

Plan			5/23/2023	5/30/2023	6/6/2023	6/13/2023	6/20/2023	6/27/2023	7/4/2023	7/11/2023	7/18/2023	7/25/2023	8/1/2023	8/8/2023	8/15/2023	8/22/2023	8/29/2023	9/5/2023	9/12/2023	9/19/2023	9/26/2023	10/3/2023	10/10/2023
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Legs	Squat	5x5	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285
Pull	Deadlift	5x5	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325
Push	Shoulder	5x5	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
Push	Bench Pre	5x5	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275