

Date & Time:			A P 24	Weekday:		M T W TH F S SU				Weight:		lbs / kg									
Muscle Group(s)				Method		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
Exercise				DB BB CA MA Body Other		Weight															
Group						Reps															
Exercise				DB BB CA MA Body Other		Weight															
Group						Reps															
Exercise				DB BB CA MA Body Other		Weight															
Group						Reps															
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Group						Reps															
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Group						Reps															
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Group						Reps															
Exercise				DB BB CA MA Body Other		Weight															
Group						Reps															
Exercise				DB BB CA MA Body Other		Weight															
Group						Reps															
Execution		Straight Cyclic Other : _____				Rest Between Sets (M:S)		:		Total Workout Time (H:M:S)				:		:					
Split Type		Full 2 3 4 5 6 7 Notes :				Workout ID				Notes											