Workout Log							
Date:	Weeks:			Other:			
Date: Weeks: Day:				Day:			
	Exercise Name	Sets	Reps		Exercise Name	Sets	Reps
				1			
				<u> </u>			
Day:				Day:			
	Exercise Name	Sets	Reps	4	Exercise Name	Sets	Reps
				1			
				_			-
				<u> </u>			
Day:			Day:				
	Exercise Name	Sets	Reps	-	Exercise Name	Sets	Reps
				4			
				1			
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			N C	tes			

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