

Baseline testing												
Insert your main exercises												
Squat				Bench press				Deadlift				*
100				100				100				**
* Insert exercise from list of variations in cells A3, D3 & H3												
** Insert your result from the baseline 1RM test in cells A4, D4 & H4												
Exercise variations												
Squat				Bench press				Deadlift				
Squat with bands				Bench press with bands				Deadlift with bands				
Pause squat				Bench press medium grip				Deadlift from blocks				
Pin squat				Bench press close grip				Deficit deadlift				
Front squat				Bench press with legs up				Straight-legged deadlift				
Pause front squat				Incline bench press				Snatch-grip deadlift				
Pin front squat				Overhead press				Snatch-grip deadlift from hang				
<<--Warm up for the baseline 1RM test-->>												
Squat				Bench press				Deadlift				
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets				
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	
1.set	55.0	54.0 %	5	1.set	55.0	54.0 %	6	1.set	55.0	55.0 %	4	
2.set	65.0	66.0 %	3	2.set	65.0	66.0 %	4	2.set	70.0	70.0 %	3	
3.set	77.5	77.0 %	2	3.set	77.5	77.0 %	3	3.set	82.5	82.0 %	1	
4.set	85.0	84.0 %	2	4.set	85.0	84.0 %	2	4.set	90.0	90.0 %	1	
5.set	90.0	90.0 %	1	5.set	90.0	90.0 %	1	5.set	95.0	95.0 %	1	
6.set	95.0	96.0 %	1	6.set	95.0	96.0 %	1	6.set	100.0	100.0 %	1	
7.set	100.0	100.0 %	1	7.set	100.0	100.0 %	1	7.set?	0.0	0.0 %	0	
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	
Week 1 - Starter week												
Day 1				Day 3				Day 5				
Squat				Squat				Squat				
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets				
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	
1.set	50.0	50.0 %	5	1.set	45.0	45.0 %	6	1.set	55.0	55.0 %	5	
2.set	60.0	60.0 %	4	2.set	55.0	55.0 %	5	2.set	65.0	65.0 %	4	
3.set	65.0	65.0 %	3	3.set	65.0	65.0 %	4	3.set	70.0	70.0 %	4	
4.set	70.0	70.0 %	2	4.set	70.0	70.0 %	4	4.set	75.0	75.0 %	4	
5.set	75.0	75.0 %	1	5.set	75.0	75.0 %	3	5.set	80.0	80.0 %	3	
6.set	0.0	0.0 %	0	6.set	75.0	75.0 %	3	6.set	80.0	80.0 %	3	
7.set	0.0	0.0 %	0	7.set	75.0	75.0 %	3	7.set	0.0	0.0 %	0%	
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	
KG	900			KG	1760			KG	1595			
	MI %	60.00%			MI %	62.86%			MI %	69.35%		
		Reps	15			Reps	28			Reps	23	
Bench press				Bench press				Bench press				
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets				
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	
1.set	50.0	50.0 %	5	1.set	55.0	55.0 %	6	1.set	60.0	60.0 %	6	
2.set	60.0	60.0 %	4	2.set	65.0	65.0 %	5	2.set	70.0	70.0 %	5	
3.set	65.0	65.0 %	3	3.set	70.0	70.0 %	5	3.set	75.0	75.0 %	4	
4.set	70.0	70.0 %	2	4.set	75.0	75.0 %	4	4.set	80.0	80.0 %	3	
5.set	75.0	75.0 %	1	5.set	80.0	80.0 %	3	5.set	82.5	82.5 %	2	
6.set	0.0	0.0 %	0	6.set	80.0	80.0 %	3	6.set	82.5	82.5 %	2	
7.set	0.0	0.0 %	0	7.set	80.0	80.0 %	3	7.set	0.0	0.0 %	0	
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	

