**Trackable Workout Log**

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| **Week 1** |

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| **Week 2** |

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| **Week 3** |

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| --- |
| **Week 4** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sun.** | **Mon.** | **Tues.** | **Weds.** | **Thurs.** | **Fri.** | **Sat.** |
|  |  |  |  |  |  |  |  |
| **Reps Sets** | **Reps Sets** | **Reps Sets** | **Reps Sets** | **Reps Sets** | **Reps Sets** | **Reps** | **Sets** |
|  |
|  |  |  |  |  |  |  |  |  |

**Squats**

**Superman’s**

**Push-ups**

**Overhead shoulder press**

**Bicep curls**

**Triceps chair dips**

**Plank**

**Squats**

**Superman’s**

**Push-ups**

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