

Current Training Max: Squat 320 Bench 305 Deadlift 390 OHP 180

Routine: 6 Day Squat To generate weights, fill in yellow training max cells on the Log page.

Day	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Accessory Muscle Groups
Monday	Bench	200.0 x8	230.0 x6	260.0 x4	260.0 x4	260.0 x4	245.0 x5	230.0 x6	215.0 x7	200.0 x8+	Back, Chest, Shoulders Arms
	OHP	90.0 x6	110.0 x5	125.0 x3	125.0 x5	125.0 x7	125.0 x4	125.0 x6	125.0 x8		
Tuesday	Squat	240.0 x5	270.0 x3	305.0 x1+	290.0 x3	270.0 x3	255.0 x3	240.0 x5	225.0 x5	210.0 x5+	Legs, Abs
	Sumo Deadlift	195.0 x5	235.0 x5	275.0 x3	275.0 x5	275.0 x7	275.0 x4	275.0 x6	275.0 x8		
Wednesday	OHP	135.0 x5	155.0 x3	170.0 x1+	160.0 x3	155.0 x3	145.0 x3	135.0 x5	125.0 x5	115.0 x5+	Back, Shoulders, Arms
	Incline Bench	120.0 x6	155.0 x5	185.0 x3	185.0 x5	185.0 x7	185.0 x4	185.0 x6	185.0 x8		
Thursday	Deadlift	295.0 x5	330.0 x3	370.0 x1+	350.0 x3	330.0 x3	310.0 x3	295.0 x3	275.0 x3	255.0 x3+	Legs, Abs
	Front Squat	110.0 x5	145.0 x5	175.0 x3	175.0 x5	175.0 x7	175.0 x4	175.0 x6	175.0 x8		
Friday	Bench	230.0 x5	260.0 x3	290.0 x1+	275.0 x3	260.0 x5	245.0 x3	230.0 x5	215.0 x3	200.0 x5+	Back, Chest, Arms
	C.G.Bench	120.0 x6	155.0 x5	185.0 x3	185.0 x5	185.0 x7	185.0 x4	185.0 x6	185.0 x8		
Saturday	Squat	230.0 x3	230.0 x3	230.0 x3	230.0 x3	230.0 x3	230.0 x3	230.0 x3	230.0 x3		Upper Back, Legs
	Sumo Dead	220.0 x3	220.0 x3	220.0 x3	220.0 x3	220.0 x3	220.0 x3				

Accessory Routine

Day	Exercise	Sets	Reps	Weight	Push/Pull
Monday	Low cable row	4	12		Pull
	Cable pulldown	4	12		Pull
	Face pulls	3	15		Pull
	Hammer curls	2	12		Pull
	?				
	?				
Tuesday	Bulgarian split squat	3	12		Push
	KB swings	3	12		Pull
	Hanging leg raises	3	12		
	?				
	?				
Wednesday	Weighted pullups	5	5		Pull
	Cable rear delt fly	3	15		Pull
	Close grip cable pulldown	4	12		Pull
	Hammer curls	2	12		Pull
	?				
	?				
Thursday	Laying leg curl	3	12		Pull
	Cable ab crunch	3	15		
	?				
	?				
	?				
Friday	t bar row	5	5	75	Pull
	Cable low row	3	12		Pull
	Weighted dips	3	8-12		Push
	Hammer curls	2	12		Pull
	?				
Saturday	?				
	?				
	?				
	?				
	?				

