
12/03/16	Weighted Side Plank	3	25	6
12/03/16	Tricep Extension	1	55	6
12/03/16	Tricep Extension	2	55	6
12/03/16	Tricep Extension	3	55	6
12/07/16	Deadlift	1	135	8
12/07/16	Deadlift	2	185	6
12/07/16	Deadlift	3	225	4
12/07/16	Deadlift	4	245	4
12/07/16	Deadlift	5	265	3
12/07/16	Shrug (Dumbbell)	1	45	10
12/07/16	Shrug (Dumbbell)	2	53	10
12/07/16	Shrug (Dumbbell)	3	66	10
12/07/16	10' Decline Barbell Press	1	115	8
12/07/16	10' Decline Barbell Press	2	115	8
12/07/16	10' Decline Barbell Press	3	115	8
12/07/16	Subscapularis Pull-ups	1	0	8
12/07/16	Subscapularis Pull-ups	2	0	7
12/07/16	Subscapularis Pull-ups	3	0	5
12/07/16	Standing Pause EZ-Bar Reverse Curls	1	45	8
12/07/16	Standing Pause EZ-Bar Reverse Curls	2	45	8
12/07/16	Standing Pause EZ-Bar Reverse Curls	3	45	8
12/07/16	Wrist Roller	1	14	3
12/07/16	Wrist Roller	2	10	2
12/07/16	Wrist Roller	3	10	2
12/07/16	Bulgarian Split Squat	1	90	7
12/07/16	Bulgarian Split Squat	2	70	8
12/07/16	Bulgarian Split Squat	3	70	8
12/07/16	Good Morning	1	130	10
12/07/16	Good Morning	2	150	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/07/16	Good Morning	3	150	8
12/09/16	Front Squat	1	85	6
12/09/16	Front Squat	2	85	6
12/09/16	Front Squat	3	85	6
12/09/16	Lying Leg Curls, feet outward	1	70	6
12/09/16	Lying Leg Curls, feet outward	2	70	6
12/09/16	Lying Leg Curls, feet outward	3	70	6
12/09/16	Bench Press (Machine)	1	120	8
12/09/16	Bench Press (Machine)	2	120	7
12/09/16	Bench Press (Machine)	3	120	6
12/09/16	Lean-away Chin-ups	1	0	7
12/09/16	Lean-away Chin-ups	2	0	5
12/09/16	Lean-away Chin-ups	3	0	4
12/09/16	Pronating Seated Dumbbell Shoulder Presses	1	30	8
12/09/16	Pronating Seated Dumbbell Shoulder Presses	2	30	8
12/09/16	Pronating Seated Dumbbell Shoulder Presses	3	30	9
12/09/16	Incline Dumbbell Curls, hammer grip	1	30	8
12/09/16	Incline Dumbbell Curls, hammer grip	2	30	7
12/09/16	Incline Dumbbell Curls, hammer grip	3	30	7
12/09/16	Leg Press, heels high	1	270	10
12/09/16	Leg Press, heels high	2	270	15
12/09/16	Leg Press, heels high	3	270	10
12/09/16	Weighted Side Plank	1	35	6
12/09/16	Weighted Side Plank	2	35	6
12/09/16	Weighted Side Plank	3	35	6
12/09/16	Face Pulls	1	42.5	35
12/09/16	Face Pulls	2	42.5	35
12/13/16	Squat	1	85	20
12/13/16	Squat	2	85	20
12/13/16	Squat	3	85	20
12/13/16	Squat	4	85	20
12/13/16	Lying Leg Curls - feet inward	1	70	8
12/13/16	Lying Leg Curls - feet inward	2	70	8
12/13/16	Lying Leg Curls - feet inward	3	70	8
12/13/16	Lying Leg Curls - feet inward	4	70	8
12/13/16	Parallel Bar Dips	1	0	12
12/13/16	Parallel Bar Dips	2	0	9
12/13/16	Parallel Bar Dips	3	0	7
12/13/16	Close Parallel Grip Chin-ups	1	0	9
12/13/16	Close Parallel Grip Chin-ups	2	0	5
12/13/16	Close Parallel Grip Chin-ups	3	0	4
