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ProAnox[®] inc.
Extreme Antioxidant Systems

**3030 SKYLAR LANE
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Date	Body Weight	Exercise Breakthrough
1 April 2011	206 lbs	Swim – 1,000 yds
2 April 2011		Chinups – 2 x 10 reps Bench press – 2 x 225 lbs Squats – 3 x 135 lbs
4 April 2011		Swim – 10 x 100 yds @ 1:30 on 1:45
6 April 2011		Bench press – 10 x 205 lbs
12 April 2011		Swim – total of 1,500 yds
	205 lbs	Swim – total of 2,000 yds
		Swim – 10 x 100 yds @ 1:25 on 1:45
		Swim – total of 2,500 yds
7 May 2011	203 lbs	Swim – 10 x 100 yds @ 1:25 on 1:40
21 May 2011		Bench press – 3 x 225 lbs
		Swim – 10 x 200 yds @ 2:50 on 3:30
	201 lbs	Swim – 10 x 100 yds @ 1:20 on 1:40
		Swim – 10 x 200 yds @ 2:45 on 3:20
		Bench press – 4 x 225 lbs
	200 lbs	Swim – total of 3,000 yards
		Swim – 10 x 100 yds @ 1:20 on 1:35
		Swim – 400 yds of butterfly in multiple 25s
15 June 2011		Squats – 4 x 135 lbs
21 June 2011		Swim – 10 x 200 yds @ 2:45 on 3:15
	199 lbs	Swim – 15 x 100 yds @ 1:20 on 1:35
		Swim – 10 x 200 yds @ 2:45 on 3:10
		Swim – 500 yds of butterfly in multiple 25s
	198 lbs	Swim – 10 x 200 yds @ 2:40 on 3:10
		Bench press – 5 x 225 lbs
		Swim – 600 yds of butterfly in multiple 25s
		Squats – 5 x 135 lbs
	197 lbs	Swim – 20 x 100 yds @ 1:20 on 1:35
		Chinups – 3 x 10 reps
6 July 2011	196 lbs	Swim – 800 yds of butterfly in multiple 50s and 25s
13 July 2011		Bench press – 1 x 245 lbs

		Squats: 1 x 10 x 135 lbs 4 x 10 x 155 lbs
16 July 2011	195 lbs	Bench press – 6 x 225 lbs
		Swim – 20 x 100 yds @ 1:18 on 1:35
20 July 2011	194 lbs	Bench press – 5 x 10 x 185 lbs Chinups – 4 x 10 reps Squats: 1 x 10 x 135 lbs 2 x 10 x 155 lbs 2 x 10 x 185 lbs
21 July 2011		Swim – 10 x 200 @ 2:38 on 3:00
22 July 2011	193 lbs	Swim – 20 x 100 yds @ 1:17 on 1:35
	193 lbs	Swim – 1,000 yds of butterfly in multiple 50s and 25s
		Swim – 20 x 100 yds @ 1:16 on 1:35
	192 lbs	Bench press – 3 x 245 lbs Squats: 1 x 10 x 135 lbs 1 x 10 x 155 lbs 3 x 10 x 185 lbs
23 July 2011		Bench press: 3 x 245 lbs 7 x 225 lbs 2 x 10 x 205 lbs Chinups – 5 x 10 reps
26 July 2011		Swim – 25 x 100 @ 1:15 on 1:30
30 July 2011		Squats: 1 x 10 @ 135 lbs 1 x 10 @ 185 lbs 3 x 10 @ 195 lbs
31 July 2011	191 lbs	Bench press – 5 x 10 x 205 lbs
16 August 2011		Chinups: 5 x 10 reps a 6 th set of 8
18 August 2011	189 lbs	Straight 1000 under 13:00
20 August 2011		Chinups 6 x 10 reps a 7 th set of 7

		<p>Bench press:</p> <ul style="list-style-type: none"> 4 x 245 lbs 8 x 225 lbs 2 x 10 x 205 lbs a 3rd set of 7 x 205 lbs
31 August 2011	188 lbs	<p>Chinups (wide grip with extra weights)</p> <ul style="list-style-type: none"> 2 x 5 with 25 extra lbs 2 x 5 with 20 extra lbs 2 x 5 with 15 extra lbs 2 x 8 with 10 extra lbs <p>Chinups (narrow grip with extra weights)</p> <ul style="list-style-type: none"> 2 x 8 with 10 extra lbs
2 September 2011		Swim – 8 x 125 kickboard @ 2:25 on 2:45
3 September 2011		<p>Chinups (wide grip with extra weights)</p> <ul style="list-style-type: none"> 2 x 6 with 25 extra lbs 2 x 7 with 20 extra lbs 2 x 8 with 15 extra lbs 2 x 8 with 10 extra lbs <p>Chinups (narrow grip with extra weights)</p> <ul style="list-style-type: none"> 2 x 8 with 10 extra lbs <p>Incline (45°) dumbbell press</p> <ul style="list-style-type: none"> 3 x 75 lbs 5 x 70 lbs 7 x 65 lbs 10 x 60 lbs 10 x 55 lbs
10 September 2011		<p>Chinups (wide grip with extra weights)</p> <ul style="list-style-type: none"> 2 x 2 with 45 extra lbs 2 x 3 with 40 extra lbs 2 x 4 with 35 extra lbs 2 x 5 with 30 extra lbs 2 x 5 with 25 extra lbs 2 x 5 with 20 extra lbs
18 September 2011		<p>Squats:</p> <ul style="list-style-type: none"> 1 x 10 @ 135 lbs 1 x 10 @ 185 lbs 4 x 10 @ 195 lbs
1 October 2011		<p>Incline (45°) dumbbell press</p> <ul style="list-style-type: none"> 2 x 80 lbs 4 x 75 lbs

		6 x 70 lbs 8 x 65 lbs 10 x 60 lbs 10 x 55 lbs
11 October 2011		Incline (45°) dumbbell press 2 x 80 lbs 5 x 75 lbs 7 x 70 lbs 9 x 65 lbs 10 x 60 lbs
16 October 2011		Chinups: 8 x 10 reps a 9 th set of 8
23 October 2011		Incline (45°) dumbbell press 2 x 85 lbs 3 x 80 lbs 5 x 75 lbs 7 x 70 lbs 9 x 65 lbs 10 x 60 lbs
27 October 2011	187 lbs	Chinups: 10 x 10 reps
2 November 2011		Incline (45°) dumbbell press 3 x 85 lbs 4 x 80 lbs 6 x 75 lbs 8 x 70 lbs 9 x 65 lbs 10 x 60 lbs
7 November 2011		Swim: 10 x 75 @ 0:56 on 1:10 10 x 75 @ 0:54 on 1:15 10 x 75 @ 0:52 on 1:20
8 November 2011		Incline (45°) dumbbell press 1 x 90 lbs 3 x 85 lbs 5 x 80 lbs 6 x 75 lbs 8 x 70 lbs

		10 x 65 lbs
16 November 2011		Incline (45°) dumbbell press 2 x 90 lbs 4 x 85 lbs 6 x 80 lbs 8 x 75 lbs 9 x 70 lbs 10 x 65 lbs
19 November 2011		Chinups (wide grip with extra weights) 2 x 6 with 25 extra lbs 2 x 7 with 20 extra lbs 2 x 8 with 15 extra lbs 2 x 9 with 10 extra lbs Chinups (narrow grip with extra weights) 2 x 9 with 10 extra lbs
20 November 2011		Swim – 8 x 50 butterfly @ 0:35 on 1:30