Date:	Focus Area:	Duration:
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Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						

Date:	Focus Area:	Duration:	
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Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	REPS						
	WEIGHT						
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