Exercise :   Date :

Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps
Set 6 Weight/Reps	Set 7 Weight/Reps	Set 8 Weight/Reps	Set 9 Weight/Reps	Set 10 Weight/Reps

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