

Chest and Back

Exercise	Week 1 198				Week 2 196				Week 3 195				Week 9 191				Week 11 186				SubTotal	TOTALS	
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total			
Standard Push-Up	12	1	10	120	20	1	10	200	25	1	10	250	20	1	10	200	25	1	10	250	1020	1605	
	11	1	10	110	15	1	5	75	20	1	10	200			10		20	1	10	200	585		
Wide Front Pull-Up	10	1	4	40	15	1	4	60	12	1	4	48	5	1	15	75	5	1	15	75	298	473	
	4	1	4	16	12	1	4	48	9	1	4	36			15		5	1	15	75	175		
Military Push-Up	12	1	10	120	12	1	10	120	12	1	10	120	15	1	10	150	16	1	10	160	670	900	
	6	1	5	30	10	1	5	50	10	1	5	50			10		10	1	10	100	230		
Reverse Grip Chin-Up	6	1	4	24	15	1	4	60	12	1	4	48	5	1	15	75	6	1	15	90	297	507	
	4	1	4	16	14	1	4	56	12	1	4	48			15		6	1	15	90	210		
Wide Fly Push-Up	10	1	10	100	15	1	10	150	20	1	10	200	20	1	10	200	25	1	10	250	900	1475	
	5	1	5	25	20	1	10	200	15	1	10	150			10		20	1	10	200	575		
Close Grip Overhand Pull-Up	7	1	4	28	12	1	4	48	10	1	4	40	5	1	15	75	5	1	15	75	266	449	
	5	1	4	20	10	1	4	40	12	1	4	48			15		5	1	15	75	183		
Decline Push-Up	6	1	10	60	8	1	10	80	10	1	10	100	10	1	10	100	12	1	10	120	460	740	
	6	1	10	60	6	1	10	60	6	1	10	60			10		10	1	10	100	280		
Heavy Pants	20	12	1	240	20	12	1	240	12	25	1	300	20	12	1	240	15	25	1	375	1395	2574	
	12	12	1	144	15	25	1	375	12	25	1	300			1		12	30	1	360	1179		
Diamond Push-Up	7	1	5	35	10	1	5	50	10	1	5	50	5	1	5	25	10	1	5	50	210	350	
	6	1	5	30	10	1	5	50	6	1	5	30			5		6	1	5	30	140		
Lawnmowers	20	12	1	240	25	12	1	300	15	25	1	375	15	25	1	375	15	30	1	450	1740	3106	
	18	12	1	216	16	25	1	400	12	25	1	300			1		15	30	1	450	1366		
Dive-Bomber Push-Up	10	1	10	100	7	1	10	70	10	1	10	100	6	1	10	60	10	1	10	100	430	720	
	4	1	5	20	10	1	10	100	7	1	10	70			10		10	1	10	100	290		
Back Flys	20	12	1	240	15	12	1	180	10	25	1	250	10	25	1	250	12	25	1	300	1220	2260	
	15	12	1	180	10	25	1	250	10	25	1	250			1		12	30	1	360	1040		
																				15159			
TOTALS		2214				3262				3423				1825				4435				15159	

Factor Ratings:

Push-Up: Normal = 10 Knee = 5 Assist = 3
 Pull-Up: Normal = 15 Black Band = 10 Red Band = 6 Green Band = 4