This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Program Template (GP) 4W		
	Table 1	Program Template (GP) 4W
Program Template (GP) 6W		
	Table 1	Program Template (GP) 6W
Program Template 6 Week		
	Table 1	Program Template 6 Week

IENT NAME> GRAM:	WEE		TUESDAY	WEDNESDAY	THURSDAY FR	DAY SATURDA	Y SUNDAY																
SE:	WEE			1					EN	TERP	RIS												
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	WEE	K 4																					
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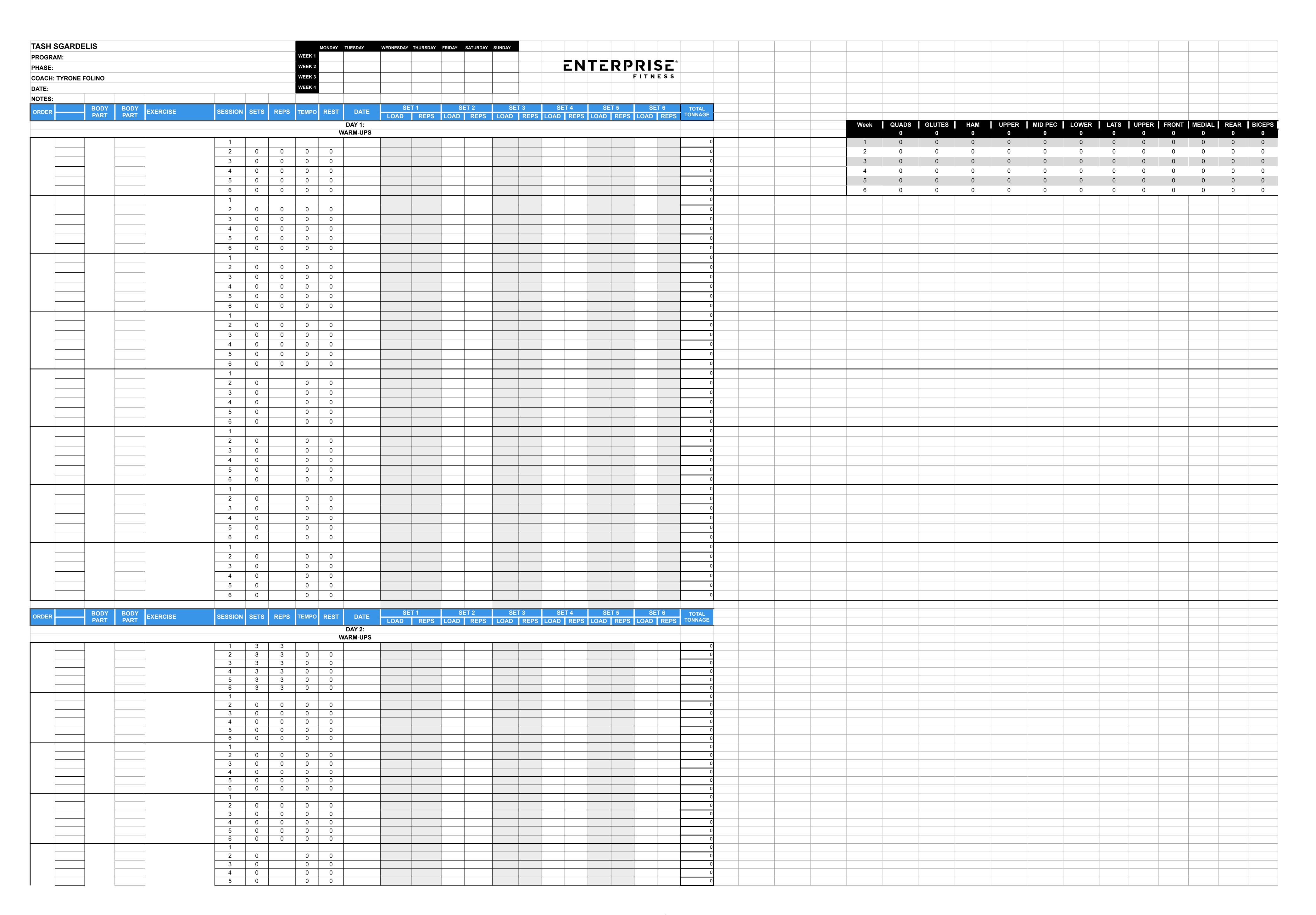
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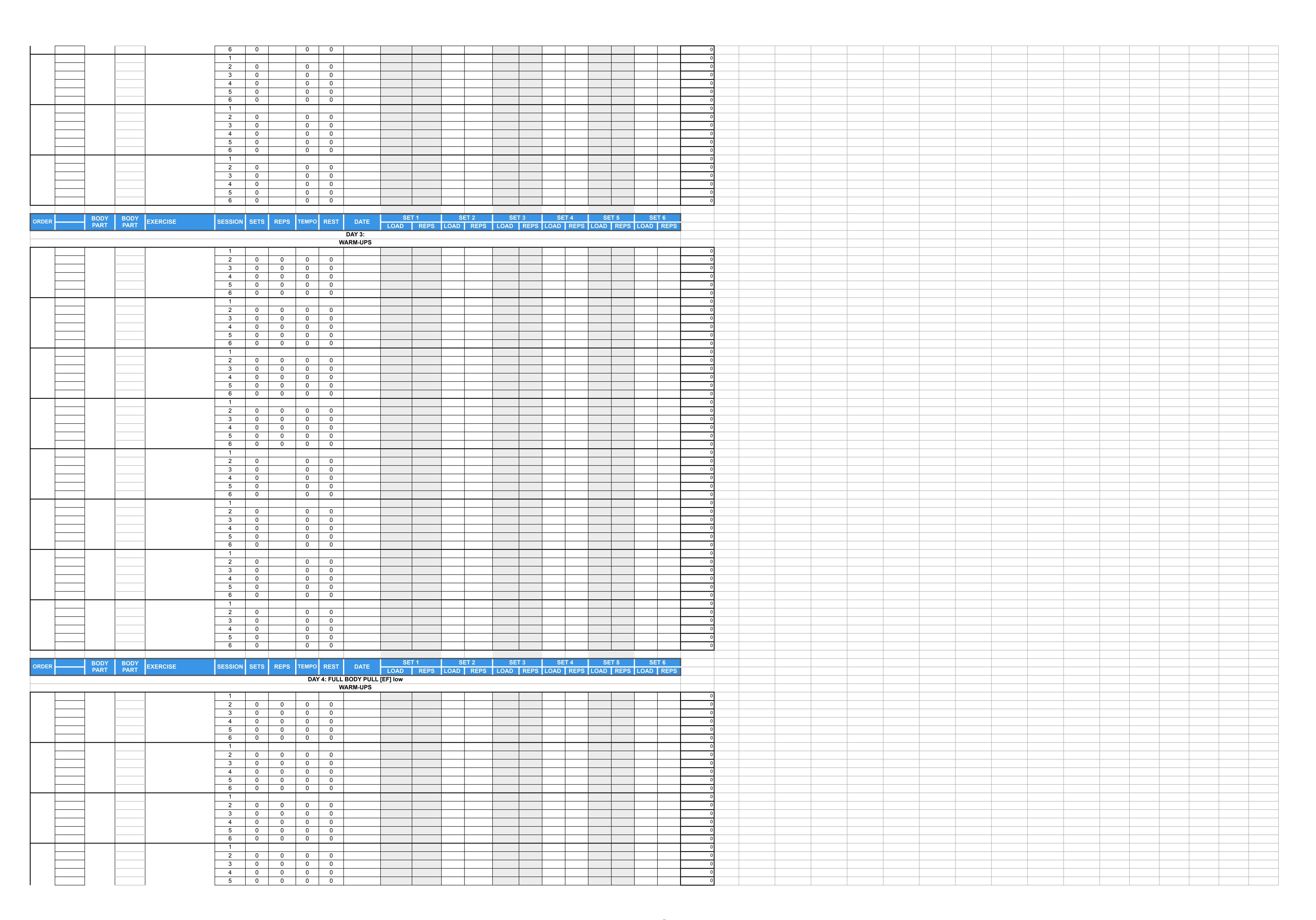
