EMST 150
Expiratory Muscle Strength Trainer

TRAINING JOURNAL

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Week #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
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