Workout Log

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

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

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

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