

Progress report

Sarah Klein

Coach Igor C. · 01.09.2026 to 20.10.2026

Sessions

15

2.1 a week

Sets

186

26 a week

Kilos lifted

42'310

2'821 kg a session

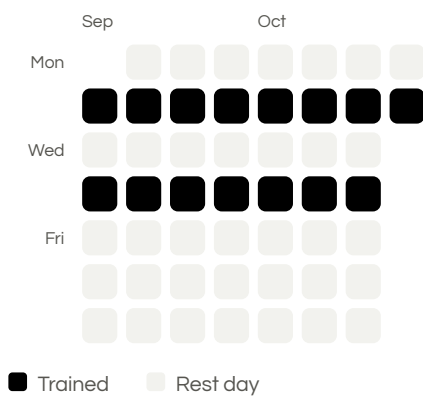
Exercises

12

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

$$80 \text{ kg} \times 5 \rightarrow 92.5 \text{ kg} \times 5$$

+11.8%

Bench press

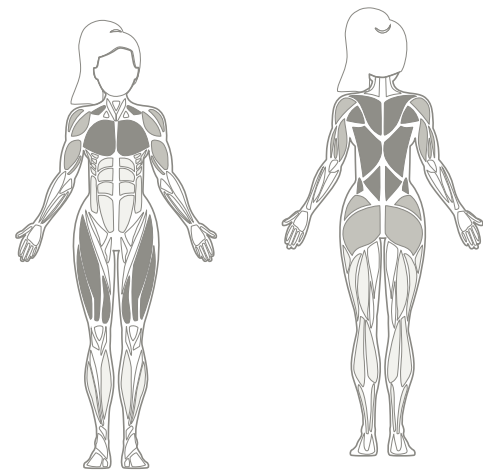
$$61.2 \text{ kg} \times 5 \rightarrow 68.4 \text{ kg} \times 5$$

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 [shades] 20+ sets a week

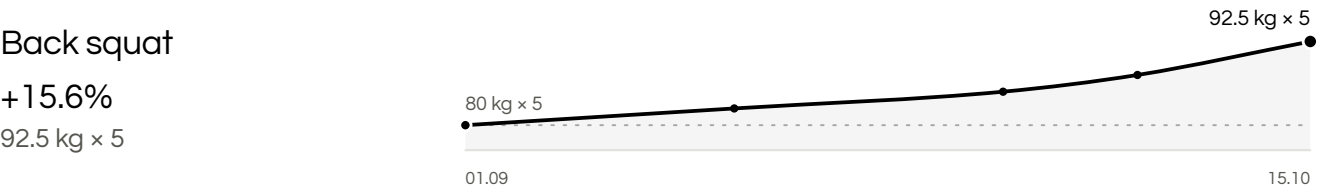
Average a week · W37 to W42

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	5	5	6	6	7	5.5	6.5
Triceps	4	5	5	6	6	7	5.5	6.5
Back	8	9	10	11	12	13	10.5	13
Biceps	4	5	5	6	6	7	5.5	6.5
Quads	8	9	10	11	12	13	10.5	13
Hamstrings							0	0
Glutes	4	5	5	6	6	7	5.5	6.5
Calves							0	0
Core							0	0

Strength progression

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



Forms

Sleep

+33.3%

8 / 10

