

Muscle Explosion Test Group Initial Stats Form

First off, welcome to the test group and congratulations on being selected! On this page I'm going to go through the initial stats I would like you track so we can compare your results at the end of the program.

I've divided the testers into different groups, targeting different exercises and methods for the second "massive overload" week of training. All other parts of the program are identical. There are several places in this form that will ask for the "target exercise." Fill this in only if your target exercise is not already listed.

Be sure to take your "before" pictures at the same time. I want you to be sure you're using the exact same poses and body positioning in the before and the after pics so that we keep things as accurate as possible. Ideally, we'll also want the same lighting and same clothing as well.

Initial Body Measurements

Date: _____

Name _____

of
Years
Training _____

Height _____

Weight _____

Waist _____

Bodyfat
% (if
known) _____

Right Arm
(flexed) _____

Left Arm
(flexed) _____

Right
Thigh
(around
the largest
section) _____

Left
Thigh
(around
the
largest
section) _____

Other
Target
Bodypart
(if
applicable) _____

Strength Benchmarks

With these, you can use your current (or recent) tested 1 Rep Max, if you know it. I've also got a [1RM calculator on my site here](#). This tool will allow you to estimate your 1 RM based on sub-maximal weights and the number of reps you can get with them.

1 RM
Deadlift _____

1 RM
Squat _____

1 RM Flat
BB Bench
Press _____

1 RM
Overhead
Press _____

Other
Target
Exercise
(if
applicable) _____
Exercise Name

1 RM Weight