

# MAXES

	5RM KG	40%KG	55%KG	57KG %	60KG%	63KG %	67KG %	72KG%	%76KG	%78K G	%80KG	%85KG	90KG %
REP RANGE	MAX WEIGHT FOR 5 REPS 1:2	WARM UP 10-20	12-15	12-15	10-12	10-12	8-10	8-10	6-8	6-8	4-6	3-5	1-3
BB BENCH PRESS													
BB PRESS													
DEADLIFT													
HEX BAR DEADLIFT													
B. SQUAT													
F.SQUAT													
PULL UP													
LAT PULL DOWN N. GRIP													
SAMPLES	55	22	30	31.5	33	35	37	40	42	43	44	47	
	100	40	55	57	60	63	67	72	76	78	80	85	





# MAXES

SAMPLE S													
	100	40	55	57	60	63	67	72	76	78	80	85	

