

Trainingmax						
Squat	155					
Bench	140					
DL	165					
MP	85					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
H	4x8x65%	4x8x70%	4x8x72,5%	4x7x75%	4x8x75%	3x3x70%
	0.65	0.7	0.725	0.75	0.75	0.7
*** SQ	100.75	108.5	112.375	116.25	116.25	108.5
*** BP	91	98	101.5	105	105	98
*** DL 12 reps	115	120	125	130	135	1x140
MP 3x5-6						
P	5x6x70%	5x6x75%	5x5x77.5%	5x5x80%	5x5x82.5%	1x1x85%
	0.7	0.75	0.775	0.8	0.825	0.85
*** SQ	108.5	116.25	120.125	124	127.875	131.75
*** BP	98	105	108.5	112	115.5	119
*** DL 10 reps	122.5	127.5	132.5	137.5	142.5	-
S	6x4x75%	6x4x80%*	5x4x82,5%*	6x3x85%*	6x3x87,5%*	Max
	0.75	0.8	0.825	0.85	0.875	
*** SQ	116.25	124	127.875	131.75	135.625	
*** BP	105	112	115.5	119	122.5	
*** DL 8 reps	132.5	137.5	142.5	147.5	152.5	
MP 1x3						
	* = repout on last set					