

Shoulders and Arms

Exercise	Week 1 199				Week 2 199				Week 3 197				Week 9 188				Week 11 188				SubTotal	TOTALS
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total		
Alternating Shoulder Press	11	12	1	132	10	25	1	250	10	25	1	250	10	25	1	250	12	25	1	300	1182	2301
	12	12	1	144	9	25	1	225	10	25	1	250	10	25	1	250	10	25	1	250	1119	
In&Out Bicep Curl	16	12	1	192	16	12	1	192	12	25	1	300	16	25	1	400	16	25	1	400	1484	2760
	16	12	1	192	16	12	1	192	16	12	1	192	12	25	1	300	16	25	1	400	1276	
Two-Arm Tricep Kickback	12	12	1	144	15	12	1	180	10	25	1	250	10	25	1	250	12	25	1	300	1124	2176
	14	12	1	168	16	12	1	192	16	12	1	192	10	25	1	250	10	25	1	250	1052	
Deep Swimmer's Press	12	12	1	144	8	25	1	200	8	25	1	200	8	25	1	200	8	25	1	200	944	1888
	12	12	1	144	8	25	1	200	8	25	1	200	8	25	1	200	8	25	1	200	944	
Full Supination Concentration Curl	11	12	1	132	12	12	1	144	12	12	1	144	7	25	1	175	8	25	1	200	795	1639
	13	12	1	156	12	12	1	144	12	12	1	144	8	25	1	200	8	25	1	200	844	
Chair Dip	20	1	10	200	12	1	10	120	14	1	10	140	14	1	10	140	20	1	10	200	800	1500
	15	1	10	150	12	1	10	120	12	1	10	120	15	1	10	150	16	1	10	160	700	
Upright Row	16	12	1	192	10	25	1	250	12	25	1	300	10	25	1	250	10	30	1	300	1292	2436
	12	12	1	144	10	25	1	250	10	25	1	250	10	25	1	250	10	25	1	250	1144	
Static Arm Curl	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	16	25	1	400	1168	2224
	16	5	1	80	16	12	1	192	16	12	1	192	16	25	1	400	16	12	1	192	1056	
Flip-Grip Twist Tricep Kickback	12	12	1	144	10	12	1	120	16	12	1	192	10	25	1	250	12	12	1	144	850	1526
	20	5	1	100	8	12	1	96	16	12	1	192	12	12	1	144	12	12	1	144	676	
Two-Angle Shoulder Fly	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	960	1808
	16	5	1	80	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	848	
Crouching Cohen Curl	16	12	1	192	16	12	1	192	12	12	1	144	12	12	1	144	6	25	1	150	822	1742
	12	12	1	144	16	12	1	192	16	12	1	192	16	12	1	192	8	25	1	200	920	
Lying-Down Tricep Extension	16	12	1	192	18	12	1	216	16	12	1	192	16	12	1	192	8	25	1	200	992	1961
	16	12	1	192	14	12	1	168	16	12	1	192	16	12	1	192	9	25	1	225	969	
In&Out Straight-Arm Shoulder Fly	16	5	1	80	16	5	1	80	16	5	1	80	16	5	1	80	16	12	1	192	512	1024
	16	5	1	80	16	5	1	80	16	5	1	80	16	5	1	80	16	12	1	192	512	
Congdon Curl	12	12	1	144	12	12	1	144	16	12	1	192	8	25	1	200	9	25	1	225	905	1848
	14	12	1	168	6	25	1	150	8	25	1	200	8	25	1	200	9	25	1	225	943	
Side Tri-Rise	15	1	5	75	20	1	5	100	20	1	5	100	15	1	5	75	20	1	5	100	450	875
	15	1	5	75	15	1	5	75	20	1	5	100	15	1	5	75	20	1	5	100	425	
TOTALS	4364				5040				5556				6065				6683				27708	

Factor Ratings:

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