

Workout Log

	Weight: Set 1		Cardio: Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

	Weight: Set 1		Cardio: Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

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Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

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