12/13/16	45' Incline Dumbbell Presses, neutral grip	1	25	12
12/13/16	45' Incline Dumbbell Presses, neutral grip	2	25	12
12/13/16	45' Incline Dumbbell Presses, neutral grip	3	25	12
12/13/16	45' Incline Dumbbell Presses, neutral grip	4	25	13
12/13/16	Bent Over Row	1	85	10
12/13/16	Bent Over Row	2	85	10

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/13/16	Bent Over Row	3	85	10
12/13/16	Bent Over Row	4	85	11
12/13/16	Leg Press, heels high	1	280	15
12/13/16	Leg Press, heels high	2	280	15
12/13/16	Leg Press, heels high	3	280	15
12/13/16	10' Decline Dumbbell Tricep Extenstions	1	25	12
12/13/16	10' Decline Dumbbell Tricep Extenstions	2	25	12
12/13/16	10' Decline Dumbbell Tricep Extenstions	3	25	12
12/13/16	10' Decline Dumbbell Tricep Extenstions	4	25	13
12/13/16	45' Incline Dumbbell Curls, supinating grip	1	25	10
12/13/16	45' Incline Dumbbell Curls, supinating grip	2	25	10
12/13/16	45' Incline Dumbbell Curls, supinating grip	3	25	10
12/13/16	45' Incline Dumbbell Curls, supinating grip	4	25	11
12/13/16	Kettle bell swings	1	85	50
12/16/16	Back Barbell Lunges	1	45	15
12/16/16	Back Barbell Lunges	2	45	15
12/16/16	Back Barbell Lunges	3	45	15
12/16/16	Back Barbell Lunges	4	45	15
12/16/16	Dumbbell Deadlifts	1	70	12
12/16/16	Dumbbell Deadlifts	2	100	12
12/16/16	Dumbbell Deadlifts	3	120	12
12/16/16	Dumbbell Deadlifts	4	120	12
12/16/16	Back Step-ups	1	85	15
12/16/16	Back Step-ups	2	85	15
12/16/16	Back Step-ups	3	85	15
12/16/16	Back Step-ups	4	85	15
12/16/16	Back Extension	1	0	15
12/16/16	Back Extension	2	0	12
12/16/16	Back Extension	3	0	10
12/16/16	45' Incline Barbell Bench Press	1	95	10
12/16/16	45' Incline Barbell Bench Press	2	85	10
12/16/16	45' Incline Barbell Bench Press	3	85	10
12/16/16	45' Incline Barbell Bench Press	4	85	7
12/16/16	Supinated Chin-ups	1	0	8
12/16/16	Supinated Chin-ups	2	0	8
12/16/16	Supinated Chin-ups	3	0	6
12/16/16	Supinated Chin-ups	4	0	4
12/16/16	10' Decline Dumbbell Press, neutral grip	1	25	12
12/16/16	10' Decline Dumbbell Press, neutral grip	2	25	12
12/16/16	10' Decline Dumbbell Press, neutral grip	3	25	12
12/16/16	10' Decline Dumbbell Press, neutral grip	4	25	13
12/16/16	One Arm Dumbbell Rows	1	30	10
12/16/16	One Arm Dumbbell Rows	2	30	10
12/16/16	One Arm Dumbbell Rows	3	30	10
12/16/16	One Arm Dumbbell Rows	4	30	11
12/21/16	Squat	1	95	20
12/21/16	Squat	2	95	20

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/21/16	Squat	3	95	20
12/21/16	Squat	4	95	20
12/21/16	Lying Leg Curls - feet inward	1	70	8
12/21/16	Lying Leg Curls - feet inward	2	70	8
12/21/16	Lying Leg Curls - feet inward	3	70	8
12/21/16	Lying Leg Curls - feet inward	4	70	9
12/21/16	Parallel Bar Dips	1	0	12
12/21/16	Parallel Bar Dips	2	0	10
12/21/16	Parallel Bar Dips	3	0	10
12/21/16	Close Parallel Grip Chin-ups	1	0	8