	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY		
PROGRAM: PHASE:	WEEK 1 WEEK 2 WEEK 2 ENTERPRISE®		
COACH: TYRONE FOLINO	WEEK 3 FITNESS		
DATE: NOTES:	WEEK 4		
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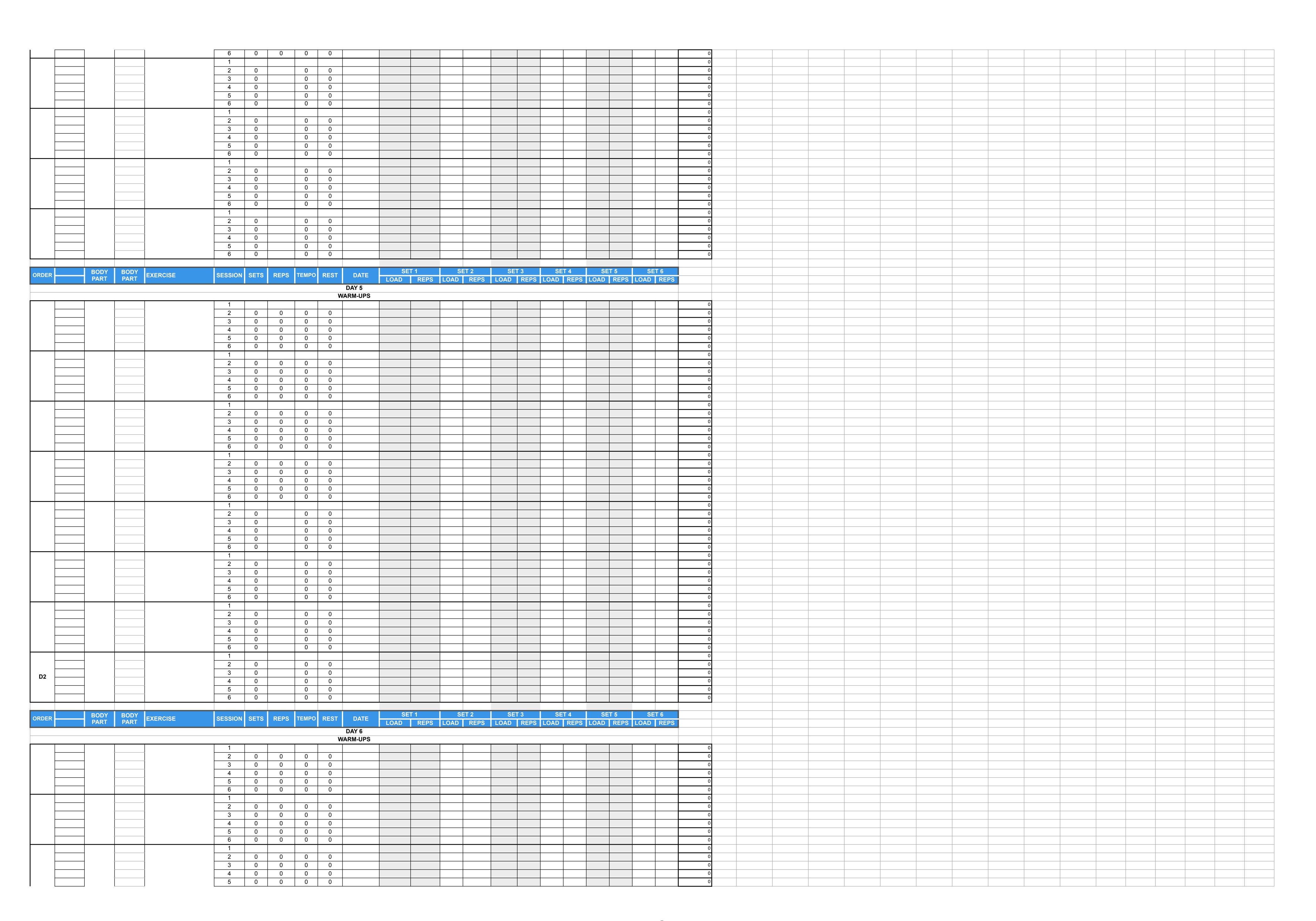
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	5 0 0 0			0		
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BODY EXERCISE	SESSION SETS REPS TEMPO REST DATE	SET 1 SET 2	SET 3 SET 4 SET 5 LOAD REPS LOAD REPS LOAD REPS	SET 6		
PART LALKCISE		LOAD REPS LOAD REPS	LOAD REPS LOAD REPS LOAD REPS	LOAD REPS		
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	5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
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WARM-UPS	WARM-UPS
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	BODY	0-00001 0-00 0-00			SET 1 SET 2	SET	Г 3	SET 4	SET	5	SET 6					
RDER	BODY EXERCISE	SESSION SETS REPS	TEMPO F	EST DATE	LOAD REPS LOAD REPS											
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	WARM-UPS															
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1		0		
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4 0	0 0	0		
5 0	0 0	0		
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TRICEPS 0	CALVES 0	ABS 0	TOTAL
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0



