Progress report

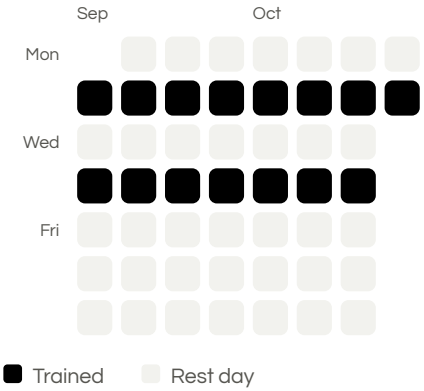
Sarah Klein

Coach Igor C. · 01.09.2026 to 20.10.2026

Sessions	Sets	Kilos lifted	Exercises
15	186	42'310	12
2.1 a week	26 a week	2'821 kg a session	different ones

Training days

15 sessions · 50 days



Biggest wins

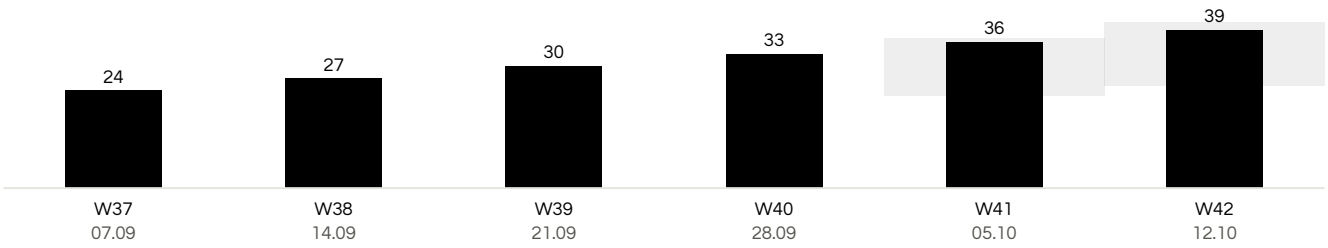
		Est. 1RM change
+66.7%	Pull-up	6 reps → 10 reps
+15.6%	Back squat	80 kg × 5 → 92.5 kg × 5
+11.8%	Bench press	61.2 kg × 5 → 68.4 kg × 5

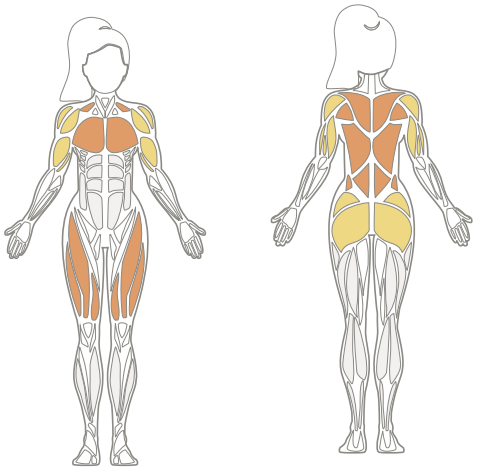
Sets per muscle

Working sets in each complete calendar week (Monday to Sunday). A set counts 1 for its main muscle and half for each helper muscle.

All muscles, each week

From 24 to 39 sets a week





Grew most

Chest, from 9 to 12 sets a week

Most trained

Chest, 10.5 sets a week

Least trained

Shoulders, 5.5 sets a week

0 20+ sets a week

Average a week · W37 to W42

Sets in each calendar week

Muscle	W37 07.09	W38 14.09	W39 21.09	W40 28.09	W41 05.10	W42 12.10	Average	Last week
Chest	8	9	10	11	12	13	10.5	13
Shoulders	4	4.5	5	5.5	6	6.5	5.5	6.5
Triceps	4	4.5	5	5.5	6	6.5	5.5	6.5
Back	8	9	10	11	12	13	10.5	13
Biceps	4	4.5	5	5.5	6	6.5	5.5	6.5
Quads	8	9	10	11	12	13	10.5	13
Hamstrings							0	0
Glutes	4	4.5	5	5.5	6	6.5	5.5	6.5
Calves							0	0
Core							0	0

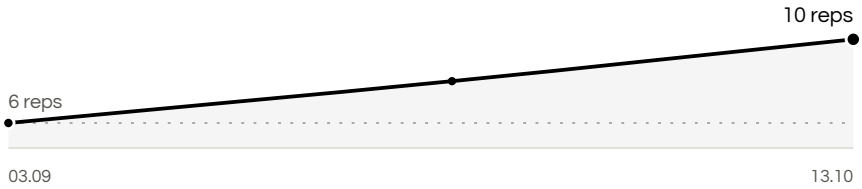
Strength progression

Best set each training day. Sorted by the biggest change.

Pull-up

+66.7%

10 reps



Back squat

+15.6%

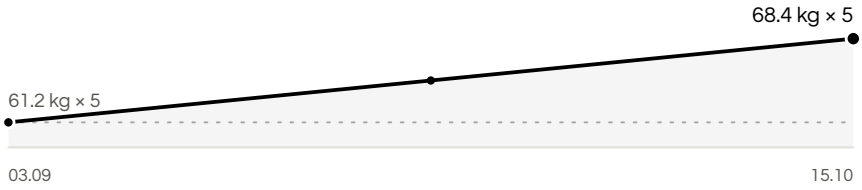
92.5 kg × 5



Bench press

+11.8%

Est. 1RM: 68.4 kg



Forms

Sleep

+33.3%

8 / 10

