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| **Workout Log** | | | | | | | | | | | | | | | |
| **Date:** | **Weeks:** | | | | | | | **Other:** |  | | | | | | |
| **Monday** | | | | | | | | **Tuesday** | | | | | | | |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
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|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
| **Wednesday** | | | | | | | | **Thursday** | | | | | | | |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
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|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
| **Friday** | | | | | | | | **Sat/Sun** | | | | | | | |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
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|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
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| **N o t e s:** | | | | | | | | | | | | | | | |