

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

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ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	
DAY 4																						
WARM-UPS																						
				1																		0
				2	0			0	0													0
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				4	0			0	0													0
ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	
DAY 5																						
WARM-UPS																						
				1																		0
				2	0			0	0													0
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ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 6																					
WARM-UPS																					
				1																	
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				4	0			0	0										0
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				6	0			0	0										0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 3:

WARM-UPS

				1																0
				2	0			0	0											0
				3	0			0	0											0
				4	0			0	0											0
				5	0			0	0											0
				6	0			0	0											0
				1																0
				2	0	6		0	0											0
				3	0	7		0	0											0
				4	0	5		0	0											0
				5	0	6		0	0											0
				6	0	7		0	0											0
				1																0
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				4	0			0	0											0
				5	0			0	0											0
				6	0			0	0											0
				1																0
				2	0	9		0	0											0
				3	0	10		0	0											0
				4	0	8		0	0											0
				5	0	9		0	0											0
				6	0	10		0	0											0
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				6	0			0	0											0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 4: FULL BODY PULL [EF] low

WARM-UPS

				1																0
				2	0			0	0											0
				3	0			0	0											0
				4	0			0	0											0
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				6	0		0	0												0
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				2	0		0	0												0
				3	0		0	0												0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 6																					
WARM-UPS																					
				1																	
				2	0		0	0													
				3	0		0	0													
				4	0		0	0													
				1																	
				2	0		0	0													
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				4	0		0	0													
				1																	
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				3	0		0	0													
				4	0		0	0													

TASH SGARDELIS																																							
PROGRAM:																																							
PHASE:																																							
COACH: TYRONE FOLINO																																							
DATE:																																							
NOTES:																																							

					6	0		0	0													0
					1																	0
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					6	0		0	0													0
ORDER		BODY PART	BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
											LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 3: WARM-UPS																						
					1																	0
					2	0	0	0	0													0
					3	0	0	0	0													0
					4	0	0	0	0													0
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					6	0		0	0													0
ORDER		BODY PART	BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
											LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 4: FULL BODY PULL [EF] low WARM-UPS																						
					1																	0
					2	0	0	0	0													0
					3	0	0	0	0													0
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					3	0	0	0	0													0
					4	0	0	0	0													0
					5	0	0	0	0													0

[illegible]

ORDER		BODY PART	BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
											LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 5																						
WARM-UPS																						

[illegible][illegible][illegible]

					6	0	0	0	0												0
					1																0
					2	0	0	0	0												0
					3	0	0	0	0												0
					4	0	0	0	0												0
					5	0	0	0	0												0
					6	0	0	0	0												0
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