

# 2 x 4: PR Tracker Sheet

3 x 5      3 x 3      3 x 1      3 x 5      3 x 3      3 x 1  
Straight   Straight   Straight   Ascending   Ascending   Ascending

Back Squat  
(High Bar or Low Bar)

Front Squat

Deadlift  
(Conventional or Sumo)

Block Deadlift  
(3" preferably)

Bench Press

Close Grip Bench

Floor Press  
(or Board Press)

Military Press