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| Workout Log |  |  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|  | Sunday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Monday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Tuesday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Wednesday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Thursday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Friday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | Saturday Date: | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps | Sets | Wt | Reps |
| Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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