Workout Log

Date:	Weeks:	Other:	

Day:

Exercise Name	Sets						
	1	2	3	4	5	6	
							reps
							weight
							reps
							weight
							reps
							weight
							reps
							weight
							reps
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							reps
							weight

Day:

Exercise Name	Sets						
	1	2	3	4	5	6	
							reps
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Exercise Name	Sets						
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Exercise Name	Sets						
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Notes:

www.fitness-and-bodybuilding-workouts.com