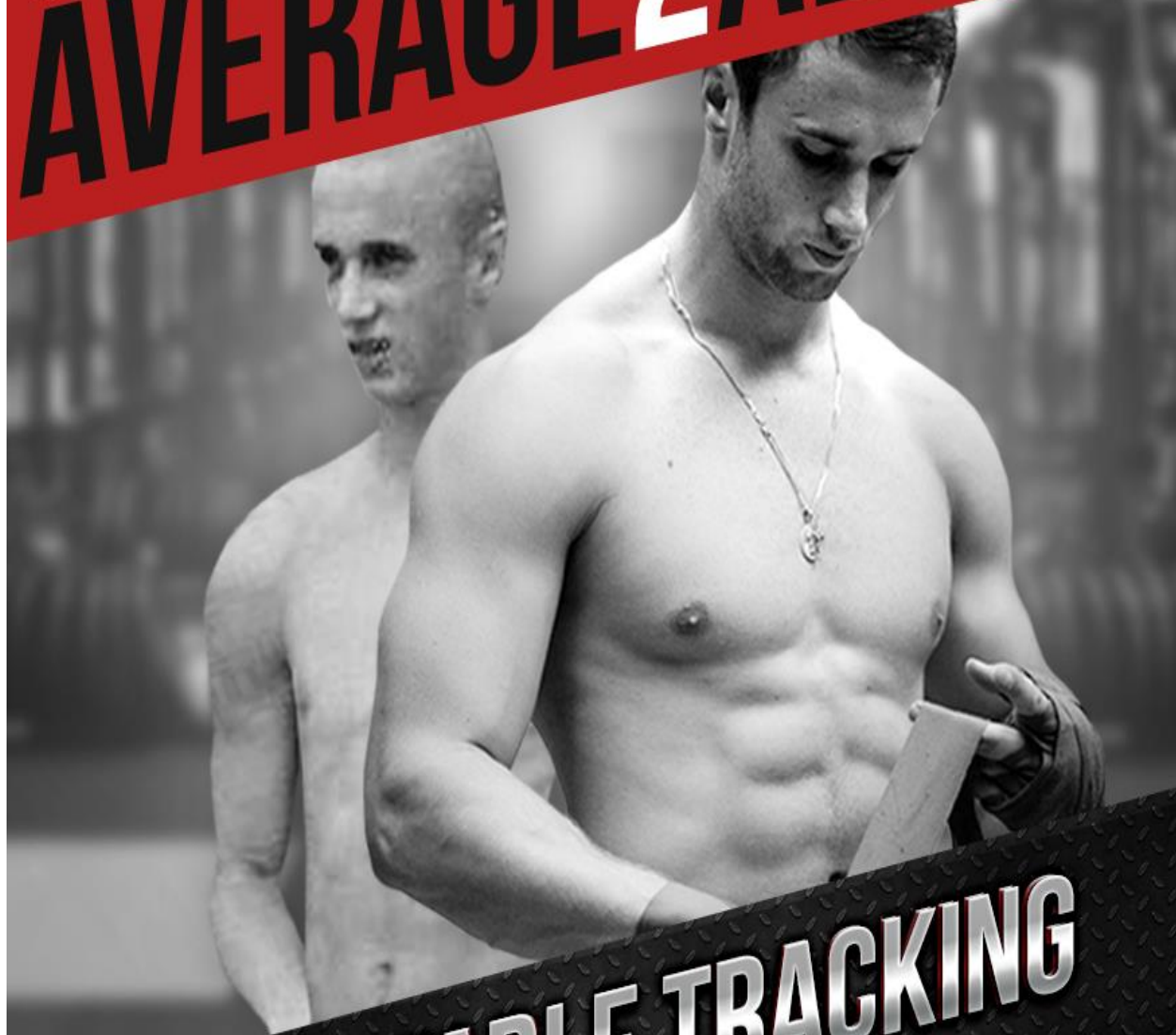


CHAD HOWSE PRESENTS...

AVERAGE 2 ALPHA



PRINTABLE TRACKING
SHEETS

WEEK 4 : DAY 1

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%	
Deadlift			80%	
Deadlift			80%	
Deadlift			80%	
Deadlift			80%	

WEEK 4 : DAY 2

Exercise	Set	Reps	Intensity	Workload
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	
OHP			80%	
Pull Ups				
Pull Ups				
Pull Ups				
Pull Ups				
Pull Ups				

WEEK 4 : DAY 3

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%	

WEEK 4 : DAY 4

Exercise	Set	Reps	Intensity	Workload
Deadlift			85%	
Deadlift			85%	
Deadlift			85%	
Deadlift			85%	
Deadlift			85%	
Deadlift			85%	
OHP			85%	
OHP			85%	
OHP			85%	
OHP			85%	
OHP			85%	
OHP			85%	

WEEK 4 : DAY 5

Exercise	Set	Reps	Intensity	Workload
Squat			90%	
Squat			90%	
Squat			90%	
Squat			90%	
Squat			90%	
Squat			90%	
Squat			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	
Bench Press			90%	