

Session Summary

Gym: Western Force

Description : Power Quality (average set power) (W)

Report Date : 22/11/2006

Generated by : Example Reports



Bench Press(Wide Grip) 07/08/2006

	100kg	105kg	110kg	115kg	120kg	125kg	135kg	138kg	140kg	145kg
Britany Spears	-	-	-	444	420	204	-	-	-	-
Florence Rose	279	255	164	-	-	-	-	-	-	-
Gareth Brown	-	-	353	-	-	370	273	376	397	181

You have performed a wider range of weights for this exercise then can be displayed in this

Bench Press(Wide Grip) 08/08/2006

	80kg	100kg	105kg	110kg	115kg	120kg	125kg	130kg	140kg
Brett Cannon	-	501	-	510	-	351	-	-	-
Denver Mills	-	734	799	758	-	-	591	-	-
Florence Rose	-	317	-	178	-	-	-	-	-
Harvey Pincher	441	360	-	-	-	-	-	-	-
Judy Pike	-	390	-	395	-	279	-	161	-
Julian Brayden	695	670	-	571	-	-	385	-	-
Kenny Craig	494	-	-	454	-	301	264	-	-
Sebastian Love	-	556	-	-	-	-	-	-	-
Victoria Pollard	-	-	-	-	-	390	-	366	241
Zane King	-	539	-	-	432	336	-	315	-

Bench Press(Wide Grip) 10/08/2006

	80kg	90kg	100kg	108kg	110kg	115kg	120kg	125kg	130kg	135kg
Anne Frank	-	460	-	-	408	-	-	350	-	63
Gareth Brown	598	-	436	-	-	423	-	347	276	-
James Squire	-	-	266	192	-	-	-	-	-	-
Roman DeVere	689	-	-	-	579	549	455	383	314	355

You have performed a wider range of weights for this exercise then can be displayed in this table.

Why is this report important?

This report summarises a squad of athletes' results from a gym session. In the example above the power quality at each given lift weight is displayed per athlete. This report is good for motivating athletes through encouraging healthy competition and providing targets for the next training session.