9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	900			KG	2025			KG	1580		
	MI %	60.00%			MI %	69.83%			MI %	71.82%	
		Reps	15			Reps	29			Reps	22
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	50.0	50.0 %	4	1.set	50.0	50.0 %	5	1.set	55.0	55.0 %	5
2.set	60.0	60.0 %	3	2.set	60.0	60.0 %	4	2.set	65.0	65.0 %	4
3.set	65.0	65.0 %	2	3.set	70.0	70.0 %	3	3.set	75.0	75.0 %	3
4.set	70.0	70.0 %	1	4.set	70.0	70.0 %	3	4.set	75.0	75.0 %	3
5.set	0.0	0.0 %	0	5.set	70.0	70.0 %	3	5.set	75.0	75.0 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	580			KG	1120			KG	1210		
	MI %	58.00%			MI %	62.22%			MI %	67.22%	
		Reps	10			Reps	18			Reps	18
Week 2											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	67.5	67.5 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	75.0	75.0 %	1	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	1
4.set	82.5	82.5 %	3	4.set	75.0	75.0 %	5	4.set	77.5	77.5 %	4
5.set	82.5	82.5 %	3	5.set	75.0	75.0 %	5	5.set	77.5	77.5 %	4
6.set	82.5	82.5 %	3	6.set	0.0	0.0 %	0	6.set	77.5	77.5 %	4
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1320			KG	1315			KG	1495		
	MI %	73.33%			MI %	69.21%			MI %	71.19%	
		Reps	18			Reps	19			Reps	21
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	1
4.set	80.0	80.0 %	3	4.set	72.5	72.5 %	5	4.set	75.0	75.0 %	4
5.set	85.0	85.0 %	3	5.set	72.5	72.5 %	5	5.set	70.0	70.0 %	6
6.set	75.0	75.0 %	4	6.set	72.5	72.5 %	5	6.set	62.5	62.5 %	8
7.set	75.0	75.0 %	4	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1662.5			KG	1652.5			KG	1785		
	MI %	72.28%			MI %	68.85%			MI %	66.11%	
		Reps	23			Reps	24			Reps	27
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5

2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	65.0	65.0 %	3
3.set	70.0	70.0 %	5	3.set	0.0	0.0 %	0	3.set	70.0	70.0 %	1
4.set	70.0	70.0 %	5	4.set	0.0	0.0 %	0	4.set	75.0	75.0 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	80.0	80.0 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	80.0	80.0 %	3
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	80.0	80.0 %	3
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1195			KG	0			KG	1510		
	MI %	66.39%			MI %	#DIV/0!			MI %	71.90%	
		Reps	18			Reps	0			Reps	21
Week 3											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	67.5	67.5 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	77.5	77.5 %	1	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	1
4.set	85.0	85.0 %	3	4.set	77.5	77.5 %	5	4.set	80.0	80.0 %	4
5.set	85.0	85.0 %	3	5.set	77.5	77.5 %	5	5.set	80.0	80.0 %	4
6.set	85.0	85.0 %	3	6.set	0.0	0.0 %	0	6.set	80.0	80.0 %	4
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1345			KG	1340			KG	1525		
	MI %	74.72%			MI %	70.53%			MI %	72.62%	
		Reps	18			Reps	19			Reps	21
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	1
4.set	82.5	82.5 %	3	4.set	75.0	75.0 %	5	4.set	77.5	77.5 %	4
5.set	87.5	87.5 %	3	5.set	75.0	75.0 %	5	5.set	72.5	72.5 %	6
6.set	77.5	77.5 %	4	6.set	75.0	75.0 %	5	6.set	65.0	65.0 %	8
7.set	77.5	77.5 %	4	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1697.5			KG	1690			KG	1830		
	MI %	73.80%			MI %	70.42%			MI %	67.78%	
		Reps	23			Reps	24			Reps	27
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	65.0	65.0 %	3
3.set	72.5	72.5 %	5	3.set	0.0	0.0 %	0	3.set	70.0	70.0 %	1
4.set	72.5	72.5 %	5	4.set	0.0	0.0 %	0	4.set	77.5	77.5 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	82.5	82.5 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	82.5	82.5 %	3
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	82.5	82.5 %	3
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0

