

	Actual	90%
Squat 1RM	203.5	
Bench 1RM	194	
Deadlift 1RM	356.5	
Press 1RM	108.5	

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	203.5
SQUAT	
WU 1 x 5	85
WU 1 x 5	105
WU 1 x 3	125
1 x 5	135 5
1 x 5	155 5
1 x 5 om	175 9
Estimated 1RM	227.4475

BENCH PRESS	
Estimate 1RM	194
BENCH PRESS	
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 11
Estimated 1RM	225.4395

DEADLIFT	
Estimate 1RM	356.5
DEADLIFT	
WU 1 x 5	145
WU 1 x 5	180
WU 1 x 3	215
1 x 5	235 5
1 x 5	270 5
1 x 5 om	305 10
Estimated 1RM	406.565

PRESS	
Estimate 1RM	108.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	70
1 x 5	75 5
1 x 5	85 5
1 x 5 om	95 8
Estimated 1RM	120.308

Week 2 of 4

SQUAT	
Estimate 1RM	203.5
SQUAT	
WU 1 x 5	85
WU 1 x 5	105
WU 1 x 3	125
1 X 3	145 3
1 X 3	165 3
1 X 3 om	185 8
Estimated 1RM	234.284

BENCH PRESS	
Estimate 1RM	194
BENCH PRESS	
WU 1 x 5	80
WU 1 x 5	100
WU 1 x 3	120
1 X 3	140 3
1 X 3	160 3
1 X 3 om	175 9
Estimated 1RM	227.4475

DEADLIFT	
Estimate 1RM	356.5
DEADLIFT	
WU 1 x 5	145
WU 1 x 5	180
WU 1 x 3	215
1 X 3	250 3
1 X 3	290 3
1 X 3 om	325 8
Estimated 1RM	411.58

PRESS	
Estimate 1RM	108.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	70
1 X 3	80 3
1 X 3	90 3
1 X 3 om	100 8
Estimated 1RM	126.64

Week 3 of 4

SQUAT	
Estimate 1RM	203.5
SQUAT	
WU 1 x 5	85
WU 1 x 5	105
WU 1 x 3	125
1 x 5	155 5
1 x 3	175 3
1 x 1 om	195 8
Estimated 1RM	246.948

BENCH PRESS	
Estimate 1RM	194
BENCH PRESS	
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 8
Estimated 1RM	234.284

DEADLIFT	
Estimate 1RM	356.5
DEADLIFT	
WU 1 x 5	145
WU 1 x 5	180
WU 1 x 3	215
1 x 5	270 5
1 x 3	305 3
1 x 1 om	340 7
Estimated 1RM	419.254

PRESS	
Estimate 1RM	108.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	70
1 x 5	85 5
1 x 3	95 3
1 x 1 om	105 7
Estimated 1RM	129.4755

Week 4 of 4

SQUAT	
Estimate 1RM	203.5
SQUAT	
WU 1 x 5	85
WU 1 x 5	105
WU 1 x 3	125
1 x 5	85 5
1 x 5	105 5
1 x 5 om	125 5
Estimated 1RM	145.8125

BENCH PRESS	
Estimate 1RM	194
BENCH PRESS	
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

DEADLIFT	
Estimate 1RM	356.5
DEADLIFT	
WU 1 x 5	145
WU 1 x 5	180
WU 1 x 3	215
1 x 5	145 5
1 x 5	180 5
1 x 5 om	215 5
Estimated 1RM	250.7975

PRESS	
Estimate 1RM	108.5
PRESS	
WU 1 x 5	45
WU 1 x 5	55
WU 1 x 3	70
1 x 5	45 5
1 x 5	55 5
1 x 5 om	70 5
Estimated 1RM	81.655