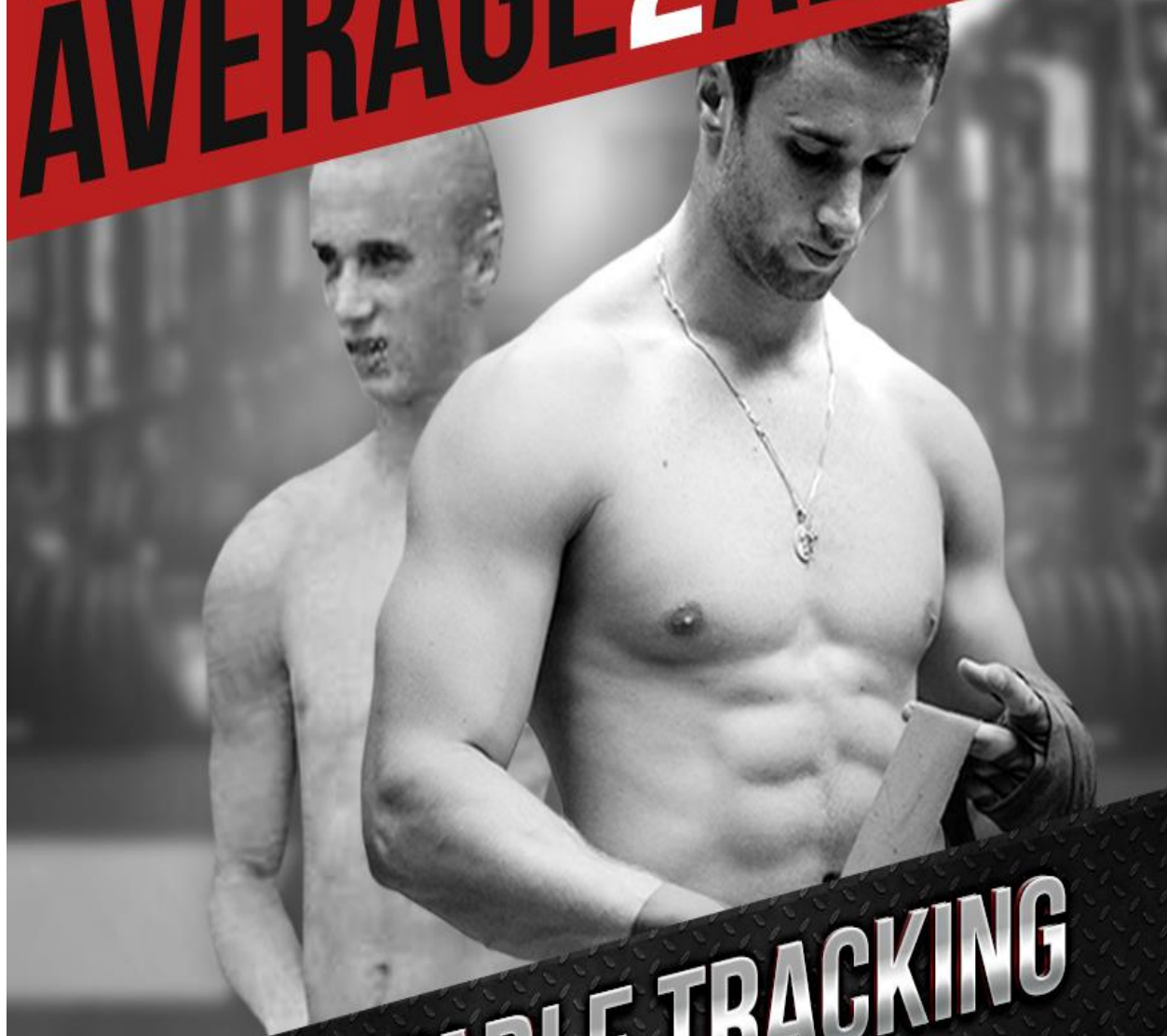


CHAD HOWSE PRESENTS...

# AVERAGE 2 ALPHA



PRINTABLE TRACKING  
SHEETS

## WEEK 3 : DAY 1

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%	
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	
Deadlift			75%	

## WEEK 3 : DAY 2

Exercise	Set	Reps	Intensity	Workload
OHP			75%	
OHP			75%	
OHP			75%	
OHP			75%	
OHP			75%	
Pull Ups				
Pull Ups				
Pull Ups				
Pull Ups				

## WEEK 3 : DAY 3

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%	

## WEEK 3 : DAY 4

Exercise	Set	Reps	Intensity	Workload
Deadlift			80%	
Deadlift			80%	
Deadlift			80%	
Deadlift			80%	
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	

## WEEK 3 : DAY 5

Exercise	Set	Reps	Intensity	Workload
Squat			85%	
Squat			85%	
Squat			85%	
Squat			85%	
Squat			85%	
Squat			85%	
Bench Press			85%	
Bench Press			85%	
Bench Press			85%	
Bench Press			85%	
Bench Press			85%	
Bench Press			85%	