

Back and Bicep

Exercise	Week 5 191				Week 6 192				Week 7 193				Week 10 186				Week 12 183				SubTotal
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	
Wide Front Pull-Up	4	1	4	16	10	1	4	40	4	1	15	60	6	1	15	90	6	1	15	90	296
Lawnmower	20	25	1	500	20	25	1	500	20	30	1	600	20	30	1	600	25	30	1	750	2950
Twenty-One's	21	12	1	252	21	12	1	252	21	12	1	252	21	12	1	252	21	12	1	252	1260
One-Arm Cross Body Curl	12	12	1	144	13	12	1	156	9	25	1	225	9	25	1	225	10	25	1	250	1000
Switch Grip Pull-Up	12	1	4	48	12	1	4	48	8	1	6	48	6	1	15	90	8	1	15	120	354
Elbows-Out Lawnmower	10	25	1	250	12	25	1	300	14	25	1	350	12	30	1	360	15	30	1	450	1710
Standing Bicep Curl	7	25	1	175	8	25	1	200	9	25	1	225	8	25	1	200	9	25	1	225	1025
One-Arm Concentration Curl	10	12	1	120	12	12	1	144	14	12	1	168	10	12	1	120	12	12	1	144	696
Corn Cob Pull-Up	5	1	4	20	6	1	4	24	4	1	4	16	4	1	15	60	6	1	10	60	180
Reverse Grip Bent-Over Row	10	25	1	250	12	25	1	300	12	25	1	300	10	30	1	300	12	30	1	360	1510
Open Arm Curl	12	12	1	144	15	12	1	180	7	25	1	175	7	25	1	175	9	25	1	225	899
Static Arm Curl	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	20	12	1	240	1008
Towl Pull-Up	8	1	4	32	8	1	4	32	8	1	8	64	12	1	15	180	12	1	10	120	428
Congdon Locomotives	30	25	1	750	40	25	1	1000	40	25	1	1000	40	25	1	1000	40	25	1	1000	4750
Crouching Cohen Curl	10	12	1	120	12	12	1	144	12	12	1	144	14	12	1	168	14	12	1	168	744
One-Arm Corkscrew Curl	10	12	1	120	12	12	1	144	15	12	1	180	6	25	1	150	9	25	1	225	819
Chin-Up	4	1	4	16	5	1	4	20	6	1	6	36	6	1	15	90	6	1	15	90	252
Seated Bent-Over Back Fly	12	25	1	300	10	25	1	250	16	25	1	400	12	30	1	360	15	30	1	450	1760
Curl-Up/Hammer-Down	25	25	1	625	6	25	1	150	6	25	1	150	6	25	1	150	7	25	1	175	1250
Hammer Curl	25	25	1	625	8	25	1	200	9	25	1	225	8	25	1	200	10	25	1	250	1500
Max Rep Pull-Up	12	1	4	48	10	1	4	40	5	1	6	30	10	1	15	150	6	1	15	90	358
Superman	5	1	10	50	5	1	10	50	5	1	10	50	5	1	10	50	5	1	10	50	250
In-Out Hammer Curl	10	12	1	120	12	12	1	144	12	12	1	144	12	12	1	144	6	25	1	150	702
Strip Set Curls Heaviest	6	25	1	150	8	25	1	200	8	25	1	200	5	30	1	150	5	30	1	150	850
Strip Set Curls Heavy	8	12	1	96	10	12	1	120	8	12	1	96	6	25	1	150	7	25	1	175	637
Strip Set Curls Medium	8	12	1	96	10	12	1	120	10	12	1	120	10	12	1	120	12	12	1	144	600
Strip Set Curls Last	10	5	1	50	8	12	1	96	10	12	1	120	10	12	1	120	10	12	1	120	506
<b>TOTALS</b>	<b>5067</b>				<b>4710</b>				<b>5234</b>				<b>5456</b>				<b>6084</b>				<b>28294</b>

Factor Ratings:

Push-Up: Normal = 10

Knee = 5

Assist = 3

Pull-Up: Normal = 15

Black Band = 10

Red Band = 6

Green Band = 4