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Cardio Strength Mix-up Chart

		Body Area		60	70	80	90	100	110	120	130	140	150	160	170	180	190
	Upper	Lower															
	8	10		40	50	55	65	70	75	85	90	100	105	115	105	110	115
	10	10		35	40	50	55	60	65	70	80	85	90	95	75	80	85
	8	10		35	40	45	50	55	60	65	70	75	85	90	95	100	105
Negetives	10	12		25	30	30	35	40	45	50	55	60	65	65	70	75	75
	Upper	Lower		200	210	220	230	240	250	260	270	280	290	300	310	320	
	8	10		140	145	155	165	170	175	185	190	200	205	210	220	225	
	10	10		120	125	135	140	145	150	155	165	170	175	180	185	195	
	8	10		110	115	120	125	135	140	145	150	155	160	165	170	175	
Negetives	10	12		80	85	90	95	95	100	105	110	110	115	120	125	130	
	Upper	Lower		330	340	350	360	370	380	390	400	410	420	430	440	450	
	8	10		230	240	245	255	260	265	275	280	285	295	300	310	315	
	10	10		200	205	210	215	220	230	235	240	245	250	260	265	270	
	8	10		180	185	190	200	205	210	215	220	225	230	235	240	245	
Negetives	10	12		130	135	140	145	150	150	155	160	165	170	170	175	180	
	Upper	Lower		460	470	480	490	500	510	520	530	540	550	560	570	580	
	8	10		320	330	335	345	350	355	365	370	380	385	390	400	405	
	10	10		275	280	285	295	300	305	310	320	325	330	335	340	350	
	8	10		250	260	265	270	275	280	285	290	295	300	310	315	320	
Negetives	10	12		185	190	190	195	200	205	210	210	215	220	225	225	230	
	Upper	Lower		590	600	610	620	630	640	650	660	670	680	690	700	710	720
	8	10		410	420	425	435	440	445	455	460	470	475	485	490	495	505
	10	10		355	360	365	370	380	385	390	395	400	410	415	420	425	430
	8	10		325	330	335	340	345	350	360	365	370	375	380	385	390	395
Negetives	10	12		235	240	245	250	250	255	260	265	270	270	275	280	285	290

Get a spotter for the negative set and be safe. Control the negative the full range of motion.
 Try to eat some carbs by waiting at least an hour before workout.

Disclaimer: Fitness and Body Image assumes no liability and shall not be liable for any damages from or in connection with the strength chart and recommends that you consult your physician before exercises using this chart.