## Weekly Exercise Log

Date:

Day Monday	Cardio					Weight			
	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Weight	Intensity
Tuesday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Welght	Intensity
Wednesday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Weight	Intensity
Thursday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Weight	Intensity
Friday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Weight	Intensity
Saturday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Welght	Intensity
Sunday	Type of Exercise	Time	Distance	Level	ВРМ	Targeted Muscle(s)	Reps.	Weight	Intensity
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