

DAY 1	W1		
EXERCISE	REPS	WEIGHT	ACHIEVED
SQ	1	92%	
SQ	2x2	82%	
BP	1	92%	
BP	3x3	77%	
DL	1	84%	
DAY 2	W1		
EXERCISE	REPS	WEIGHT	ACHIEVED
SQ	2	82%	
BP	3	77%	
DL	2	80%	
DAY 3	PROFIT...		