

Legs and Back

Exercise	Week 1 197				Week 2 195				Week 3 195				Week 5 193				Week 6 190				SubTotal	TOTALS
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total		
Reverse Grip Chin-Up	20	1	4	80	20	1	4	80	15	1	4	60	16	1	4	64	16	1	10	160	444	820
	16	1	4	64	16	1	4	64	16	1	4	64	16	1	4	64	12	1	10	120	376	
Wide Front Pull-Up	15	1	4	60	15	1	4	60	15	1	4	60	16	1	4	64	12	1	10	120	364	620
	15	1	4	60	12	1	4	48		1	4		12	1	4	48	10	1	10	100	256	
Close Grip Overhand Pull-Up	14	1	4	56	12	1	4	48	15	1	4	60	10	1	4	40	12	1	10	120	324	664
	15	1	4	60	14	1	4	56		1	4		16	1	4	64	16	1	10	160	340	
Switch Grip Pull-Up	12	1	4	48	14	1	4	56	16	1	4	64	18	1	4	72	12	1	10	120	360	688
	20	1	4	80	16	1	4	64		1	4		16	1	4	64	12	1	10	120	328	
508				476				308				480				1020				2792		

Exercise	Week 7 192				Week 9 190				Week 10 185				Week 11 186				Week 12 184				SubTotal	TOTALS
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total		
Reverse Grip Chin-Up	6	1	15	90	8	1	15	120	8	1	15	120	8	1	15	120	8	1	15	120	570	1155
	7	1	15	105	8	1	15	120	8	1	15	120	8	1	15	120	8	1	15	120	585	
Wide Front Pull-Up	5	1	15	75	6	1	15	90	6	1	15	90	6	1	15	90	6	1	15	90	435	855
	5	1	15	75	5	1	15	75	6	1	15	90	6	1	15	90	6	1	15	90	420	
Close Grip Overhand Pull-Up	6	1	15	90	7	1	15	105	6	1	15	90	6	1	15	90	6	1	15	90	465	915
	6	1	15	90	6	1	15	90	6	1	15	90	6	1	15	90	6	1	15	90	450	
Switch Grip Pull-Up	6	1	15	90	8	1	15	120	8	1	15	120	8	1	15	120	8	1	15	120	570	1170
	8	1	15	120	8	1	15	120	8	1	15	120	8	1	15	120	8	1	15	120	600	
TOTALS	735				840				840				840				840				4095	
Factor Ratings:	1243				1316				1148				1320				1860				6887	

Push-Up: Normal = 10

Knee = 5

Assist = 3

Pull-Up: Normal = 15

Black Band = 10

Red Band = 6

Green Band = 4