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| **W o r k o u t L o g** | | | | | | | | | | | | | | | |  |
| **Date:** | **Weeks:** | | | | | | | **Other:** |  | | | | | | |
| **Monday** | | | | | | | | **Tuesday** | | | | | | | |  |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | | **o u t s . c o m** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
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| **Wednesday** | | | | | | | | **Thursday** | | | | | | | | **r k** |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | | **i t n e s s ‐ a n d ‐ b o d y b u i l d i n g ‐ w o** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
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| **Friday** | | | | | | | | **Sat/Sun** | | | | | | | | **. f** |
| **Exercise Name** | **Sets** | | | | | | | **Exercise Name** | **Sets** | | | | | | | **w w w** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
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| **N o t e s:** | | | | | | | | | | | | | | | |  |