

Date & Time:		/ /	:	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													
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											