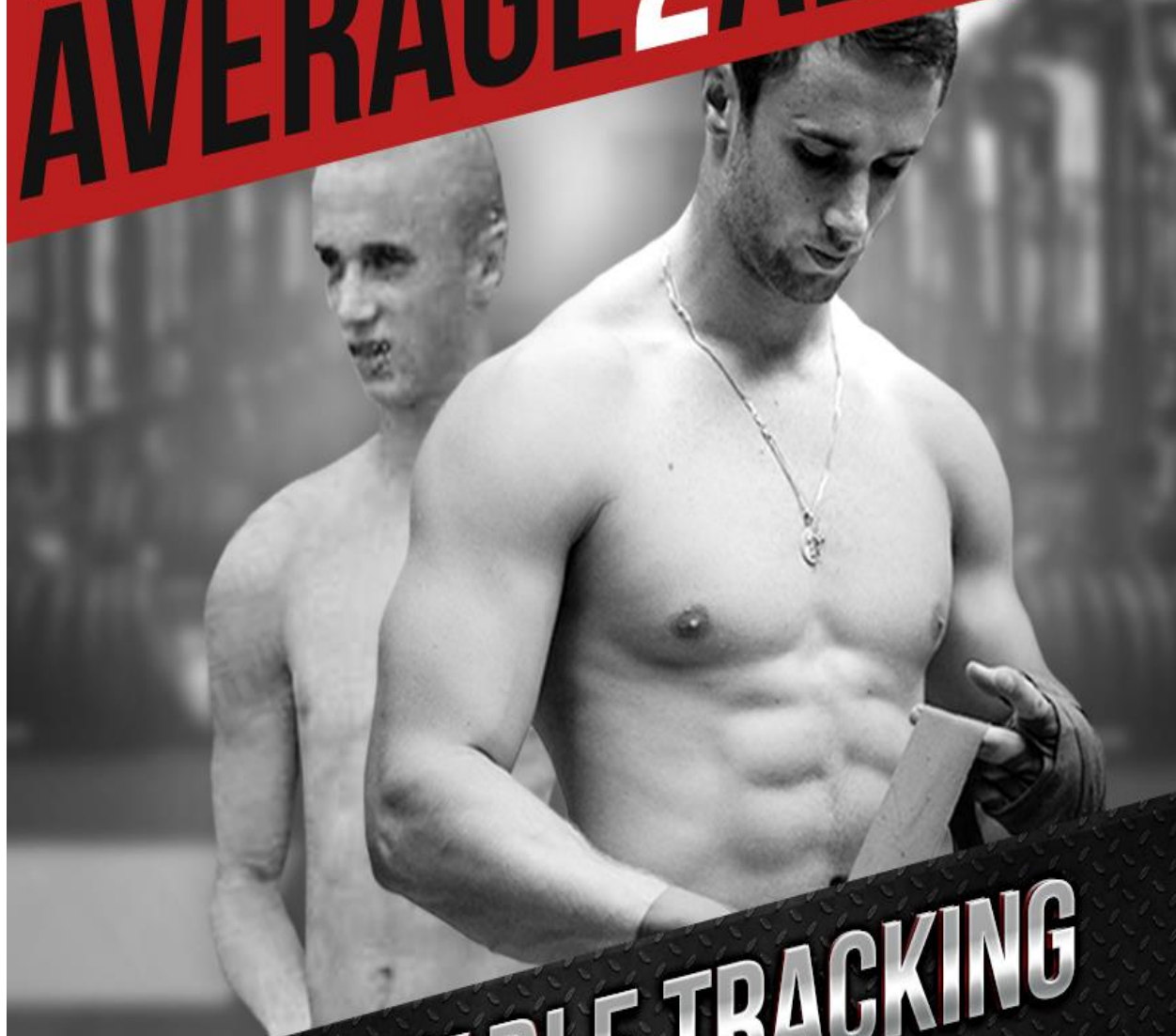


CHAD HOWSE PRESENTS...

AVERAGE 2 ALPHA



PRINTABLE TRACKING
SHEETS

WEEK 2 : DAY 1

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%	
Deadlift			70%	
Deadlift			70%	
Deadlift			70%	

WEEK 2 : DAY 2

Exercise	Set	Reps	Intensity	Workload
OHP			70%	
OHP			70%	
OHP			70%	
OHP			70%	
Pull Ups				
Pull Ups				
Pull Ups				

WEEK 2 : DAY 3

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%	

WEEK 2 : DAY 4

Exercise	Set	Reps	Intensity	Workload
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	
OHP			75%	
OHP			75%	
OHP			75%	
OHP			75%	
OHP			75%	

WEEK 2 : DAY 5

Exercise	Set	Reps	Intensity	Workload
Squat			80%	
Squat			80%	
Squat			80%	
Squat			80%	
Squat			80%	
Squat			80%	
Bench Press			80%	
Bench Press			80%	
Bench Press			80%	
Bench Press			80%	
Bench Press			80%	
Bench Press			80%	