	Weekly Workout L								out Log			
Day 1	•	Sets						Day				
Exercie	1	. 2	2 3	4	5	6		] [				
							Reps	]				
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							Reps					
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Day 2		S	ets				
Exercie	1	2	3	4	5	6	
							Reps
							Weight
							Reps
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							Weight

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Reps Weight

Day 3			Se	ts			
Exercie	1	2	3	4	5	6	
							Reps
							Weight
							Reps
							Weight
							Reps
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							Reps
							Weight
							Reps
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Day 4	Sets						
Exercie	1	2	3	4	5	6	
							Reps
							Weight
							Reps
							Weight
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							Weight
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