

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>Tristan</b>	12/30	1/3	1/7												
quads, lower back															
1 front squat	17+	22+	27+												
hamstring															
2 straight leg deadlift	22+	27+	32+												
upper back															
3 db bent-over row	10+	12.5+	15+												
chest															
4 bench press	22+	27+	32+												
abdominals	arms	arms	arms												
5 sit-up	fwd+	mid+	behind+												
6															
7															
8															
Long-term goal	Carry a 25 lb backpack comfortably for 6 miles. (Strength/Endurance)														
Short-term goals	1. Introduction to weight training (proper form, conditioning, intensity) 2. Strength gains 3. Stretch calf muscle/tendon for proper form														

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>David</b>															
quads, lower back															
1 front squat	45+	85+	90+												
hamstring															
2 straight leg deadlift	65	65+	70+												
upper back															
3 db bent-over row	25+	35	35form												
chest															
4 bench press	65	65	65+												
abdominals			arms												
5 sit-up	inj	2x	behind+												
6															
7															
8															
Long-term goal	Toning/improve muscle mass, regain foundation (Strength)														
Short-term goals	1. Strength gains 2. Establish consistent strength training regimen 3. Squat strength for snowboarding														