12/21/16	Close Parallel Grip Chin-ups	2	0	4
12/21/16	Close Parallel Grip Chin-ups	3	0	5
12/21/16	45' Incline Dumbbell Presses, neutral grip	1	30	8
12/21/16	45' Incline Dumbbell Presses, neutral grip	2	30	10
12/21/16	45' Incline Dumbbell Presses, neutral grip	3	30	11
12/21/16	Bent Over Row	1	95	8
12/21/16	Bent Over Row	2	95	8
12/21/16	Bent Over Row	3	95	9
12/24/16	Front Squat	1	95	6
12/24/16	Front Squat	2	95	6
12/24/16	Front Squat	3	95	7
12/24/16	Lying Leg Curls, feet outward	1	80	6
12/24/16	Lying Leg Curls, feet outward	2	80	6
12/24/16	Lying Leg Curls, feet outward	3	80	7
12/24/16	Bench Press (Machine)	1	125	6
12/24/16	Bench Press (Machine)	2	125	6
12/24/16	Bench Press (Machine)	3	125	6
12/24/16	Lean-away Chin-ups	1	0	8
12/24/16	Lean-away Chin-ups	2	0	7
12/24/16	Lean-away Chin-ups	3	0	7
12/24/16	Pronating Seated Dumbbell Shoulder Presses	1	35	8
12/24/16	Pronating Seated Dumbbell Shoulder Presses	2	35	7
12/24/16	Pronating Seated Dumbbell Shoulder Presses	3	35	5
12/24/16	Incline Dumbbell Curls, hammer grip	1	30	8
12/24/16	Incline Dumbbell Curls, hammer grip	2	30	7
12/24/16	Incline Dumbbell Curls, hammer grip	3	30	6
12/24/16	Leg Press, heels high	1	325	10
12/24/16	Leg Press, heels high	2	325	10
12/24/16	Leg Press, heels high	3	325	11
12/24/16	Back Extension	1	25	8
12/24/16	Back Extension	2	25	8
12/24/16	Back Extension	3	25	8
12/27/16	Deadlift	1	135	8
12/27/16	Deadlift	2	185	6
12/27/16	Deadlift	3	245	4
12/27/16	Deadlift	4	265	4
12/27/16	Deadlift	5	275	2

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/27/16	Shrug (Dumbbell)	1	100	10
12/27/16	Shrug (Dumbbell)	2	100	10
12/27/16	Shrug (Dumbbell)	3	120	8
12/27/16	Shrug (Dumbbell)	4	140	8
12/27/16	10' Decline Barbell Press	1	115	8
12/27/16	10' Decline Barbell Press	2	115	8
12/27/16	10' Decline Barbell Press	3	115	8
12/27/16	10' Decline Barbell Press	4	115	9
12/27/16	Subscapularis Pull-ups	1	0	8
12/27/16	Subscapularis Pull-ups	2	0	5
12/27/16	Subscapularis Pull-ups	3	0	4
12/27/16	Subscapularis Pull-ups	4	0	4
12/27/16	Standing Pause EZ-Bar Reverse Curls	1	45	8
12/27/16	Standing Pause EZ-Bar Reverse Curls	2	45	7
12/27/16	Standing Pause EZ-Bar Reverse Curls	3	45	8
12/27/16	Standing Pause EZ-Bar Reverse Curls	4	45	8
12/27/16	Wrist Roller	1	10	2
12/27/16	Wrist Roller	2	10	2
12/27/16	Wrist Roller	3	10	1
12/27/16	Wrist Roller	4	10	1
12/27/16	Bulgarian Split Squat	1	50	7
12/27/16	Bulgarian Split Squat	2	50	7
12/27/16	Bulgarian Split Squat	3	50	7
12/27/16	Bulgarian Split Squat	4	50	5
12/27/16	Good Morning	1	150	8
12/27/16	Good Morning	2	150	8
12/27/16	Good Morning	3	135	6
12/30/16	Front Squat	1	105	6
12/30/16	Front Squat	2	105	6
12/30/16	Front Squat	3	105	6
12/30/16	Front Squat	4	105	6
12/30/16	Lying Leg Curls, feet outward	1	80	6
