Date	Exercise	Sets	Reps	Weight
01-12-2024	Bench press	6	5	60 kg
		2	4+1	
		4	2	
	Overhead tricep extensions	2	10	
	Chest flies	5	10	
02-12-2024	Squat	2	5	60 kg
		8	5	100 kg
		1	3	
		2	5	90 kg
	Leg extensions	2	10	20 kg
		2	10	40 kg
03-12-2024	Overhead press	9	5	35 kg
		1	11	
06-12-2024	Deadlift	2	5	60 kg
		1	1	100 kg
		9	5	110 kg
		1	9	
	Leg curls	1	10	20 kg
		3	10	40 kg
		2	10	50 kg

Date	Exercise	Sets	Reps	Weight
07-12-2024	Bench press	1	5	60 kg
		9	3	70 kg
		1	5	
	Overhead tricep extensions	3	10	
	Chest flies	5	10	
08-12-2024	Squat	1	5	60 kg
		1	1	100 kg
		10	3	110 kg
	Leg extensions	2	10	20 kg
		5	10	40 kg
10-12-2024	Overhead press	1	3	40 kg
		1	10	
		1	7	
		1	9+1	
		1	4	
11-12-2024	Deadlift	1	5	60 kg
		1	1	100 kg
		9	3	140 kg
		1	5	
	Leg curls	1	10	20 kg
		1	10	40 kg
		5	10	50 kg

Date	Exercise	Sets	Reps	Weight
14-12-2024	Bench Press	1	5	45 kg
		1	3	55 kg
		1	1	60 kg
		1	12	65 kg
15-12-2024	Squat	1	5	60 kg
		1	5	65 kg
		1	3	80 kg
		1	1	95 kg
		1	16	100 kg
18-12-2024	Deadlift	1	5	60 kg
		1	5	90 kg
		1	3	105 kg
		1	1	125 kg
		1	13	135 kg

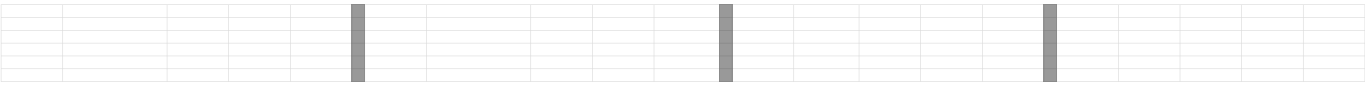
Date	Exercise	Sets	Reps	Weight
21-12-2024	Bench press	1	5	60 kg
		7	5	65 kg
		1	7	
	Overhead tricep extensions	2	10	
	Chest flies	5	10	
22-12-2024	Squat	1	5	60 kg
		1	1	100 kg
		7	5	110 kg
		1	6	
	Leg extensions	1	10	20 kg
		4	10	40 kg
24-12-2024	Overhead press	1	5	40 kg
		6	5	50 kg
		1	4	
		1	8	40 kg
25-12-2024	Deadlift	1	5	60 kg
		1	1	100 kg
		1	1	140 kg
		3	5	150 kg
		1	5	140 kg
		1	4	
		3	5	130 kg
	Leg curls	1	10	20 kg
		2	10	40 kg
		3	10	50 kg

Date	Exercise	Sets	Reps	Weight
28-12-2024	Bench press	1	5	60 kg
		1	3	65 kg
		7	3	75 kg
		1	5	
	Overhead tricep extensions	4	10	
	Chest flies	6	10	
29-12-2024	Squat	1	5	60 kg
		1	3	90 kg
		7	3	120 kg
		1	5	
	Leg extensions	1	10	20 kg
		1	10	40 kg
		5	10	50 kg
31-12-2024	Overhead press	1	2	40 kg
		7	3	50 kg
		1	7	
01-01-2025	Deadlift	2	5	60 kg
		1	1	100 kg
		1	1	140 kg
		2	3	160 kg
		6	3	150 kg
	Leg curls	1	10	20 kg
		1	10	40 kg
		3	10	60 kg
		2	10	50 kg