KG	1220			KG	0			KG	1540		
	MI %	67.78%			MI %	#DIV/0!			MI %	73.33%	
		Reps	18			Reps	0			Reps	21
Week 4 - Deload Week											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	6	1.set	60.0	60.0 %	6	1.set	60.0	60.0 %	6
2.set	65.0	65.0 %	4	2.set	65.0	65.0 %	5	2.set	65.0	65.0 %	5
3.set	70.0	70.0 %	3	3.set	70.0	70.0 %	4	3.set	70.0	70.0 %	4
4.set	75.0	75.0 %	2	4.set	75.0	75.0 %	3	4.set	70.0	70.0 %	4
5.set	80.0	80.0 %	1	5.set	75.0	75.0 %	3	5.set	70.0	70.0 %	4
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1060			KG	1415			KG	1525		
	MI %	66.25%			MI %	67.38%			MI %	66.30%	
		Reps	16			Reps	21			Reps	23
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	75.0	75.0 %	3	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	4
4.set	80.0	80.0 %	2	4.set	75.0	75.0 %	3	4.set	70.0	70.0 %	4
5.set	85.0	85.0 %	1	5.set	75.0	75.0 %	3	5.set	70.0	70.0 %	4
6.set	0.0	0.0 %	0	6.set	75.0	75.0 %	3	6.set	70.0	70.0 %	4
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	965			KG	1240			KG	1615		
	MI %	68.93%			MI %	68.89%			MI %	67.29%	
		Reps	14			Reps	18			Reps	24
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	65.0	65.0 %	3
3.set	70.0	70.0 %	4	3.set	0.0	0.0 %	0	3.set	70.0	70.0 %	1
4.set	70.0	70.0 %	4	4.set	0.0	0.0 %	0	4.set	77.5	77.5 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	77.5	77.5 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	77.5	77.5 %	3
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1055			KG	0			KG	1262.5		
	MI %	65.94%			MI %	#DIV/0!			MI %	70.14%	
		Reps	16			Reps	0			Reps	18
Week 5											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:

1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	67.5	67.5 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	77.5	77.5 %	1	3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1
4.set	87.5	87.5 %	2	4.set	80.0	80.0 %	4	4.set	82.5	82.5 %	3
5.set	87.5	87.5 %	2	5.set	80.0	80.0 %	4	5.set	82.5	82.5 %	3
6.set	87.5	87.5 %	2	6.set	0.0	0.0 %	0	6.set	82.5	82.5 %	3
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1105			KG	1207.5			KG	1307.5		
	MI %	73.67%			MI %	71.03%			MI %	72.64%	
		Reps	15			Reps	17			Reps	18
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	75.0	75.0 %	1	3.set	70.0	70.0 %	1	3.set	70.0	70.0 %	1
4.set	85.0	85.0 %	3	4.set	77.5	77.5 %	5	4.set	80.0	80.0 %	4
5.set	85.0	85.0 %	3	5.set	77.5	77.5 %	5	5.set	75.0	75.0 %	6
6.set	80.0	80.0 %	4	6.set	77.5	77.5 %	5	6.set	67.5	67.5 %	8
7.set	80.0	80.0 %	4	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1720			KG	1727.5			KG	1875		
	MI %	74.78%			MI %	71.98%			MI %	69.44%	
		Reps	23			Reps	24			Reps	27
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	67.5	67.5 %	3
3.set	75.0	75.0 %	4	3.set	0.0	0.0 %	0	3.set	75.0	75.0 %	1
4.set	75.0	75.0 %	4	4.set	0.0	0.0 %	0	4.set	82.5	82.5 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	82.5	82.5 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	85.0	85.0 %	2
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	85.0	85.0 %	2
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1095			KG	0			KG	1412.5		
	MI %	68.44%			MI %	#DIV/0!			MI %	74.34%	
		Reps	16			Reps	0			Reps	19
Week 6											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	67.5	67.5 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	77.5	77.5 %	1	3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1
4.set	87.5	87.5 %	2	4.set	82.5	82.5 %	4	4.set	85.0	85.0 %	3
5.set	90.0	90.0 %	2	5.set	82.5	82.5 %	4	5.set	85.0	85.0 %	3
6.set	90.0	90.0 %	2	6.set	0.0	0.0 %	0	6.set	85.0	85.0 %	3
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0

