

 PROJECT X	Lifts	Warm-Up	Work Set	Left in the Tank per Work Set	Weight Load	Weights Used	How'd that Feel?
Week 1							
<i>CLASS 1</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	2 x 6 Reps	1 Rep Left	Personal Record		
<i>CLASS 2</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	2 x 6 Reps	1 Rep Left	Personal Record		
<i>CLASS 3</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	3 Reps Left	Around the same or slightly lighter than W1:C1		
Week 2							
<i>CLASS 1</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	3 Reps Left	Around the same or slightly lighter than W1:C2		
<i>CLASS 2</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 6 Reps	3 Reps Left	Slightly lighter than W1:C3		
<i>CLASS 3</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 6 Reps	3 Reps Left	Slightly lighter than W2:C1		
Week 3							
<i>CLASS 1</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 8 Reps	3 Reps Left	Lighter than W2:C2		
<i>CLASS 2</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 8 Reps	3 Reps Left	Lighter than W2:C3		
<i>CLASS 3</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	2 Reps Left	Slightly heavier than W1:C3		
Week 4							
<i>CLASS 1</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	2 Reps Left	Slightly heavier than W2:C1		
<i>CLASS 2</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 6 Reps	2 Reps Left	Slightly heavier than W2:C2		
<i>CLASS 3</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 6 Reps	2 Reps Left	Slightly heavier than W2:C3		
Week 5							
<i>CLASS 1</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 8 Reps	2 Reps Left	Slightly heavier than W3:C1		
<i>CLASS 2</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 8 Reps	2 Reps Left	Slightly heavier than W3:C2		
<i>CLASS 3</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	3 Reps Left	Same weights or slightly lighter than W1:C3		
Week 6							
<i>CLASS 1</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	3 x 4 Reps	3 Reps Left	Same weights or slightly lighter than W2:C1		
<i>CLASS 2</i>	2 KB Goblet Squat 1 KB Floor Press	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	2 x 6 Reps	1 (New PR!)	Heavier weight than W1:C1 (New 6 Rep Max PR)		
<i>CLASS 3</i>	2 KB Bent Over Row 2 KB Reverse Lunge	1 x 5-6 Reps (<i>Light</i>) 1 x 2 Reps (<i>Heavy</i>)	2 x 6 Reps	1 (New PR!)	Heavier weight than W1:C2 (New 6 Rep Max PR)		