Chest, Shoulders, Arms	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16
Dumbbell Incline Bench Press @3	Chest	3	12	7	0	0	exrx																
Dumbbell Lateral Raise	Delts Si	8	20	7	0	0	exrx																
Dumbbell Concentration Curl	Biceps	3	12	7	0	0	exrx																
Barbell Close Grip Bench Press	Triceps	3	12	7	0	0	exrx																
Deficit Push-up	Chest	3	5	7	n/a	n/a	exrx	**5**															
Legs, Forearms	**Target**	**Sets**	**Reps**	**RPE**	**NRM**	**1RM**	**Link**	**S01**	**S02**	**S03**	**S04**	**S05**	**S06**	**S07**	**S08**	**S09**	**S10**	**S11**	**S12**	**S13**	**S14**	**S15**	**S16**
Barbell Squat	Quads	6	8	7	0	0	exrx																
Barbell Deficit Straight Leg Deadlif	Hamstrin	6	8	7	0	0	exrx																
Dumbbell Single Leg Calf Raise	Calves	5	20	7	0	0	exrx																
Dumbbell Reverse Wrist Curl	Forearm	3	20	7	0	0	exrx																
Back, Shoulders, Arms	**Target**	**Sets**	**Reps**	**RPE**	**NRM**	**1RM**	**Link**	**S01**	**S02**	**S03**	**S04**	**S05**	**S06**	**S07**	**S08**	**S09**	**S10**	**S11**	**S12**	**S13**	**S14**	**S15**	**S16**
Barbell Bent-over Row	Back	3	12	7	0	0	exrx																
Barbell Upright Row	Delts Si	5	20	7	0	0	exrx																
Dumbbell Incline Curl @6	Biceps	3	12	7	0	0	exrx																
Dumbbell Lying Triceps Extension	Triceps	3	12	7	0	0	exrx																
Sit-up	Abs	5	10	7	n/a	n/a	exrx	**10**															

Exercise							Rating		Muscle Group Involvement													
Name	**Type**	**Forc**	**Link**	**Notes**	**Sets**	**Freq**	**SFR**	**MMC**	**Back**	**Quad**	**Hamst**	**Glute**	**Chest**	**Delts Fr**	**Delts Si**	**Delts Re**	**Bice**	**Trice**	**Calve**	**Abs**	**Trap**	**Fore**
Dumbbell Incline Bench Press @3	Compou	Push	exrx		3	1.75							**1.0**	**0.5**			**0.1**	**0.5**				
Dumbbell Lateral Raise	Isolated	Pull	exrx		8	1.75								**0.5**	**1.0**						**0.5**	**0.1**
Dumbbell Concentration Curl	Isolated	Pull	exrx		3	1.75											**1.0**				**0.5**	**0.5**
Barbell Close Grip Bench Press	Compou	Push	exrx		3	1.75							**0.5**	**0.5**			**0.1**	**1.0**				
Deficit Push-up	Compou	Push	exrx		3	1.75			**0.1**	**0.1**			**1.0**	**0.5**			**0.1**	**0.5**		**0.1**		
Barbell Squat	Compou	Push	exrx		6	1.75			**0.1**	**1.0**	**0.1**	**0.5**							**0.1**	**0.1**		
Dumbbell Single Leg Calf Raise	Isolated	Push	exrx	*Len. Partials?*	6	1.75													**1.0**		**0.1**	
Barbell Deficit Straight Leg Deadlif	Compou	Pull	exrx	*Mixed Grip*	5	1.75			**0.5**		**1.0**	**0.5**								**0.1**	**0.1**	
Dumbbell Reverse Wrist Curl	Isolated	Pull	exrx		3	1.75																**1.0**
Barbell Bent-over Row	Compou	Pull	exrx		3	1.75			**1.0**	**0.1**	**0.1**	**0.1**	**0.5**			**0.5**	**0.3**	**0.1**		**0.1**	**0.5**	**0.5**
Barbell Upright Row	Compou	Pull	exrx		5	1.75								**0.5**	**1.0**		**0.5**				**0.5**	**0.5**
Dumbbell Incline Curl @6	Isolated	Pull	exrx		3	1.75								**0.1**			**1.0**					**0.5**
Dumbbell Lying Triceps Extension	Isolated	Push	exrx		3	1.75							**0.1**	**0.1**		**0.1**		**1.0**				
Sit-up	Compou	Pull	exrx		5	1.75														**1.0**		
									Back	**Quad**	**Hamst**	**Glute**	**Chest**	**Delts Fr**	**Delts Si**	**Delts Re**	**Bice**	**Trice**	**Calve**	**Abs**	**Trap**	**Fore**
									11.2	**11.6**	**10.3**	**10.2**	**16.3**	**20.3**	**22.8**	**3.2**	**18.0**	**16.3**	**11.6**	**11.7**	**18.6**	**18.9**

Muscle Group					Volume Landmarks				Measurements															
Name	**Volum**	**Frequ**	**Link**	**Notes**	**MV**	**MEV**	**MAV**	**MRV**	**W01**	**W02**	**W03**	**W04**	**W05**	**W06**	**W07**	**W08**	**W09**	**W10**	**W11**	**W12**	**W13**	**W14**	**W15**	**W16**
Back	**11.2**	1.75	exrx		2-6	6-8	8-20	20-26																
Quads	**11.6**	1.75	exrx		2-4	4-6	6-14	14-18																
Hamstrings	**10.3**	1.75	exrx		2-4	4-6	6-12	12-16																
Glutes	**10.2**	1.75	exrx		2-6	6-8	8-24	24-30																
Chest	**16.3**	3.50	exrx		2-4	4-6	6-16	16-24																
Delts Front	**20.3**	3.50	exrx	*Exceeds MRV!*	0-2	0-2	4-8	8-12																
Delts Side	**22.8**	3.50	exrx		2-6	6-8	8-24	24-30																
Delts Rear	**3.2**	0.00	exrx		0-4	0-4	4-12	12-20																
Biceps	**18.0**	3.50	exrx		0-4	4-8	8-20	20-26																
Triceps	**16.3**	3.50	exrx		0-4	4-6	6-16	16-20																
Calves	**11.6**	1.75	exrx		2-4	4-6	6-16	16-24																
Abs	**11.7**	1.75	exrx		0-4	0-4	4-12	12-20																
Traps	**18.6**	3.50	exrx		0-4	0-4	4-12	12-20																
Forearms	**18.9**	3.50	exrx		0-4	0-8	8-24	24-30																

