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