

Workout Log

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| Date: | Weeks: | Other: | |
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Monday

| Exercise Name | Sets | | | | | | REPS |
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Tuesday

| Exercise Name | Sets | | | | | | REPS |
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Wednesday

| Exercise Name | Sets | | | | | | REPS |
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Thursday

| Exercise Name | Sets | | | | | | REPS |
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Friday

| Exercise Name | Sets | | | | | | REPS |
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Sat/Sun

| Exercise Name | Sets | | | | | | REPS |
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Notes

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www.fitness-and-bodybuilding-workouts.com