9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1115			KG	1227.5			KG	1330		
	MI %	74.33%			MI %	72.21%			MI %	73.89%	
		Reps	15			Reps	17			Reps	18
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	75.0	75.0 %	1	3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1
4.set	80.0	80.0 %	4	4.set	80.0	80.0 %	4	4.set	82.5	82.5 %	3
5.set	85.0	85.0 %	3	5.set	80.0	80.0 %	4	5.set	77.5	77.5 %	4
6.set	87.5	87.5 %	2	6.set	80.0	80.0 %	4	6.set	72.5	72.5 %	6
7.set	90.0	90.0 %	1	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1410			KG	1527.5			KG	1557.5		
	MI %	74.21%			MI %	72.74%			MI %	70.80%	
		Reps	19			Reps	21			Reps	22
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	67.5	67.5 %	3
3.set	77.5	77.5 %	4	3.set	0.0	0.0 %	0	3.set	75.0	75.0 %	1
4.set	77.5	77.5 %	4	4.set	0.0	0.0 %	0	4.set	82.5	82.5 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	85.0	85.0 %	3
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	87.5	87.5 %	2
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	90.0	90.0 %	1
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	95.0	95.0 %	1
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1115			KG	0			KG	1440		
	MI %	69.69%			MI %	#DIV/0!			MI %	75.79%	
		Reps	16			Reps	0			Reps	19
Week 7											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5
2.set	67.5	67.5 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	77.5	77.5 %	1	3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1
4.set	87.5	87.5 %	2	4.set	82.5	82.5 %	4	4.set	85.0	85.0 %	3
5.set	90.0	90.0 %	2	5.set	85.0	85.0 %	4	5.set	87.5	87.5 %	3
6.set	95.0	95.0 %	2	6.set	0.0	0.0 %	0	6.set	87.5	87.5 %	3
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1125			KG	1237.5			KG	1345		
	MI %	75.00%			MI %	72.79%			MI %	74.72%	
		Reps	15			Reps	17			Reps	18
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5

2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	3
3.set	75.0	75.0 %	1	3.set	72.5	72.5 %	1	3.set	70.0	70.0 %	1
4.set	80.0	80.0 %	4	4.set	80.0	80.0 %	3	4.set	85.0	85.0 %	3
5.set	85.0	85.0 %	3	5.set	82.5	82.5 %	3	5.set	80.0	80.0 %	4
6.set	90.0	90.0 %	2	6.set	82.5	82.5 %	3	6.set	75.0	75.0 %	6
7.set	95.0	95.0 %	1	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	1420			KG	1302.5			KG	1590		
	MI %	74.74%			MI %	72.36%			MI %	72.27%	
		Reps	19			Reps	18			Reps	22
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	0.0	0.0 %	0	1.set	60.0	60.0 %	5
2.set	65.0	65.0 %	3	2.set	0.0	0.0 %	0	2.set	67.5	67.5 %	3
3.set	77.5	77.5 %	3	3.set	0.0	0.0 %	0	3.set	75.0	75.0 %	1
4.set	77.5	77.5 %	3	4.set	0.0	0.0 %	0	4.set	82.5	82.5 %	3
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	85.0	85.0 %	2
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	87.5	87.5 %	1
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	960			KG	0			KG	1082.5		
	MI %	68.57%			MI %	#DIV/0!			MI %	72.17%	
		Reps	14			Reps	0			Reps	15
Week 8 - Posttest Week											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	60.0	60.0 %	5	1.set	60.0	60.0 %	5	1.set	55.0	54.0 %	5
2.set	65.0	65.0 %	3	2.set	65.0	65.0 %	4	2.set	65.0	66.0 %	3
3.set	70.0	70.0 %	2	3.set	70.0	70.0 %	3	3.set	77.5	77.0 %	2
4.set	75.0	75.0 %	2	4.set	75.0	75.0 %	2	4.set	85.0	86.0 %	2
5.set	80.0	80.0 %	1	5.set	80.0	80.0 %	1	5.set	92.5	92.5 %	1
6.set	85.0	85.0 %	1	6.set	0.0	0.0 %	0	6.set	97.5	98.0 %	1
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	102.5	102.5 %	1
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	105.0	105.0 %	?
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	107.5	107.5 %	?
KG	950			KG	1000			KG	1087.5		
	MI %	67.86%			MI %	66.67%			MI %	72.47%	
		Reps	14			Reps	15			Reps	15
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	50.0	50.0 %	6	1.set	50.0	50.0 %	5	1.set	55.0	54.0 %	6
2.set	60.0	60.0 %	5	2.set	60.0	60.0 %	4	2.set	65.0	66.0 %	4
3.set	67.5	67.5 %	4	3.set	65.0	65.0 %	3	3.set	77.5	77.0 %	3
4.set	75.0	75.0 %	3	4.set	70.0	70.0 %	2	4.set	85.0	84.0 %	2
5.set	80.0	80.0 %	2	5.set	75.0	75.0 %	1	5.set	90.0	90.0 %	1
6.set	85.0	85.0 %	1	6.set	80.0	80.0 %	1	6.set	97.5	97.5 %	1
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	102.5	102.5 %	1
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	105.0	105.0 %	?
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	107.5	107.5 %	?

