

	C	E	F	G	I	J	K	M	N	O	P	Q	R	S	U	V	W	Y	Z	AA	AC	AD	AE	AF	AI	AK	AL	AM	AO	AP	AQ	AS	AT	AU	AV	AY	BA	BB																									
1	Phone:		8156216016										Steve Olson																				Maxes:																														
2	Email:		exceltrainingdesigns@gmail.com																														Current Max		2003																												
3	Date Printed:		6/8/2016																														Training Max		2003																												
4														Steve Olson 06/08/2016																																																	
5	Strength prep													Strength prep													Strength prep													Stren																							
6	Dynamic Warmup													Preworkout													Dynamic Warmup													Dynamic Warmup																							
7	Dynamic Warmup													Dynamic Warmup													Dynamic Warmup													Dynamic Warmup																							
8	Dynamic Warmup													Dynamic Warmup													Dynamic Warmup													Dynamic Warmup																							
9	Dynamic Warmup													Dynamic Warmup													Dynamic Warmup													Dynamic Warmup																							
10																																																															
11	DATE:													DATE:													DATE:													DATE:																							
12	Core Lifts													Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Core Lifts													Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Core Lifts													Sets	Reps	WT	Sets	Reps	WT
13	3B Bench Press														x15			x15			x15			2x6	Chest			x6			x6			x6			3B Bench Press		x15			x15			x15			Incline Bench		x15													
14															x15			x15			x15			Blank			x6			x6			x6					x15			x15			x15					x15														
15	Video																																																														
16																																																															
17																																																															
18																																																															
19	Lat Pulldowns														x15			x15			x15			3x10	Domi			x10			x10			x10			x15			x15			x15			BB Rows		x15															
20															x15			x15			x15			Blank			x10			x10			x10			x15			x15			x15			x15			BB Rows		x15													
21															x15			x15			x15					x10			x10			x10			x15			x15			x15			x15			BB Rows		x15														
22																																																															
23																																																															
24																																																															
25	DB Rows														x8			x10			x12			2x8	ngle			x8			x8			x8			x10			x12			x12			Overhead Press		x12															
26															x8			x10			x12			Blank			x8			x8			x8			x10			x12			x12			x12			Overhead Press		x12													
27	Video														x8			x10			x12																																										