12/30/16	Lying Leg Curls, feet outward	2	80	6
12/30/16	Lying Leg Curls, feet outward	3	80	6
12/30/16	Lying Leg Curls, feet outward	4	80	7
12/30/16	Bench Press (Machine)	1	125	6
12/30/16	Bench Press (Machine)	2	125	6
12/30/16	Bench Press (Machine)	3	125	6
12/30/16	Bench Press (Machine)	4	125	7
12/30/16	Lean-away Chin-ups	1	0	8
12/30/16	Lean-away Chin-ups	2	0	8
12/30/16	Lean-away Chin-ups	3	0	7
12/30/16	Lean-away Chin-ups	4	0	6
12/30/16	Pronating Seated Dumbbell Shoulder Presses	1	35	8
12/30/16	Pronating Seated Dumbbell Shoulder Presses	2	35	8
12/30/16	Pronating Seated Dumbbell Shoulder Presses	3	35	8
12/30/16	Pronating Seated Dumbbell Shoulder Presses	4	35	8

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
12/30/16	Incline Dumbbell Curls, hammer grip	1	30	8
12/30/16	Incline Dumbbell Curls, hammer grip	2	30	8
12/30/16	Incline Dumbbell Curls, hammer grip	3	30	7
12/30/16	Incline Dumbbell Curls, hammer grip	4	30	8
12/30/16	Lat Pulldown	1	255	1
12/30/16	Lat Pulldown	2	210	1
12/30/16	Lat Pulldown	3	210	1
12/30/16	Farmers Walk	1	90	100
12/30/16	Farmers Walk	2	110	90
12/30/16	Farmers Walk	3	135	60
12/30/16	Kettle bell swings	1	62	50
01/02/17	Squat	1	105	20
01/02/17	Squat	2	105	20
01/02/17	Squat	3	105	20
01/02/17	Squat	4	105	21
01/02/17	Lying Leg Curls - feet inward	1	80	8
01/02/17	Lying Leg Curls - feet inward	2	80	8
01/02/17	Lying Leg Curls - feet inward	3	80	8
01/02/17	Lying Leg Curls - feet inward	4	80	8
01/02/17	Parallel Bar Dips	1	0	12
01/02/17	Parallel Bar Dips	2	0	12
01/02/17	Parallel Bar Dips	3	0	12
01/02/17	Parallel Bar Dips	4	0	12
01/02/17	Close Parallel Grip Chin-ups	1	0	8
01/02/17	Close Parallel Grip Chin-ups	2	0	7
01/02/17	Close Parallel Grip Chin-ups	3	0	6
01/02/17	Close Parallel Grip Chin-ups	4	0	4
01/02/17	45' Incline Dumbbell Presses, neutral grip	1	30	12
01/02/17	45' Incline Dumbbell Presses, neutral grip	2	30	12
01/02/17	45' Incline Dumbbell Presses, neutral grip	3	30	12
01/02/17	45' Incline Dumbbell Presses, neutral grip	4	30	13
01/02/17	Bent Over Row	1	95	10
01/02/17	Bent Over Row	2	95	10
01/02/17	Bent Over Row	3	85	10
01/02/17	Bent Over Row	4	85	10
01/02/17	Leg Press, heels high	1	270	15
01/02/17	Leg Press, heels high	2	270	15
01/02/17	Leg Press, heels high	3	270	15
01/02/17	Leg Press, heels high	4	270	16
01/02/17	10' Decline Dumbbell Tricep Extenstions	1	30	12
01/02/17	10' Decline Dumbbell Tricep Extenstions	2	30	12
01/02/17	10' Decline Dumbbell Tricep Extenstions	3	30	12
01/02/17	10' Decline Dumbbell Tricep Extenstions	4	30	13
01/02/17	45' Incline Dumbbell Curls, supinating grip	1	30	10
01/02/17	45' Incline Dumbbell Curls, supinating grip	2	30	10
01/02/17	45' Incline Dumbbell Curls, supinating grip	3	30	10