Date	Exercise	Sets	Reps	Weight
04-01-2025	Bench press	1	5	45 kg
		1	3	55 kg
		1	2	65 kg
		1	1	70 kg
		1	8	75 kg
06-01-2025	Squat	2	5	60 kg
		1	1	100 kg
		1	11	120 kg
08-01-2025	Overhead press	1	5	40 kg
		1	10	50 kg
09-01-2025	Deadlift	1	5	60 kg
		1	5	95 kg
		1	3	115 kg
		1	2	130 kg
		1	1	140 kg
		1	9	150 kg
		1	1	180 kg
	Leg curls	1	10	20 kg
		1	10	40 kg
		2	10	60 kg

Date	Exercise	Sets	Reps	Weight
11-01-2025	Squat	2	5	60 kg
		2	1	100 kg
		1	1	120 kg
		1	1	140 kg
		1	0	160 kg
		1	7	100 kg
		2	1	
	Bench press	1	2	60 kg
		1	3	
		2	1	80 kg
		1	1	90 kg
		1	0	100 kg
	Leg extensions	1	10	20 kg
		3	10	40 kg
13-01-2025	Deadlift	1	5	60 kg
		1	1	100 kg
		1	1	140 kg
		1	1	180 kg
	Overhead press	1	5	40 kg
		1	1	60 kg

Date	Exercise	Sets	Reps	Weight
15-01-2025	Bench press	1	5	60 kg
		4	5	70 kg
		1	6	
	Overhead tricep extensions	2	10	
	Chest flies	6	10	
16-01-2025	Squat	1	5	60 kg
		1	1	100 kg
		3	5	120 kg
		1	5	110 kg
		1	6	
	Leg extensions	1	10	20 kg
		1	10	40 kg
		4	10	50 kg
20-01-2025	Overhead press	1	5	40 kg
		3	5	55 kg
		2	5	50 kg
		1	7	
21-01-2025	Deadlift	1	5	60 kg
		2	1	100 kg
		1	1	140 kg
		3	5	150 kg
		3	5	140 kg
	Leg curls	1	10	20 kg
		2	10	40 kg
		3	10	50 kg

Date	Exercise	Sets	Reps	Weight
24-01-2025	Bench press	1	5	60 kg
		1	1	70 kg
		3	5	75 kg
		1	7	
	Overhead tricep extensions	2	10	
	Chest flies	6	10	
25-01-2025	Squat	2	5	60 kg
		1	1	100 kg
		1	2	105 kg
		1	1	130 kg
		1	5	135 kg
		2	5	125 kg
		1	2	
		1	1	
		2	5	60 kg
	Leg extensions	1	10	20 kg
		1	10	40 kg
		4	10	50 kg
	Sit ups	1	10	
		3	10	5 kg above head
		1	6	
27-01-2025	Overhead press	1	2	40 kg
		1	2	45 kg
		1	2	50 kg
		1	5	60 kg
		2	5	55 kg
		1	7	
28-1-2025	Deadlift	2	5	60 kg
		1	2	100 kg
		1	2	125 kg
		1	2	140 kg
		1	5	165 kg
		2	5	150 kg
		1	6	150 kg
	Leg curls	1	10	20 kg
		1	10	40 kg
		5	10	60 kg

Date	Exercise	Sets	Reps	Weight
31-01-2025	Bench press	1	5	45 kg
		1	3	55 kg
		1	2	65 kg
		1	1	70 kg
		1	1	75 kg
		1	7	80 kg
		1	2	90 kg
01-02-2025	Squat	1	5	60 kg
		1	2	100 kg
		1	2	110 kg
		1	7	135 kg
		1	1	150 kg
	Leg extensions	1	10	20 kg
		1	10	40 kg
		4	10	60 kg
03-02-2025	Overhead press	1	5	35 kg
		1	3	40 kg
		1	2	50 kg
		1	1	
		1	1	55 kg
		2	4	60 kg