KG	1340			KG	980			KG	1282.5		
	MI %	63.81%			MI %	61.25%			MI %	70.94%	
		Reps	21			Reps	16			Reps	18
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	55.0	55.0 %	5	1.set	45.0	45.0 %	3	1.set	55.0	55.0 %	4
2.set	60.0	60.0 %	4	2.set	55.0	55.0 %	2	2.set	70.0	70.0 %	3
3.set	65.0	65.0 %	3	3.set	65.0	65.0 %	1	3.set	82.5	82.0 %	1
4.set	70.0	70.0 %	2	4.set	70.0	70.0 %	1	4.set	90.0	90.0 %	1
5.set	75.0	75.0 %	1	5.set	0.0	0.0 %	0	5.set	95.0	96.0 %	1
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	102.5	102.5 %	1
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	105.0	105.0 %	?
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	107.5	107.5 %	?
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	925			KG	380			KG	800		
	MI %	61.67%			MI %	54.29%			MI %	72.77%	
		Reps	15			Reps	7			Reps	11
Week 9 - Deload Week 1											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	45.0	45.0 %	6	1.set	50.0	50.0 %	6	1.set	55.0	55.0 %	6
2.set	45.0	45.0 %	6	2.set	50.0	50.0 %	6	2.set	55.0	55.0 %	6
3.set	45.0	45.0 %	6	3.set	50.0	50.0 %	6	3.set	55.0	55.0 %	6
4.set	0.0	0.0 %	0	4.set	50.0	50.0 %	6	4.set	55.0	55.0 %	6
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	55.0	55.0 %	6
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	810			KG	1200			KG	1650		
	MI %	45.00%			MI %	50.00%			MI %	55.00%	
		Reps	18			Reps	24			Reps	30
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	50.0	50.0 %	6	1.set	55.0	55.0 %	6	1.set	60.0	60.0 %	6
2.set	50.0	50.0 %	6	2.set	55.0	55.0 %	6	2.set	60.0	60.0 %	6
3.set	50.0	50.0 %	6	3.set	55.0	55.0 %	6	3.set	60.0	60.0 %	6
4.set	0.0	0.0 %	0	4.set	55.0	55.0 %	6	4.set	60.0	60.0 %	6
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	60.0	60.0 %	6
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	900			KG	1320			KG	1800		
	MI %	50.00%			MI %	55.00%			MI %	60.00%	
		Reps	18			Reps	24			Reps	30
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	45.0	45.0 %	6	1.set	50.0	50.0 %	6	1.set	55.0	55.0 %	6
2.set	45.0	45.0 %	6	2.set	50.0	50.0 %	6	2.set	55.0	55.0 %	6