01/02/17	45' Incline Dumbbell Curls, supinating grip	4	30	8

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
01/05/17	Back Barbell Lunges	1	60	20
01/05/17	Back Barbell Lunges	2	60	20
01/05/17	Back Barbell Lunges	3	60	20
01/05/17	Back Barbell Lunges	4	60	21
01/05/17	Dumbbell Deadlifts	1	120	15
01/05/17	Dumbbell Deadlifts	2	120	15
01/05/17	Dumbbell Deadlifts	3	120	15
01/05/17	Dumbbell Deadlifts	4	120	16
01/05/17	Back Step-ups	1	85	20
01/05/17	Back Step-ups	2	85	20
01/05/17	Back Step-ups	3	85	20
01/05/17	Back Step-ups	4	85	21
01/05/17	Back Extension	1	0	15
01/05/17	Back Extension	2	0	15
01/05/17	Back Extension	3	0	15
01/05/17	Back Extension	4	0	15
01/05/17	45' Incline Barbell Bench Press	1	85	12
01/05/17	45' Incline Barbell Bench Press	2	85	12
01/05/17	45' Incline Barbell Bench Press	3	85	12
01/05/17	45' Incline Barbell Bench Press	4	85	12
01/05/17	Supinated Chin-ups	1	0	8
01/05/17	Supinated Chin-ups	2	0	8
01/05/17	Supinated Chin-ups	3	0	8
01/05/17	Supinated Chin-ups	4	0	6
01/05/17	10' Decline Dumbbell Press, neutral grip	1	27.5	12
01/05/17	10' Decline Dumbbell Press, neutral grip	2	27.5	12
01/05/17	10' Decline Dumbbell Press, neutral grip	3	27.5	12
01/05/17	10' Decline Dumbbell Press, neutral grip	4	27.5	13
01/05/17	One Arm Dumbbell Rows	1	35	10
01/05/17	One Arm Dumbbell Rows	2	35	10
01/05/17	One Arm Dumbbell Rows	3	35	10
01/05/17	One Arm Dumbbell Rows	4	35	11
01/08/17	Squat	1	115	20
01/08/17	Squat	2	115	20
01/08/17	Squat	3	115	20
01/08/17	Squat	4	115	21
01/08/17	Lying Leg Curls - feet inward	1	90	6
01/08/17	Lying Leg Curls - feet inward	2	90	6
01/08/17	Lying Leg Curls - feet inward	3	90	7
01/08/17	Lying Leg Curls - feet inward	4	90	7
01/08/17	Parallel Bar Dips	1	0	12
01/08/17	Parallel Bar Dips	2	0	12
01/08/17	Parallel Bar Dips	3	0	12
01/08/17	Parallel Bar Dips	4	0	11
01/08/17	Close Parallel Grip Chin-ups	1	0	8
01/08/17	Close Parallel Grip Chin-ups	2	0	7
01/08/17	Close Parallel Grip Chin-ups	3	0	8

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
01/08/17	Close Parallel Grip Chin-ups	4	0	3
01/08/17	45' Incline Dumbbell Presses, neutral grip	1	35	12
01/08/17	45' Incline Dumbbell Presses, neutral grip	2	35	11
01/08/17	45' Incline Dumbbell Presses, neutral grip	3	35	9
01/08/17	45' Incline Dumbbell Presses, neutral grip	4	35	9
01/08/17	Bent Over Row	1	95	10
01/08/17	Bent Over Row	2	90	10
01/08/17	Bent Over Row	3	90	10
01/08/17	Bent Over Row	4	90	11
01/08/17	10' Decline Dumbbell Tricep Extensions	1	1	1
01/08/17	45' Incline Dumbbell Curls, supinating grip	1	30	10
01/08/17	45' Incline Dumbbell Curls, supinating grip	2	30	9
01/08/17	45' Incline Dumbbell Curls, supinating grip	3	30	7
01/08/17	45' Incline Dumbbell Curls, supinating grip	4	30	8
01/08/17	Kettle bell swings	1	62	50
