Athlete		Sport		Max Lifts	PU	BS	B	FS	C&J	SN	PP	SP	DL
Cycle		Week											

Week 1 Auxillary					Week 2 Auxiliary					Week 1 - 5th Day (Heavy)					Week 2 - 5th Day (Heavy)				
Exercise	%	Set	Rep	Wt	Exercise	%	Set	Rep	Wt	Exercise	%	Set	Rep	Wt	Exercise	%	Set	Rep	Wt
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0

Week 1																			
Day 1	%	Set	Rep	Wt	Day 2	%	Set	Rep	Wt	Day 3	%	Set	Rep	Wt	Day 4	%	Set	Rep	Wt
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0

Week 2																			
Day 1	%	Set	Rep	Wt	Day 2	%	Set	Rep	Wt	Day 3	%	Set	Rep	Wt	Day 4	%	Set	Rep	Wt
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0
				0					0					0					0