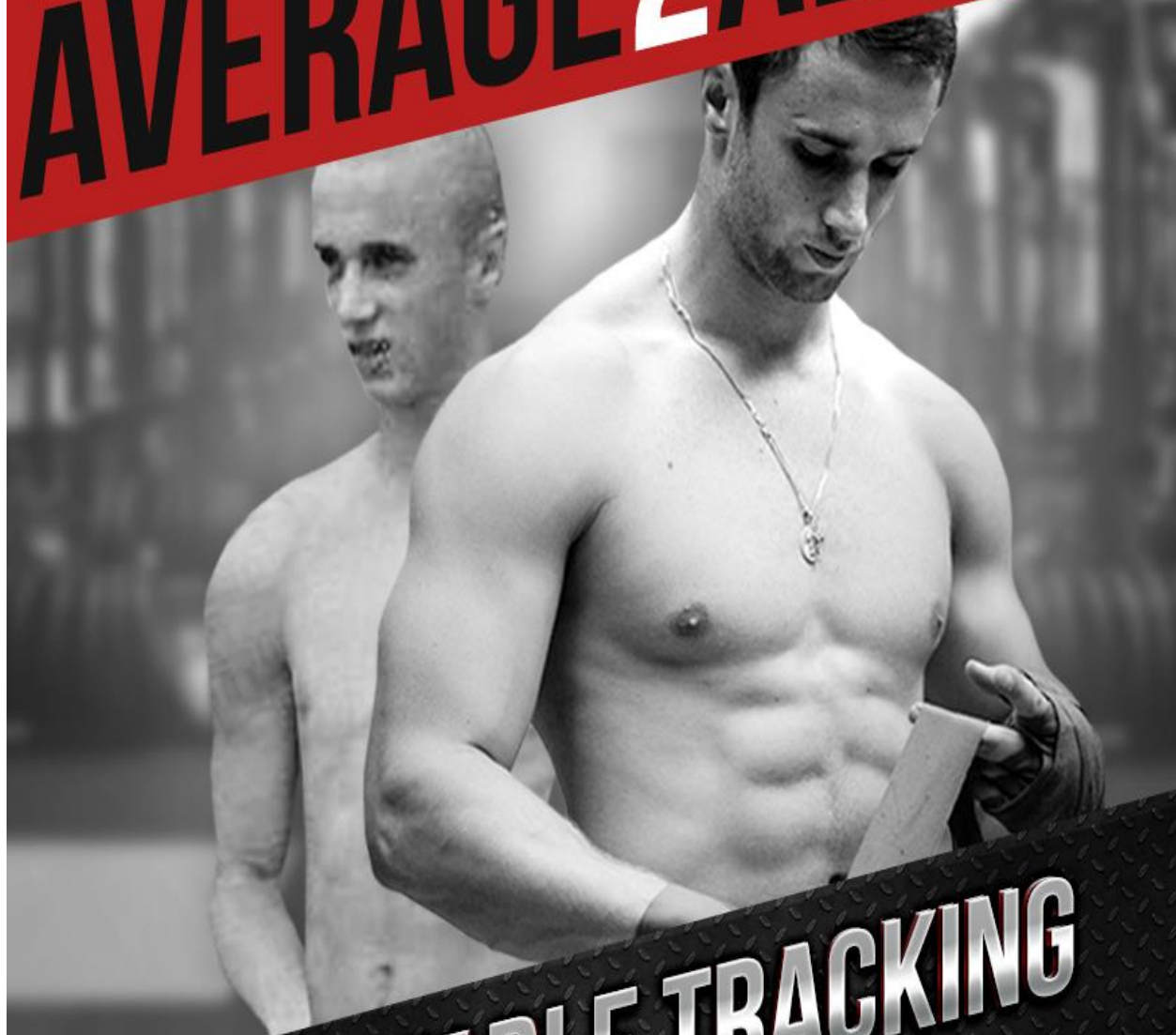


CHAD HOWSE PRESENTS...

# AVERAGE 2 ALPHA



PRINTABLE TRACKING  
SHEETS

## WEEK 1: DAY 1

Exercise	Set	Reps	Intensity	Workload
Squat			65%	
Squat			65%	
Squat			65%	
Squat			65%	
Squat			65%	
Bench Press			65%	
Bench Press			65%	
Bench Press			65%	
Bench Press			65%	
Bench Press			65%	
Deadlift			65%	
Deadlift			65%	
Deadlift			65%	
Deadlift			65%	

## WEEK 1: DAY 2

Exercise	Set	Reps	Intensity	Workload
OHP			65%	
OHP			65%	
OHP			65%	
OHP			65%	
OHP			65%	
Pull Ups				
Pull Ups				

Exercise	Set	Reps	Intensity	Workload
Squat			70%	
Squat			70%	
Squat			70%	
Squat			70%	
Bench Press			70%	
Bench Press			70%	
Bench Press			70%	
Bench Press			70%	

## WEEK 1: DAY 3

## WEEK 1: DAY 4

Exercise	Set	Reps	Intensity	Workload
Deadlift			70%	
Deadlift			70%	
Deadlift			70%	
OHP			70%	
OHP			70%	
OHP			70%	
OHP			70%	

## WEEK 1: DAY 5

Exercise	Set	Reps	Intensity	Workload
Squat			75%	
Squat			75%	
Squat			75%	
Squat			75%	
Squat			75%	
Bench Press			75%	
Bench Press			75%	
Bench Press			75%	
Bench Press			75%	
Bench Press			75%	