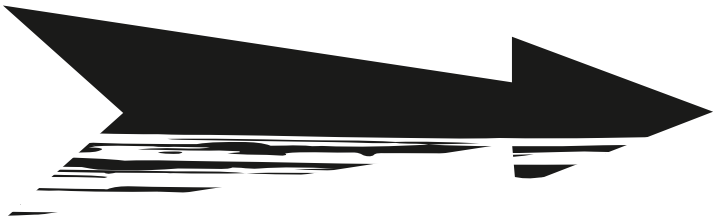
This book belongs to

.....you better dont fuck with him!!



Personal Info

Name	
Date of Birth	
Address	
Phone Number	
Height	
Weight	

Book Content

In the following three pages you will find a table to write your meals weekly plan.

After there are 190 pages for your daily sessions, you can record:

- **Start** and **End** time of your session
- **Water Intake**
- **Muscle Group** you are focusing on
- And much more.

At the end of the book, you will find:

- **3** pages to record your **Body Measurement**
- **1** page to write your **Notes**

HAPPY TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

DINNER	SNACK	LUNCH	SNACK	BREAKFAST	
					MONDAY
					TUESDAY
					WEDNESDAY
					THURSDAY
					FRIDAY
					SATURDAY
					SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

Session 1

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 2

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 3

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 4

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 5

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 6

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 7

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 8

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 9

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 10

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 11

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 12

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 13

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 14

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 15

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 16

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 17

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 18

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 19

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 20

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 21

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 22

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 23

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 24

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 25

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 26

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 27

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 28

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 29

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 30

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 31

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 32

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 33

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 34

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 35

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 36

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 37

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 38

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 39

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 40

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 41

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 42

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 43

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 44

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 45

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 46

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 47

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 48

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 49

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 50

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 51

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 52

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 53

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 54

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 55

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 56

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 57

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 58

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 59

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 60

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 61

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 62

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 63

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 64

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 65

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 66

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 67

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 68

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 69

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 70

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 71

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 72

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 73

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 74

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 75

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 76

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 77

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 78

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 79

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 80

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 81

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 82

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 83

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 84

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 85

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 86

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 87

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 88

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 89

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 90

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 91

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 92

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 93

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 94

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 95

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 96

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 97

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 98

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 99

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 100

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 101

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 102

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 103

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 104

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 105

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 106

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 107

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 108

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 109

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 110

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 111

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 112

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 113

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 114

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 115

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 116

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 117

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 118

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 119

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 120

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 121

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 122

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 123

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 124

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 125

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 126

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 127

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 128

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 129

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 130

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 131

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 132

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 133

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 134

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 135

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 136

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 137

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 138

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 139

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 140

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 141

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 142

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 143

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 144

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 145

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 146

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 147

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 148

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 149

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 150

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 151

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 152

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 153

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
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	REPS						
	WEIGHT						

CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 154

Date

Today Feeling 1 10

M T W T F S S

Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	REPS						
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 155

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 156

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 157

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 158

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 159

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 160

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Muscles Group

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Stretch

Warm Up

Water Intake

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Session 161

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Muscles Group

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Stretch

Warm Up

Water Intake

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EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 162

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 163

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 164

Date

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 165

Date

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 166

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 167

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 168

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 169

Date

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 170

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 171

Date

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Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 172

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 173

Date

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Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 174

Date

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Start Time

End Time

Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 175

Date

Today Feeling 1 10

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 176

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 177

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 178

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 179

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Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 180

Date

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Start Time

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Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 181

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 182

Date

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 183

Date

Today Feeling 1 10

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Start Time

End Time

Muscles Group

UB LB ABS

Stretch

Warm Up

Water Intake

EXCERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	VOL
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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 184

Date

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Start Time

End Time

Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 185

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Start Time

End Time

Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 186

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Start Time

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Muscles Group

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Stretch

Warm Up

Water Intake

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CARDIO

EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 187

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Muscles Group

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Stretch

Warm Up

Water Intake

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EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 188

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Muscles Group

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Stretch

Warm Up

Water Intake

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EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 189

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Stretch

Warm Up

Water Intake

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EXCERCISE	TIME	DISTANCE	CALS BURNED

Session 190

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Muscles Group

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Stretch

Warm Up

Water Intake

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EXCERCISE	TIME	DISTANCE	CALS BURNED

Steve Reeves standards

Steve Reeves, bodybuilding legend of the mid-1900s, has always been considered as one of the most symmetrical and best-proportioned bodybuilders of all time.

<u>His measure were:</u>

- Arms: 18.5
- Calves: 18.5
- Neck: 18.5
- Thighs: 27
- Chest: 54
- Waist: 30

Reeves believed that height played a critical role in how much weight one should put on when bodybuilding. This was an attempt to work within the natural limits of the body-namely, the natural symmetry found in people of varying height. This was the outline he proposed for keeping muscular body weight within limits:

5’5” 160lbs
5’6” 165lbs
5’7” 170lbs
5’8” 175lbs
5’9” 180lbs
5’10” 185lbs
5’11” 190lbs

6’0” 200lbs
6’1” 210lbs
6’2” 220lbs
6’3” 230lbs
6’4” 240lbs
6’5” 250lbs

The focus on the body's structure continued with an emphasis placed on muscle to bone ratios. The aim was to be able to pack on as much muscle as possible while also not taking away from the aesthetics of symmetry and proportion. Using bone ratios also allowed for a sort of optical illusion, making a bodybuilder look larger than he was.

<u>These are the ratios:</u>

- Arm size = 252% of wrist size
- Calf size = 192% of ankle size
- Neck Size = 79% of head size
- Chest Size = 148% of pelvis size
- Waist size = 86% of pelvis size
- Thigh size = 175% of knee size

Using calf size as an example, you would multiply your ankle measurement by 1.92 in order to figure out your ideal size of calves.

Building on these calculations, Reeves also believed that an ideally proportioned man would have his calves, arms, and neck all measure the same. Furthermore, the waist should measure double of what the neck does, and the thighs should measure half of the chest circumference.

The Reeves example makes it apparent how body type (especially when it comes to the bones) can really mess up an attempt to get to these strict proportions. And if you're wondering if Reeves ever got to his own ideal measurements: everything checked out other than his waist was 6 inches less than what it should've been.

Date	Arm *(Right)*	Arm *(Left)*	Calf *(Right)*	Calf *(Left)*	Thigh *(Right)*	Thigh *(Left)*	Neck	Chest	Waist

Date	Arm *(Right)*	Arm *(Left)*	Calf *(Right)*	Calf *(Left)*	Thigh *(Right)*	Thigh *(Left)*	Neck	Chest	Waist

Date	Arm *(Right)*	Arm *(Left)*	Calf *(Right)*	Calf *(Left)*	Thigh *(Right)*	Thigh *(Left)*	Neck	Chest	Waist

Notes