

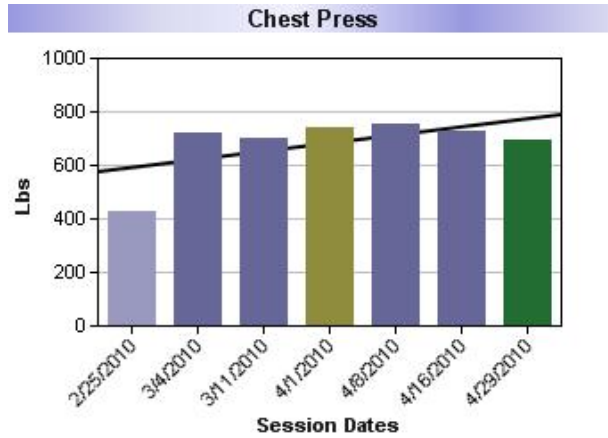


Ross Mitchell

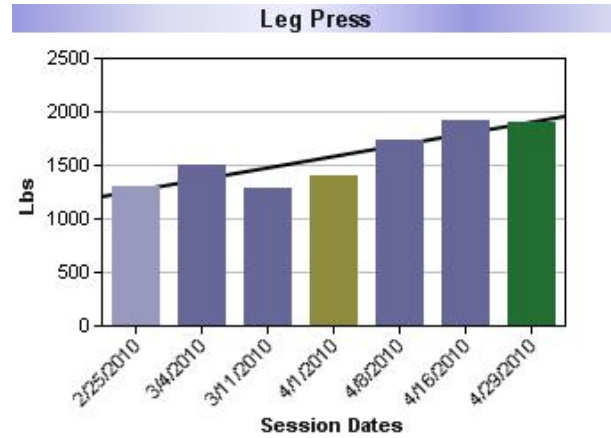
Start Date 2/25/2010
 Report Date 6/9/2010 9:50 AM
 Phase 1: 5 Second Hold

Total full body strength increase **35 %**

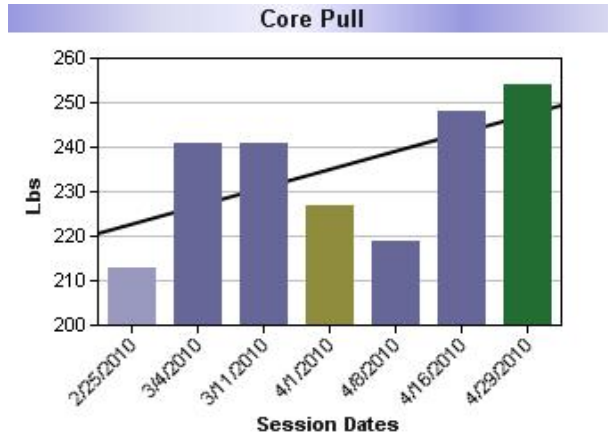
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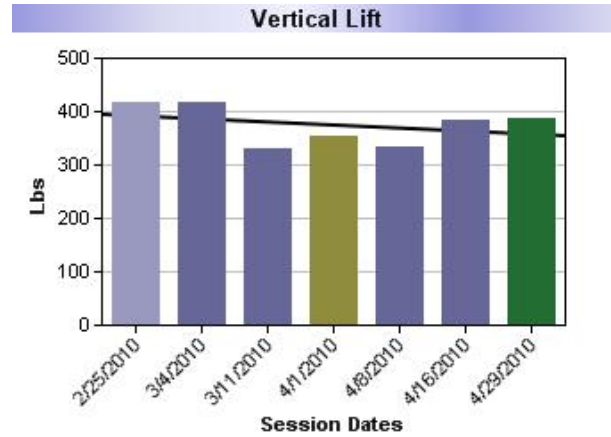
Max: 1910



Max: 254



Max: 418



Analysis and Recommendations:

You are making progress in all of your pulling exercises, however your Pushing exercises are lagging. This could mean a few things, but the highest probability is that you were just having an off day. It is unlikely that this would indicate overtraining as the pulling exercises are progressing, and more importantly the muscle groups used in the leg press are the largest ones in the body they are usually the last ones to show resource overtraining. SUGGESTION: Stay on current recovery schedule.

Legend:

