

Workout	Squat # set Number of sets					Workout A			Workout B			Adjusted weights									
4/02/2012 A	60	70	50	5	5	5	60	70	50				8	9	7.5	60	70	50			
7/02/2012 B	62.5	30	85	5	5	5				62.5	30	85	9	9	9	62.5	30	85			
9/02/2012 A	65	72.5	52.5	5	5	5	65	72.5	52.5				8.5	9	8.5	65	72.5	52.5			
12/02/2012 B	67.5	32.5	87.5	5	5	5				67.5	32.5	87.5	8.5	8.5	8.5	67.5	32.5	87.5			
14/02/2012 A	70	75	55	5	5	5	70	75	55				8.5	9.25	8.5	70	75	55			
16/02/2012 B	72.5	35	90	5	5	5				72.5	35	90	8.5	9	9	72.5	35	90			
19/02/2012 A	75	77.5	57.5	5	5	5	75	77.5	57.5				9	9.25	8.75	75	77.5	57.5			
21/02/2012 B	77.5	37.5	92.5	5	5	5				77.5	37.5	92.5	9.6	9.5	8.75	77.5	37.5	92.5			
23/02/2012 A	80	80	60	5	5	5	80	80	60				9.25	9.5	8.5	80	80	60			
26/02/2012 B	82.5	40	95	5	5	5				82.5	40	95	9	9.4	8.75	82.5	40	95			
28/02/2012 A	85	82.5	62.5	5	5	5	85	82.5	62.5				9	9.9	8.75	85	82.5	62.5			
1/03/2012 B	87.5	42.5	97.5	5	5	5				87.5	42.5	97.5	9.25	9.25	8.75	87.5	42.5	97.5			
4/03/2012 A	90	85	65	5	5	5	90	85	65				9.4	9.75	8.75	90	85	65	65	long rest on last set of squats	
6/03/2012 B	92.5	45	100	5	5	5				92.5	45	100	9.75	9.75	9	92.5	45	100			
8/03/2012 A	95	87.5	67.5	5	5	5	95	87.5	67.5				9.75	4,4,3,3,3	8.75	95	0	67.5			
11/03/2012 B	97.5	47.5	102.5	5	5	5				97.5	47.5	102.5	9.5	5,5,3,3,3	9.25	97.5	0	102.5			
13/03/2012 A	100	77.5	70	5	5	5	100	77.5	70				9.75	8.5	9	100	77.5	70	70	dress shoes for squats	
15/03/2012 B	102.5	47.5	105	3	5	5				102.5	47.5	105	9.5	5,5,4,3,3	9.25	102.5	0	105	105	squats 3x5	
18/03/2012 A	105	80	72.5	3	5	5	105	80	72.5				9.5	8.5	9.25	105	80	72.5			
20/03/2012 B	107.5	47.5	107.5	3	5	5				107.5	47.5	107.5	9.9	5,5,5,4,3	9.5	107.5	0	107.5			
22/03/2012 A	110	82.5	75	3	5	5	110	82.5	75				4,3,2	5,5,5,5,4	9.25	0	0	75			
25/03/2012 B	87.5	42.5	110	5	5	5				87.5	42.5	110	8.75	8.75	9.4	87.5	42.5	110	110	back to 5x5 for squat, tennis shoes first 3 sets, bare feet last 2	
27/03/2012 A	90	82.5	77.5	5	5	5	90	82.5	77.5				9	9	9.25	90	82.5	77.5			
29/03/2012 B	92.5	45	112.5	5	5	5				92.5	45	112.5	9	9	9.4	92.5	45	112.5			
31/03/2012 A	95	85	80	5	5	5	95	85	80				9	9.25	9.5	95	85	80			
2/04/2012 B	97.5	47.5	115	5	5	5				97.5	47.5	115	9.4	9.25	9.4	97.5	47.5	115			
4/04/2012 A	100	87.5	82.5	3	5	5	100	87.5	82.5				9.4	5,5,5,5,4	9.7	100	0	82.5	82.5	back to 3x5 on squats, might have done 6x5 on bench press	
8/04/2012 B	102.5	50	117.5	3	5	5				102.5	50	117.5	9.5	9.5	9.5	102.5	50	117.5	117.5	switched to using a box about now, leading to squat depth problems in a few sessions	
10/04/2012 A	105	87.5	85	3	5	5	105	87.5	85				9.6	9.75	9.5	105	87.5	85			
12/04/2012 B	107.5	52.5	120	3	5	5				107.5	52.5	120	9.5	9.75	9.7	107.5	52.5	120	120	last session before week interruption for moving house	
18/04/2012 A	107.5	87.5	85	3	5	5	107.5	87.5	85				9.5	9.8	9.6	107.5	87.5	85	85	repeated last session due to long break	
20/04/2012 B	110	55	122.5	3	5	5				110	55	122.5	9.5	4,5,3,2,3	9.6	110	0	122.5	122.5	found out squats were too shallow, grip getting hard on deadlifts	
23/04/2012 A	100	90	87.5	3	3	5	100	90	87.5				9.6	5,5,4	9.75	100	0	87.5	87.5	reset squat depth to parallel, switched to 3x5 on bench	
26/04/2012 B	102.5	55	125	3	3	5				102.5	55	125	9.75	9.9	9.75	102.5	55	125	125	switched to 3x5 on overhead press	
29/04/2012 A	105	90	90	3	3	3	105	90	90							0	0	0			
1/05/2012 B	107.5	57.5	127.5	3	3	5				107.5	57.5	127.5	5,4,4	5,3,3	9.75	0	0	127.5	127.5	End of 12th week of Stronglifts, final weight 80.7 kg	