

Exercise: SHOULDER PRESS

Set Up: DUMBBELLS , IN PWC , ACTIVE HANDS					
Date	Dosage			VF Y/N	Comments
	Set	Load	Reps		
16/08/24 (Fri)	1	10kg	4	N	
	2	10kg	5	Y	
	3	10kg	5	Y	
02/09/24 (MON)	1	8kg	4	N	↓ load due to 2/52 bed rest
	2	8kg	5	N	
	3	8kg	6	N	
04/09/24 (Wed)	1	9kg	4	N	
	2	9kg	5	Y	
	3	9kg	5	Y	
11/09/24 (Wed)	1	9kg	2	Y	VF 2nd rep, feeling unwell, UTI, missed sessions Fri & Mon.
	2	8kg	4	Y	
	3	8kg	4	Y	
13/09/24 (Fri)	1	8kg	4	Y	Feeling better, not 100% on Antibiotics
	2	8kg	4	Y	
	3	8kg	4	Y	
18/09/24 (Wed)	1	9kg	4	N	Feels better. Missed session Mon to see GP.
	2	9kg	5	N	
	3	9kg	6	Y	
20/09/24 (Fri)	1	9kg	6	N	
	2	10kg	4	Y	
	3	10kg	4	Y	
23/09/24 (MON)	1	10kg	4	N	
	2	10kg	5	Y	
	3	10kg	5	Y	
25/09/24 (Wed)	1	10kg	5	N	
	2	10kg	6	Y	
	3	10kg	6	Y	
27/09/24 (Fri)	1	11kg	4 2	Y*	VF 2ND REP, DIDN'T SLEEP WELL LAST NIGHT
	2	10kg	4	Y	
	3	10kg	4	Y	