

Weight and Score Averages by Week

	C&B		Shoulder & Arms		Legs & Back		Chest&Shldr&Tri		Back & Bicep		TOTALS	
	Weight	Score	Weight	Score	Weight	Score	Weight	Score	Weight	Score	Weight	Score
1	198	2,214	199	4,364	197	508					198	2,362
2	196	3,262	199	5,040	195	476					197	2,926
3	195	3,423	197	5,556	195	308					196	3,096
5					193	480	191	2,131	191	5,067	192	2,559
6					190	1,020	192	2,442	192	4,710	191	2,724
7					192	735	193	2,698	193	5,234	193	2,889
9	191	1,825	188	6,065	190	840					190	2,910
10					185	840	186	2,763	186	5,456	186	3,020
11	186	4,435	188	6,683	186	840					187	3,986
12					184	840	186	3,280	183	6,084	184	3,401
Totals	193	3,032	194	5,542	191	689	190	2,663	189	5,310	191	2,987