M&M Timberjacks Lifting Chart

Lift/Date

	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Bench																		
Seated Row																		
Shoulder Press																		
Pull Down																		
Abdomen																		
Back Extension																		
Squats																		
Leg Curls																		
Dead lift																		
Hang Cleans																		

	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
Lunges																		
Bench																		
Seated Row																		
Shoulder Press																		
Pull Down																		
Abdomen																		
Back Extension																		
Squats																		
Leg Curls																		
Dead lift																		
Hang Cleans																		