

WEEKLY REP TREND SNAPSHOT

Numbers don't lie. Track your rep trend weekly and the data will tell you exactly what your training is actually doing.

THIS WEEK'S NUMBERS

Log your best set at the start and end of the week.

REPS AT START:

REPS AT END:

Whether my numbers went up, down, or stayed the same:

WHAT THE TREND TELLS ME

Trends reveal what individual sessions hide.

What this week's numbers tell me about my training:

Whether I am on track or need to change something:

NEXT WEEK'S TARGET

Set a specific target. Vague goals produce vague results.

My rep target for the end of next week:

What I will do differently to hit it:

Growth lives on the other side of action.