	Week 1					
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps
	Workout 1		Workout 2		Workout 3	
	Weight	Reps	Weight	Reps	Weight	Reps