

<i>The WeighTrainer</i>									
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[illegible][illegible]

Enter 2.5 for KG or 5 for LB:		5
Projected new 1RM Bench Press:		266

[illegible]

Week 1: A			Week 1: B		
1 @	115	x 10	1 @	115	x 10

[illegible][illegible]

1 @	165	x 5	1 @	165	x 5
3 @	190	x 5	1 @	190	x 3
			1 @	215	x 2
			4 @	240	x 1

Week 3: A			Week 3: B		
1 @	115	x 10	1 @	115	x 10
1 @	165	x 5	1 @	165	x 5
1 @	190	x 3	3 @	190	x 5
3 @	215	x 3			

[illegible][illegible][illegible]

Week 6: A			Week 6: B		
1 @	120	x 10	1 @	120	x 10
1 @	170	x 5	1 @	170	x 5
1 @	200	x 3	3 @	200	x 5

[illegible]

1 @	175	x 5
1 @	200	x 3
1 @	225	x 2
1 @	255	x 1
1 @	265	x 1