

9/9/17			
RDL 10x15 6x15 6x15	Bench Press 5x45 5x135 3x185 1x225 3x5x250		
9/11/17			
Chins 6x4xBW	Squats (17" box) 10xBW 13xBW 15xBW 10xBW	Strict Press 10x45 10x55lbs 10x65	RDL 6x15 6x25 8x25 8x25
9/13/17			
Bench Press 5x45 5x135 3x185 1x225 1x235 3x5x255	Squats (17" box) 2x5xBW 3x5x33	RDL 2x5xBW 3x5x33	Chinups 5x4xBW 2x3xBW
9/15/17			
Squats (16" box) 5xBW 5x45 5x95 3x5x135	Strict Press 4x45 5x65 5x95 5x105	RDL (to 5" blocks) 5xBW 5x45 5x55	Deadlift (5" blocks) 3x5x55
9/18/17			
Squats (15" box) 5xBW 5x45 5x65 5x95 3x135 3x5x145	Bench Press 5x45 5x135 5x185 3x225 1x240 3x5x260	Deadlift 3x5x65 (5" mat) 5x65 (2.5" mat) 5x65	Chinups 6x4xBW
9/20/17			

Squats 5xBW (15"box) 5x45 (15"box) 5x65 (15"box) 5x95 (15"box) 5x115 (15"box) 3x135 (15"box) 5x155 (13.5"box) 5x155 (12" box)	Strict Press 5x45 5x65 5x95 3x105 3x5x115	Chinups 7xBW 5xBW 4xBW	Deadlift 5x55 5x75 5x95 5x105
9/22/17			
Squats (12" box) 5xBW 5x45 5x75 5x105 3x135 3x5x165	Bench Press 5x45 5x135 5x185 3x225 1x245 3x5x265	Deadlift 5x45 5x65 5x75 3x95 1x115 5x125	Chinups 6x4xBW
9/25/17			
Squat (12" box) 2x5xBW 5x45 5x85 5x115 3x135 1x155 2x5x175	Strict Press 5x45 5x65 3x95 1x110 3x5x120	Deadlift 5x65 5x75 5x95 3x115 5x135	Chinups 4x5xBW 3xBW
9/27/17			
Squat (12" box) 5xBW 5x45 5x90 5x120 3x140 1x160 3x5x185	Bench Press 5x45 5x135 5x185 3x225 1x250 3x5x270	Deadlift 5x75 5x95 3x115 2x125 5x145	Chinups 8xBW 6xBW 4xBW
9/29/17			

Squat (12" box) 2x5xBW 5x45 5x95 3x135 1x165 3x5x195	Strict Press 5x45 5x65 3x95 1x115 3x5x125	RDL 5xBW 5x95 5x115 3x125 1x140 5x155	Chinups 5x5xBW
10/3/17			
Squats (12" box) 2x5xBW 5x45 5x95 3x135 1x175 3x5x200	Bench Press 5x45 5x135 5x185 3x225 1x255 3x5x275	RDL 5xBW 5x95 5x115 3x135 1x145 5x155	Chinups 8xBW 6xBW 4xBW
10/5/17			
Squat (12" box) 2x5xBW 5x45 5x95 3x115 2x135 1x170 3x5x205	Strict Press 5x45 5x65 3x95 1x115 3x5x130	RDL 5xBW 5x95 5x115 3x135 1x145 5x175	Barbell Curl 5x45 10x65 10x75 7x85
10/7/17			
Squat 5x45 5x115 3x135 2x155 1x175 3x5x200	Bench Press 5x45 5x135 3x185 2x225 1x255 2x5x280	Deadlift 5x45 5x135 3x155 2x185 5x205	Chinups 7xBW 3xBW 2xBW
10/10/17			
Squat 5x45 5x115 3x135 2x155 1x175 3x5x205	Press 5x45 5x65 3x85 2x105 1x115 3x5x135	Deadlift 5x45 5x135 3x185 2x205 5x225	Barbell Curl 5x45 10x70 10x80 6x90

10/12/17			
Squat 5x45 5x115 3x135 2x165 1x190 3x5x210	Bench Press 5x45 5x135 3x195 2x235 1x260 2x5x285	Deadlift 5x135 5x185 3x205 1x215 5x235	Barbell Curl 5x55 10x75 5x85 4x95
10/14/17			
Squat 5x45 5x115 3x135 2x165 1x195 3x5x215	Press 5x45 5x65 3x95 2x115 1x125 3x5x140	Deadlift 5x135 5x185 3x205 1x225 5x245	Dumbbell Curl 5x25 10x35 5x40 2x45
10/17/17			
Squat 5x45 5x120 3x145 2x185 1x205 3x5x220	Bench Press 5x45 5x135 3x195 2x245 1x265 2x5x290	Deadlift 5x135 5x185 3x205 2x235 5x255	Chinups 8xBW 7xBW 5xBW 4xBW 3xBW 2xBW 1xBW
10/19/17			
Squat 5x45 5x125 3x145 2x185 1x205 3x5x225	Press 5x45 5x75 3x95 2x115 1x135 3x5x145	Deadlift 5x135 5x185 3x205 2x235 5x265	
10/21/17			
Squat 5x45 5x125 3x155 2x185 1x210 3x5x230	Bench Press 5x45 5x135 3x195 2x225 1x255 2x5x295	Deadlift 5x135 5x185 3x215 2x245 5x275	

10/23/17			
Squat 5x45 5x135 3x185 1x215 3x5x235	Press 5x45 5x85 3x120 3x5x140	Deadlift 5x135 5x185 3x225 2x255 5x280	
10/25/17			
Squat 5x45 5x135 3x185 1x220 3x5x240	Bench Press 5x45 5x135 3x195 2x225 1x265 2x5x300	Chinups 10xBW 3x6xBW	