

Log each working set; column E estimates 1RM with the Epley formula and column F with Brzycki.

[illegible]

[illegible]

[illegible]

10

| Date | Exercise | Weight | Reps | e1RM (Epley) | e1RM (Brzycki) | Notes |
|------|----------|--------|------|--------------|----------------|-------|
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |
|      |          |        |      |              |                |       |