Time	Entry	kcal -	kcal	Carbs	Protei	Fat	Notes
11:00	Meal 1	0	337	36	31	8	10% carbs, 1/n protein, 10% fat
13:00	Training	400	0	0	0	0	
14:00	Meal 2	0	628	109	31	8	30% carbs, 1/n protein, 10% fat
17:00	Meal 3	0	628	109	31	8	30% carbs, 1/n protein, 10% fat
20:00	Meal 4	0	578	55	31	26	15% carbs, 1/n protein, 35% fat
23:00	Meal 5	0	578	55	31	26	15% carbs, 1/n protein, 35% fat
		400	**2750**	**365**	**154**	**75**	

Weight	70
BMR	2000

Smoothing Factor	0.1
Weight Gain Rate %	0.5
Caloric Surplus	350
Activity Calories	400
Total Daily Calories	2750
Total Daily Protein	154
Total Daily Carbs	365
Total Daily Fat	75

Week	Calori	Avg. Gain	Weight Gain Rate %
1	3300	0.49	0.7
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Week/D		Calori	Weigh	EMA	Week/D		Calori	Weigh	EMA	Week/D		Calori	Weigh	EMA
1	1	3307	71.30	71.30	5	3				9	5			
1	2	3569	71.70	71.34	5	4				9	6			
1	3	3330	72.50	71.46	5	5				9	7			
1	4	4303	72.00	71.51	5	6				10	1			
1	5	3047	72.30	71.59	5	7				10	2			
1	6	3248	73.50	71.78	6	1				10	3			
1	7	2295	71.90	71.79	6	2				10	4			
2	1				6	3				10	5			
2	2				6	4				10	6			
2	3				6	5				10	7			
2	4				6	6				11	1			
2	5				6	7				11	2			
2	6				7	1				11	3			
2	7				7	2				11	4			
3	1				7	3				11	5			
3	2				7	4				11	6			
3	3				7	5				11	7			
3	4				7	6				12	1			
3	5				7	7				12	2			
3	6				8	1				12	3			
3	7				8	2				12	4			
4	1				8	3				12	5			
4	2				8	4				12	6			
4	3				8	5				12	7			
4	4				8	6								
4	5				8	7								
4	6				9	1								
4	7				9	2								
5	1				9	3								
5	2				9	4								

Notes			
Reference	**Title**	**Content**	

	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	
	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	
	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	

	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	
	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	
	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	
	Target	Sets	Reps	RPE	NRM	1RM	Link	S01	S02	S03	S04	S05	S06	S07	S08	S09	S10	S11	S12	S13	S14	S15	S16	

Exercise							Rating		Muscle Group Involvement														
Name	**Type**	**Forc**	**Link**	**Notes**	**Sets**	**Freq**	**SFR**	**MMC**	**Back**	**Quad**	**Hamst**	**Glute**	**Ches**	**Delts Fr**	**Delts Si**	**Delts Re**	**Bice**	**Trice**	**Calve**	**Abs**	**Trap**	**Fore**	
									Back	**Quad**	**Hamst**	**Glute**	**Ches**	**Delts Fr**	**Delts Si**	**Delts Re**	**Bice**	**Trice**	**Calve**	**Abs**	**Trap**	**Fore**	

Muscle Group					Volume Landmarks				Measurements																
Name	Volum	Frequ	Link	Notes	MV	MEV	MAV	MRV	W01	W02	W03	W04	W05	W06	W07	W08	W09	W10	W11	W12	W13	W14	W15	W16	

Time	Entry	kcal -	kcal	Carbs	Protei	Fat	Notes

Weight	
BMR	

Smoothing Factor	
Weight Gain Rate %	
Caloric Surplus	
Activity Calories	
Total Daily Calories	
Total Daily Protein	
Total Daily Carbs	
Total Daily Fat	

Week	Calori	Avg. Gain	Avg. Gain Rate %
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Week/D		Calori	Weigh	EMA	Week/D		Calori	Weigh	EMA	Week/D		Calori	Weigh	EMA
1	1				5	3				9	5			
1	2				5	4				9	6			
1	3				5	5				9	7			
1	4				5	6				10	1			
1	5				5	7				10	2			
1	6				6	1				10	3			
1	7				6	2				10	4			
2	1				6	3				10	5			
2	2				6	4				10	6			
2	3				6	5				10	7			
2	4				6	6				11	1			
2	5				6	7				11	2			
2	6				7	1				11	3			
2	7				7	2				11	4			
3	1				7	3				11	5			
3	2				7	4				11	6			
3	3				7	5				11	7			
3	4				7	6				12	1			
3	5				7	7				12	2			
3	6				8	1				12	3			
3	7				8	2				12	4			
4	1				8	3				12	5			
4	2				8	4				12	6			
4	3				8	5				12	7			
4	4				8	6								
4	5				8	7								
4	6				9	1								
4	7				9	2								
5	1				9	3								
5	2				9	4								