

	Smallest Weight Increment:		5					
		Test Weight	Reps (<12)	1RM	5RM	lb Increase	% to Reset	
	Squat	130	5	146	130	5	0.00%	
	Bench Press	133	5	326	133	5	0.00%	
	Deadlift	170	5	422	170	10	0.00%	
	Press	70	5	174	70	5	0.00%	
	Power Clean	100	5	113	100	5	0.00%	

Workout A			Sets x Reps	Session #1	Session #3	Session #5	Session #7	Session #9	Session #11	Session #13	Session #15	Session #17	Session #19	Session #21	Session #23
Squat	warmup		2x5	45	45	45	45	45	45	45	45	45	45	45	45
	warmup		1x5	50	53	55	57	60	60	62	65	65	68	68	70
	warmup		1x3	78	80	83	85	88	90	93	95	98	103	105	108
	warmup		1x2	103	108	110	115	118	120	125	128	133	135	138	143
	working sets		3x5	130	135	138	143	148	153	155	160	165	170	175	180
Bench Press	warmup		2x5	45	45	45	45	45	45	45	45	45	45	45	45
	warmup		1x5	65	65	68	68	70	70	73	73	75	75	78	78
	warmup		1x3	90	93	95	95	98	100	100	103	105	105	108	110
	warmup		1x2	118	120	123	123	125	128	130	133	135	135	138	140
	working sets		3x5	133	135	135	138	140	143	145	148	150	153	155	155
Deadlift	warmup		2x5	68	68	70	73	75	78	78	80	83	85	85	85
	warmup		1x3	103	105	108	110	110	115	118	120	123	125	130	133
	warmup		1x2	143	148	153	155	160	163	165	170	175	180	180	185
	working set		1x5	170	175	180	185	188	190	195	200	205	210	215	220

Workout B			Sets x Reps	Session #2	Session #4	Session #6	Session #8	Session #10	Session #12	Session #14	Session #16	Session #18	Session #20	Session #22	Session #24
Squat	warmup		2x5	45	45	45	45	45	45	45	45	45	45	45	45
	warmup		1x5	53	55	55	57	60	62	65	65	65	68	70	72
	warmup		1x3	78	83	85	85	88	90	95	98	100	103	105	110
	warmup		1x2	105	110	110	115	118	123	128	130	135	135	140	145
	working sets		3x5	133	135	140	145	150	155	160	163	168	173	178	180
Press	warmup		2x5	45	45	45	45	45	45	45	45	45	45	45	45
	warmup		1x5	40	40	40	43	43	43	45	48	48	50	50	53
	warmup		1x3	48	50	53	53	55	55	58	60	60	63	65	65
	warmup		1x2	60	60	65	65	65	68	70	73	75	78	78	80
	working sets		3x5	70	73	75	78	80	83	85	85	88	90	93	95
Power Clean	warmup		2x5	45	45	45	45	45	45	45	45	45	45	45	45
	warmup		1x5	40	40	40	43	43	43	45	48	48	50	50	53
	warmup		1x3	48	50	53	53	55	55	58	60	60	63	65	65
	warmup		1x2	60	60	65	65	65	68	70	73	75	78	78	80
	working sets		5x3	70	73	75	78	80	83	85	85	88	90	93	95