

Weeks 1-4

	Actual	90%
Squat 1RM	215	193.5
Bench 1RM	210	189
Deadlift 1RM	385	346.5
Press 1RM	115	103.5

GOALS	ST	LT	I	A
Squat	250	315	270	370
Bench	225	275	200	275
Deadlift	400	450	315	440
Press	135	155	140	165

Week 1 of 4

SQUAT	
Estimate 1RM	193.5
SQUAT	
WU 1 x 5	80
WU 1 x 5	100
WU 1 x 3	120
1 x 5	130 5
1 x 5	150 5
1 x 5 om	165 8
Estimated 1RM	208.956

BENCH PRESS	
Estimate 1RM	189
BENCH PRESS	
WU 1 x 5	80
WU 1 x 5	95
WU 1 x 3	115
1 x 5	125 5
1 x 5	145 5
1 x 5 om	165 10
Estimated 1RM	219.945

DEADLIFT	
Estimate 1RM	346.5
DEADLIFT	
WU 1 x 5	140
WU 1 x 5	175
WU 1 x 3	210
1 x 5	230 5
1 x 5	260 5
1 x 5 om	295 11
Estimated 1RM	403.0585

PRESS	
Estimate 1RM	103.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	65
1 x 5	70 5
1 x 5	80 5
1 x 5 om	90 9
Estimated 1RM	116.973

Week 2 of 4

SQUAT	
Estimate 1RM	193.5
SQUAT	
WU 1 x 5	80
WU 1 x 5	100
WU 1 x 3	120
1 X 3	140 3
1 X 3	155 3
1 X 3 om	175 8
Estimated 1RM	221.62

BENCH PRESS	
Estimate 1RM	189
BENCH PRESS	
WU 1 x 5	80
WU 1 x 5	95
WU 1 x 3	115
1 X 3	135 3
1 X 3	155 3
1 X 3 om	175 9
Estimated 1RM	227.4475

DEADLIFT	
Estimate 1RM	346.5
DEADLIFT	
WU 1 x 5	140
WU 1 x 5	175
WU 1 x 3	210
1 X 3	245 3
1 X 3	280 3
1 X 3 om	315 9
Estimated 1RM	409.4055

PRESS	
Estimate 1RM	103.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	65
1 X 3	75 3
1 X 3	85 3
1 X 3 om	95 8
Estimated 1RM	120.308

Week 3 of 4

SQUAT	
Estimate 1RM	193.5
SQUAT	
WU 1 x 5	80
WU 1 x 5	100
WU 1 x 3	120
1 x 5	150 5
1 x 3	165 3
1 x 1 om	185 7
Estimated 1RM	228.1235

BENCH PRESS	
Estimate 1RM	189
BENCH PRESS	
WU 1 x 5	80
WU 1 x 5	95
WU 1 x 3	115
1 x 5	145 5
1 x 3	165 3
1 x 1 om	180 8
Estimated 1RM	227.952

DEADLIFT	
Estimate 1RM	346.5
DEADLIFT	
WU 1 x 5	140
WU 1 x 5	175
WU 1 x 3	210
1 x 5	260 5
1 x 3	295 3
1 x 1 om	330 7
Estimated 1RM	406.923

PRESS	
Estimate 1RM	103.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	65
1 x 5	80 5
1 x 3	90 3
1 x 1 om	100 6
Estimated 1RM	119.98

Week 4 of 4

SQUAT	
Estimate 1RM	193.5
SQUAT	
WU 1 x 5	80
WU 1 x 5	100
WU 1 x 3	120
1 x 5	80 5
1 x 5	100 5
1 x 5 om	120 5
Estimated 1RM	139.98

BENCH PRESS	
Estimate 1RM	189
BENCH PRESS	
WU 1 x 5	80
WU 1 x 5	95
WU 1 x 3	115
1 x 5	80 5
1 x 5	95 5
1 x 5 om	115 5
Estimated 1RM	134.1475

DEADLIFT	
Estimate 1RM	346.5
DEADLIFT	
WU 1 x 5	140
WU 1 x 5	175
WU 1 x 3	210
1 x 5	140 5
1 x 5	175 5
1 x 5 om	210 5
Estimated 1RM	244.965

PRESS	
Estimate 1RM	103.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	65
1 x 5	45 5
1 x 5	55 5
1 x 5 om	65 5
Estimated 1RM	75.8225