



ATTEMPT SELECTIONS



Lifter's Name:

Bodyweight:

◆ Current Comp PRs

SQUAT	
BENCH	
DEADLIFT	
TOTAL	

◆ Best 1RMs

SQUAT	
BENCH	
DEADLIFT	
TOTAL	

WARM UPS

SQUAT	Kgs	Reps
1		
2		
3		
4		
5		
6		
LWU		

BENCH	Kgs	Reps
1		
2		
3		
4		
5		
6		
LWU		

DEADLIFT	Kgs	Reps
1		
2		
3		
4		
5		
6		
LWU		

ATTEMPTS

OPENER	Kgs
Low	
Medium	
High	

OPENER	Kgs
Low	
Medium	
High	

OPENER	Kgs
Low	
Medium	
High	

TOTAL

SECOND	Kgs
Low	
Medium	
High	

SECOND	Kgs
Low	
Medium	
High	

SECOND	Kgs
Low	
Medium	
High	

TOTAL

THIRD	Kgs
Low	
Medium	
High	

THIRD	Kgs
Low	
Medium	
High	

THIRD	Kgs
Low	
Medium	
High	

TOTAL