

Week of 7/3/2017

My weight: 171.5

Monday

Barbell Bench Press (Deload Week)

45.0# 1 x 5

80.0# 1 x 5

100.0# 1 x 5

120.0# 1 x 5

Cardio: 30 min outdoors walk

Dumbbell Rows

37.5# 1 x 10 x 3

Cardio: 30 min outdoors walk

Tuesday

Rest

Wednesday

A.M - Stretching (back and neck)

Barbell Back Squats (Base weight 189#)

75.0# 1 x 5 (warm-up)

95.0# 1 x 5 (warm-up)

112.5# 1 x 2 (warm-up)

122.5# 1 x 5 (65%)

140.0# 1 x 5 (75%)

160.0# 1 x 5 (85%)

Cardio: 30 min outdoors walk

Thursday

A.M - Stretching (back and neck)

Overhead Press Dumbbell

25.0# 1 x 8

35.0# 1 x 8 x 3

Narrow Grip Bench Press

75.0# 1 x 5

115.0 1 x 5 x 3

Cardio: 30 min outdoors walk

Friday

A.M - Stretching (back and neck)

Cardio: 30 min outdoors walk

Saturday

A.M - Stretching (back and neck)

Barbell Deadlift (Base weight 305#)

120.0# 1 x 5

150.0# 1 x 5

180.0# 1 x 5

197.5# 1 x 5 (65%)

227.5# 1 x 5 (75%)

260.0# 1 X 5 (85%)

Cardio: 30 min outdoors walk

Sunday

Cardio: 30 min outdoors walk