



**Instructions/Notes:**

Warm-up weights  
Full Range of Motion; Controlled  
speed; Carefull Technique.

**Max8/10 = 8/10rep Max test:** estimate, attempt, adjust (+/-2 reps = 3% per rep diff)

**Wed:** If all Mon reps were completed, go up 5% for that lift; otherwise, repeat and complete!

**Med+** = you could do 2 more reps at that weight; **Med** = you could do 3 more reps



**Notes:**