



SESSION #3

WEEK	%IRM	Kg/lb	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
1	75.0%		4		5					
	85.0%			2		2				
	92.5%									
	95.0%									
2	75.0%		3		5		5			
	85.0%			2		3				
	92.5%									
	95.0%									
3	75.0%		4		4		5		4	5
	85.0%			2		3		2		
	92.5%									
	95.0%									
4	75.0%		4		4		4		4	
	85.0%			3		2		3		
	92.5%									
	95.0%									
5	75.0%		3				4			
	85.0%			2		2				
	92.5%				1					
	95.0%									
6	75.0%		3						4	
	85.0%			2			2	3		
	92.5%				1					
	95.0%					1				
7	75.0%		4							
	85.0%			2	3					
	92.5%									
	95.0%									
8	75.0%		2							
	85.0%			1						
	92.5%				1					
	95.0%					1				
								TEST NEW IRM!		