01/08/17	Tricep Extension	1	70	12
01/08/17	Tricep Extension	2	80	12
01/08/17	Tricep Extension	3	90	12
01/08/17	Tricep Extension	4	100	12
01/13/17	Front Squat	1	115	6
01/13/17	Front Squat	2	115	6
01/13/17	Front Squat	3	115	6
01/13/17	Front Squat	4	115	7
01/13/17	Lying Leg Curls, feet outward	1	90	6
01/13/17	Lying Leg Curls, feet outward	2	80	6
01/13/17	Lying Leg Curls, feet outward	3	80	6
01/13/17	Lying Leg Curls, feet outward	4	80	7
01/13/17	Bench Press (Machine)	1	135	10
01/13/17	Bench Press (Machine)	2	135	6
01/13/17	Bench Press (Machine)	3	135	5
01/13/17	Bench Press (Machine)	4	135	4
01/13/17	Lean-away Chin-ups	1	0	8
01/13/17	Lean-away Chin-ups	2	0	6
01/13/17	Lean-away Chin-ups	3	0	4
01/13/17	Lean-away Chin-ups	4	0	4
01/13/17	Pronating Seated Dumbbell Shoulder Presses	1	40	6
01/13/17	Pronating Seated Dumbbell Shoulder Presses	2	40	6
01/13/17	Pronating Seated Dumbbell Shoulder Presses	3	40	5
01/13/17	Pronating Seated Dumbbell Shoulder Presses	4	35	8
01/13/17	Incline Dumbbell Curls, hammer grip	1	35	5
01/13/17	Incline Dumbbell Curls, hammer grip	2	35	4
01/13/17	Incline Dumbbell Curls, hammer grip	3	30	8
01/13/17	Incline Dumbbell Curls, hammer grip	4	30	8
01/13/17	Leg Press, heels high	1	300	15
01/13/17	Leg Press, heels high	2	340	15
01/13/17	Side Plank	1	0	0
01/13/17	Side Plank	2	0	0

Date	Exercise Name	Set Order	Weight (lbs)	Repetitions
01/13/17	Lat Pulldown	1	120	12
01/13/17	Lat Pulldown	2	100	10
01/13/17	Lat Pulldown	3	90	15
01/16/17	Deadlift	1	135	8
01/16/17	Deadlift	2	185	6
01/16/17	Deadlift	3	245	4
01/16/17	Deadlift	4	275	2
01/16/17	Deadlift	5	275	2
01/16/17	Shrug (Dumbbell)	1	140	10
01/16/17	Shrug (Dumbbell)	2	140	10
01/16/17	Shrug (Dumbbell)	3	140	10
01/16/17	Shrug (Dumbbell)	4	140	8
01/16/17	10' Decline Barbell Press	1	125	8
01/16/17	10' Decline Barbell Press	2	125	8
01/16/17	10' Decline Barbell Press	3	125	8
01/16/17	10' Decline Barbell Press	4	125	8
01/16/17	Subscapularis Pull-ups	1	0	8
01/16/17	Subscapularis Pull-ups	2	0	7
01/16/17	Subscapularis Pull-ups	3	0	6
01/16/17	Subscapularis Pull-ups	4	0	5
01/16/17	Standing Pause EZ-Bar Reverse Curls	1	47.5	7
01/16/17	Standing Pause EZ-Bar Reverse Curls	2	47.5	2
01/16/17	Standing Pause EZ-Bar Reverse Curls	3	35	8
01/16/17	Standing Pause EZ-Bar Reverse Curls	4	35	8
01/16/17	Wrist Roller	1	10	2
01/16/17	Wrist Roller	2	10	2
01/16/17	Wrist Roller	3	10	2
01/16/17	Wrist Roller	4	10	2
01/16/17	Bulgarian Split Squat	1	55	7
01/16/17	Bulgarian Split Squat	2	60	7
01/16/17	Bulgarian Split Squat	3	60	7
01/16/17	Bulgarian Split Squat	4	60	7
01/16/17	Good Morning	1	50	8
01/16/17	Good Morning	2	95	8
01/16/17	Good Morning	3	95	8
01/16/17	Good Morning	4	65	8
01/16/17	Farmers Walk	1	30	200
01/16/17	Farmers Walk	2	90	200