

# WORKOUT REPETITION ANALYSIS

Advanced Performance Tracking Metric

DATE:

SESSION VOL:

EXERCISE NAME	TEMPO	REST	SET 1	SET 2	SET 3	SET 4	RPE / NOTES
1.	4-0- 1-0	90s	LBS REPS	LBS REPS	LBS REPS	LBS REPS	
2.	2-1- 2-1	60s	LBS REPS	LBS REPS	LBS REPS	LBS REPS	
3.	X-0- 1-0	120s	LBS REPS	LBS REPS	LBS REPS	LBS REPS	
4.	3-1- X-0	45s	LBS REPS	LBS REPS	LBS REPS	LBS REPS	

POST-SESSION RECOVERY / FATIGUE ANALYSIS  
TECHNIQUE & PROGRESSION ADJUSTMENTS