Deadlift

10RM	9RM	8RM	7RM	6RM	5RM	4RM	3RM	2RM	1RM
100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m

Bench Press

10RM	9RM	8RM	7RM	6RM	5RM	4RM	3RM	2RM	1RM
100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m

Squat

10RM	9RM	8RM	7RM	6RM	5RM	4RM	3RM	2RM	1RM
100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m

Push Press

10RM	9RM	8RM	7RM	6RM	5RM	4RM	3RM	2RM	1RM
100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m