

TGU Training Log: 1/30/2022 – 3/14/2022

Overview:

- Sets x Reps [Right/Left] @ Weight in kg.
 - 3 x 1/1 @ 24, 28, 32 means 1 rep/side at each weight
 - 1 x 5/5 @ 24 means 5 reps in a row (without rest) per side
- Accumulated reps are in () after each day's date.
- Day 0... Can do a TGU on both arms with 48 kg, but it feels heavy and miserable. (Past PR is 2 in a row per side @ 48 kg without a rest between reps.)

Details:

1. 01/30 (5): 2 x 2/2, 1 x 1/1 @ 28 (at home)
2. 01/31 (10): 2 x 1/1, 1 x 2/2, 1 x 1/1 @ 32
3. 02/01 (10): *missed; caught up by 2/7*
4. 02/02 (15): 1 x 5/5 @ 24
5. 02/03 (20): 5 x 1/1 @ 36
6. 02/04 (20): *missed; caught up by 2/10*
7. 02/05 (20): *missed; caught up by 2/13*

8. 02/06 (27): 1 x 2/2 @ 28, 32, 36; 1 x 1/1 @ 40 (at home)
9. 02/07 (35): 4 x 2/2 @ 32
10. 02/08 (40): 1 x 5/5 @ 24 (at home, before bed; didn't want to; did anyway)
11. 02/09 (40): *missed; caught up by 2/13*
12. 02/10 (50): 6 x 1/1 @ 32; 1 x 1/1 @ 36, 40, 44, 48
13. 02/11 (55): 1 x 5/5 @ 24 (at home, before bed; didn't want to; did anyway)
14. 02/12 (55): *missed; caught up by 2/16*

15. 02/13 (70): 1 x 5/5 @ 24; 1 x 4/4 @ 28; 1 x 3/3 @ 32; 1 x 2/2 @ 36; 1 x 1/1 @ 40
16. 02/14 (75): 1 x 2/2 @ 24; 1 x 1/1 @ 36, 48, 95 lbs (barbell)
17. 02/15 (75): *missed; caught up by 2/17*
18. 02/16 (85): 1 x 5/5 @ 24; 1 x 3/3 @ 32; 1 x 2/2 @ 28
19. 02/17 (95): 1 x 4/4 @ 28; 1 x 3/3 @ 32; 1 x 2/2 @ 40; 1 x 1/1 @ 48
20. 02/18 (100): 1 x 5/5 @ 24

21. 02/19 (105): 1 x 2/2, 3/3 @ 24 (morning before heading to Door County)
22. 02/20 (110): 1 x 1/1, 4/4 @ 24 (after getting back from Door County)
23. 02/21 (115): 1 x 1/1 @ 24, 32; 3 x 1/1 @ 40
24. 02/22 (120): 1 x 2/2, 3/3 @ 28
25. 02/23 (125): 1 x 3/3, 2/2 @ 32
26. 02/24 (130): 2 x 2/2, 1 x 1/1 @ 36
27. 02/25 (135): 5 x 1/1 @ 28, 36, 44, 36, 44
28. 02/26 (135): *missed; caught up by 2/28*
29. 02/27 (135): *missed; caught up by 2/28*
30. 02/28 (150): 1 x 5/5 @ 24; 1 x 4/4 @ 28; 6 x 1/1 @ 32, 40, 36, 44, 40, 48
31. 03/01 (155): 1 x 2/2, 3/3 @ 28
32. 03/02 (160): 1 x 5/5 @ 24
33. 03/03 (165): 1 x 5/5 @ 32
34. 03/04 (165): *missed; caught up by 3/7*
35. 03/05 (165): *missed; caught up by 3/7*
36. 03/07 (180): 1 x 5/5 @ 32; 1 x 4/4 @ 36; 1 x 3/3 @ 40; 1 x 2/2 @ 44; 1 x 1/1 @ 48 (no way I could have done this on day 1)
37. 03/08 (185): 1 x 1/1 @ 32, 40; 1 x 3/2.5 @ 48 (Got up on L side on rep 3 but then had to put it down... had to give it a try just to see. PR on the R side. Still technically a PR on the L side... 😊); 1 x 1 on L @ 48
38. 03/09 (190): x 3/3, 2/2 @ 24 (at home)
39. 03/10 (190): *missed; caught up by 3/14*
40. 03/11 (190): *missed; caught up by 3/14*
41. 03/12 (190): *missed; caught up by 3/14*
42. 03/13 (190): *missed; caught up by 3/14*
43. 03/14 (210): 4 x 5/5 @ 24