SBD TOTAL

calculated from sbd maxes

1128 Lb

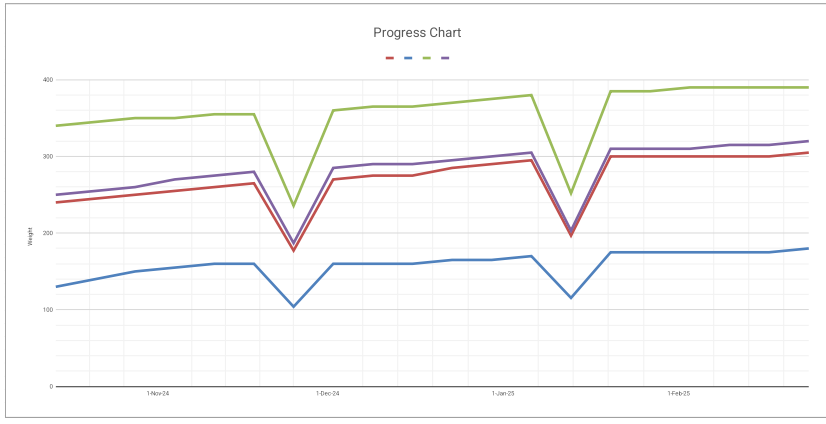
Goal: 1500 Lb

Push-Pull Ratio

Push Reps	288
Pull Reps	355
Ratio:	1:1.2

Current Training Max		Bench	OHP	Deadlift	Squat	AMRAP Reps								
		305	180	390	320									
Date	Weekno.	Bench		OHP		Deadlift		Squat		Squat	OHP	DL	Bench	Comments
		Training Max	Reps on 1+	Training Max	Reps on 1+	Training Max	Reps on 1+	Training Max	Reps on 1+					
14-Oct-24	42	245	4	130	6	345	4	250	4	10	6	7	14	10 on Saturday deadlift
21-Oct-24	43	245	3	140	6	345	5	255	4	10	8	6	16	
28-Oct-24	44	250	5	150	5	350	1	260	6	14	8	8	20	
4-Nov-24	45	255	5	155	5	350	3	270	3					
11-Nov-24	46	260	5	160	1	355	1	275	3					
18-Nov-24	47	265	5	160	1	355	3	280	3					sick
25-Nov-24	48	177.25	1	104	1	235.75	1	187	1					AUTOMATIC 65% DELOAD WEEK
2-Dec-24	49	270	5	160	1	360	3	285	3					row 185x5 sets
9-Dec-24	50	275	1	160	1	365	1	290	1					sick
16-Dec-24	51	275	6	160	3	365	3	290	5					
23-Dec-24	52	285	5	165	1	370	3	295	5					
30-Dec-24	53	290	5	165	4	375	3	300	3					lower back pain stretch more
6-Jan-25	2	295	3	170	4	380	4	305	4					
13-Jan-25	3	196.75	1	115.5	1	252	1	203.25	1					AUTOMATIC 65% DELOAD WEEK
20-Jan-25	4	300	1	175	1	385	1	310	1					
27-Jan-25	5	300	1	175	1	385	3	310	1					
3-Feb-25	6	300	1	175	1	390	1	310	3					
10-Feb-25	7	300	1	175	1	390	1	315	1					grip giving out; worn out bb knurling though
17-Feb-25	8	300	3	175	3	390	1	315	3					groin pull
24-Feb-25	9	305		180		390		320						AUTOMATIC 65% DELOAD WEEK
														sudden knee pain 2nd rep top set
														upper back pain squat. careful
														AUTOMATIC 65% DELOAD WEEK
														AUTOMATIC 65% DELOAD WEEK
														AUTOMATIC 65% DELOAD WEEK

Reached the end? Reset the first date to next Monday, delete the reps in each rep column, then readjust your TMs like when you first started.



Settings

Lbs or Kgs

Routine

Progress calculator

Weight to add			
2.5KG/5LBS	Reps on 1+ set >=	<input type="text" value="3"/> ,but also <=	<input type="text" value="5"/>
5KG/10LBS	Reps on 1+ set >=	<input type="text" value="6"/>	

MACRO CALCULATOR

Fill in the highlighted cells

STEP 1: CALCULATE YOUR CALORIE NEEDS

Enter your body-fat percentage	20
Weight (lbs)	191
Your Lean Body Mass	152.8
Your BMR	1870.1904
Enter your activity multiplier (See explanation box on the right) (1.1-1.9)	1.5
Your Estimated Daily Calorie Needs (TDEE)	2805

STEP 2 (FOR THOSE CUTTING): Calculate your Calorie targets & macros

Enter your target weekly weight loss (in pounds) (0.4-3.0)	1
Your Target Average Daily Calorie Intake	2305
Enter your chosen Fat Intake in g/lb of LBM (0.4-0.6)	0.5
Enter your chosen Protein Intake in g/lb of LBM (0.8-1.4)	1

Option 1: Use the same macros every day (Choose if you train 1-2 days a week, or every day)

Calories	2305
Protein	153
Fat	76
Carbs	252

Option 2: Cycle your Calories & Macros (Only worth it if you train 3-6 days a week)

How many days a week do you train? (3-6)	5
Choose a calorie intake percentage difference between your training & rest days (20, 30, or 40)	30
Choose a fat intake percentage difference between your training & rest days (10, 20, 30, 40, or 50)	30

TRAINING	Calories	2521
	Protein	153
	Fat	68
	Carbs	324

REST DAYS	Calories	1765
	Protein	153
	Fat	97
	Carbs	70

STEP 2 (FOR THOSE BULKING): Calculate your Calorie targets & macros

Enter your target monthly muscle gain (in lbs) (0.5-3.0)	2
Your Target Average Daily Calorie Intake	3205
Enter your chosen Fat Intake as a percentage of daily calories (20, 25, or 30)	25
Enter your chosen Protein Intake in g/lb of LBM (0.8-1.4)	1

Option 1: Use the same macros every day (Choose if you train 1-2 days a week, or every day)

Calories	3205
Protein	153
Fat	89
Carbs	448

Option 2: Cycle your Calories & Macros (Only worth it if you train 3-6 days a week)

How many days a week do you train? (3-6)	5
Choose a calorie intake percentage difference between your training & rest days. (20, 30, or 40)	20
Choose a fat intake percentage difference between your training & rest days. (10, 20, 30, 40, or 50)	40

TRAINING	Calories	3399
	Protein	153
	Fat	75
	Carbs	528

REST DAYS	Calories	2719
	Protein	153
	Fat	125
	Carbs	246

Activity Multiplier Map

Sedentary (little/no exercise) = 1.2
 Lightly active (training/sport 2-3 days/week) = 1.375
 Moderately Active (training/sports 4-5 days/week) = 1.55
 Very active (training/sports 6-7 days/week) = 1.725
 Extremely Active (twice/day, all difficult) = 1.9