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| ***WORKOUT LOG*** | | | | | |  |  |  |  |  |  |  | Date: |  | Time: | | | Body Weight: | |
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| **Date:** |  |  |  |  |  | **Client:** | |  |  |  | **Session:** | |  | **Workout Type:** | | | |  |  |
| **Exercise** | **# of Sets** |  | **# of Reps** | | |  |  | **Weight/Resistance** | | | | | **Set Time** |  | **Rest** | | | **Distance** | **Notes** |
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| **Exercise** | **# of Sets** |  | **# of Reps** | | |  |  | **Weight/Resistance** | | | | | **Set Time** |  | **Rest** | | | **Distance** | **Notes** |
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