3.set	45.0	45.0 %	6	3.set	50.0	50.0 %	6	3.set	55.0	55.0 %	6
4.set	0.0	0.0 %	0	4.set	50.0	50.0 %	6	4.set	55.0	55.0 %	6
5.set	0.0	0.0 %	0	5.set	0.0	0.0 %	0	5.set	55.0	55.0 %	6
6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	810			KG	1200			KG	1650		
	MI %	45.00%			MI %	50.00%			MI %	55.00%	
		Reps	18			Reps	24			Reps	30
Week 10 - Deload Week 2											
Day 1				Day 3				Day 5			
Squat				Squat				Squat			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	50.0	50.0 %	6	1.set	55.0	55.0 %	5	1.set	60.0	60.0 %	5
2.set	55.0	55.0 %	6	2.set	60.0	60.0 %	5	2.set	70.0	70.0 %	4
3.set	60.0	60.0 %	6	3.set	65.0	65.0 %	5	3.set	75.0	75.0 %	3
4.set	65.0	65.0 %	6	4.set	70.0	70.0 %	5	4.set	80.0	80.0 %	2
5.set	65.0	65.0 %	6	5.set	70.0	70.0 %	5	5.set	0.0	0.0 %	0
6.set	65.0	65.0 %	6	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	2160			KG	1600			KG	965		
	MI %	60.00%			MI %	64.00%			MI %	68.93%	
		Reps	36			Reps	25			Reps	14
Bench press				Bench press				Bench press			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	55.0	55.0 %	6	1.set	60.0	60.0 %	5	1.set	65.0	65.0 %	5
2.set	60.0	60.0 %	6	2.set	65.0	65.0 %	5	2.set	75.0	75.0 %	4
3.set	65.0	65.0 %	6	3.set	70.0	70.0 %	5	3.set	80.0	80.0 %	3
4.set	70.0	70.0 %	6	4.set	75.0	75.0 %	5	4.set	85.0	85.0 %	2
5.set	70.0	70.0 %	6	5.set	75.0	75.0 %	5	5.set	0.0	0.0 %	0
6.set	70.0	70.0 %	6	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0	7.set	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	2340			KG	1725			KG	1035		
	MI %	65.00%			MI %	69.00%			MI %	73.93%	
		Reps	36			Reps	25			Reps	14
Deadlift				Deadlift				Deadlift			
1.5-3 min pause between sets				1.5-3 min pause between sets				1.5-3 min pause between sets			
set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:	set:	Kg:	Intensitet	Reps:
1.set	50.0	50.0 %	6	1.set	55.0	55.0 %	5	1.set	60.0	60.0 %	5
2.set	55.0	55.0 %	6	2.set	60.0	60.0 %	5	2.set	70.0	70.0 %	4
3.set	60.0	60.0 %	6	3.set	65.0	65.0 %	5	3.set	75.0	75.0 %	3
4.set	65.0	65.0 %	6	4.set	70.0	70.0 %	5	4.set	80.0	80.0 %	2
5.set	65.0	65.0 %	6	5.set	70.0	70.0 %	5	5.set	0.0	0.0 %	0
6.set	65.0	65.0 %	6	6.set	0.0	0.0 %	0	6.set	0.0	0.0 %	0
7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0	7.set?	0.0	0.0 %	0
8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0	8.set?	0.0	0.0 %	0
9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0	9.set?	0.0	0.0 %	0
KG	2160			KG	1600			KG	965		

Lineær_3daguke_3xKB&BP_2xML

	MI %	60.00%			MI %	64.00%			MI %	68.93%	
		Reps	36			Reps	25			Reps	14

Kilo løftet

10000

8000

6000

4000

2000

0

Reps

40
38
36
34
32
30
28
26
24
22
20
0