

Month 1: 11/28/2011 - 12/22/2011

SUPPLEMENTAL WORK

BENCH	Max	90%				EST. MAX	Weight	Reps				Comments	Supplemental Work
	94.0556	84.65004				94.0556	83	4					
	Sets	Reps	Percentage			Pounds			Reps Completed				
Week 1	3	5	0.65	0.75	0.85	55.022526	63.48753	71.952534	5	5	16	W, 11/30. Should have done this on Tues. Good set.	Strict Pull-ups: 5x10 Push-ups: 5x15 (Elevated on Rings)
Week 2	3	3	0.7	0.8	0.9	59.255028	67.720032	76.185036	3	3	13	T, 12/6. Felt good.	
Week 3	3	5,3,1	0.75	0.85	0.95	63.48753	71.952534	80.417538	5	3	12	T, 12/13. Think I have a cold. Speed through this set so class can use pull-up bars. Satisfied.	
Week 4	3	5	0.4	0.5	0.6	33.860016	42.32502	50.790024	5	5	5	T, 12/20. Used chains and did speed bench press with these weights. Very light.	

DEADLIFT	Max	90%				EST. MAX	Weight	Reps				Comments	Supplemental Work
	212.2807	191.05263				212.2807	193	3					
	Sets	Reps	Percentage			Pounds			Reps Completed				
Week 1	3	5	0.65	0.75	0.85	124.1842095	143.2894725	162.3947355	5	5	11	S, 12/3. Sore lower back. Stopped when lost back.	Romanian Deadlift: 5x15 Lunges: 5x20 Prowler Push, heavy: 7x1
Week 2	3	3	0.7	0.8	0.9	133.736841	152.842104	171.947367	3	3	13	R, 12/8. Time to shave those calluses. Could not continue since my extremely built-up calluses got in the way and started to really hurt.	
Week 3	3	5,3,1	0.75	0.85	0.95	143.2894725	162.3947355	181.4999985	5	3	10	W, 12/14. I set a goal of reaching 10 and then once I met the goal, I just stopped. Had more in me, with a good back but mentally checked out.	
Week 4	3	5	0.4	0.5	0.6	76.421052	95.526315	114.631578	5	5	5	W, 12/21. So trivial. Should have done this set as deficit deadlifts. Blah. Not sore this week. Lame. Sprinted with PP.	

PRESS	Max	90%				EST. MAX	Weight	Reps				Comments	Supplemental Work
	76.40575	68.765175				76.40575	65.5	5					
	Sets	Reps	Percentage			Pounds			Reps Completed				
Week 1	3	5	0.65	0.75	0.85	44.69736375	51.57388125	58.45039875	5	5	11	F, 12/2. Idk why strict press is so hard!!	Strict Pull-ups: 5x10 Ring Dips: 5x15
Week 2	3	3	0.7	0.8	0.9	48.1356225	55.01214	61.8886575	3	3	7	W, 12/7. I know I did arms yesterday, but they felt good today (and def way better than my legs!). Press takes a lot out of me. Strict pull-ups were difficult. Myarms are sore now.	
Week 3	3	5,3,1	0.75	0.85	0.95	51.57388125	58.45039875	65.32691625	5	3	8	R, 12/15. Last rep, back was over-arched. Need to get better at keeping my core tight. Going to start doing weighted dip sets.	
Week 4	3	5	0.4	0.5	0.6	27.50607	34.3825875	41.259105	5	5	5	R, 12/22. Yeah I think we are done with 5/3/1. Weighted dips today for supplement work.	

SQUAT	Max	90%				EST. MAX	Weight	Reps				Comments	Supplemental Work
	181.4835	163.33515				181.4835	165	3					
	Sets	Reps	Percentage			Pounds			Reps Completed				
Week 1	3	5	0.65	0.75	0.85	106.1678475	122.5013625	138.8348775	5	5	16	M, 11/28. Disappointed with performance. Wanted to get 20+. Messed up math on 2nd set and did 10# less.	Pistols: 5x10 (w/ barbell overhead) GHD Sit-Ups: 5x25 Sled Pull, heavy: 7x1
Week 2	3	3	0.7	0.8	0.9	114.334605	130.66812	147.001635	3	3	8	M, 12/5. Disappointed again. Weight is light but reps won't come out! Aimed for 10+, but fell short. Sore lower back.	
Week 3	3	5,3,1	0.75	0.85	0.95	122.5013625	138.8348775	155.1683925	5	3	9	M, 12/12. Probably had a couple more reps in me. Need to stop holding my breath. Taking too long at the top. Sore throat. Feeling sick, but a good day. Pistols extremely difficult.	
Week 4	3	5	0.4	0.5	0.6	65.33406	81.667575	98.00109	5	5	5	M, 12/19. Decided to try out my new chains on the deload set. Easy. Feel like I haven't gotten much out of 5/3/1.	

Weight x Reps x .0333 + Weight = Estimated 1RM

- Warm-up: 1x5 at 40%, 1x5 at 50%, 1x3 at 60%

