Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

Muscle Groups:									
Time:								Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10									
Warm up:									

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle Groups:								
Time:							Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R
RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

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Feeling: 1 2 3 4 5 6 7 8 9 10								
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Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:						**Weight:**		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R
RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:					**Weight:**			
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:							Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R
RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

Muscle Groups:								
Time:							Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:							Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:						Weight:		
Feeling: 1　　2　　3　　4　　5　　6　　7　　8　　9　　10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

| RPE (avg.): 1　　2　　3　　4　　5　　6　　7　　8　　9　　10 | | | | | | | | |

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								
Time:							Weight:	
Feeling: 1　2　3　4　5　6　7　8　9　10								
Warm up:								

EXERCISE	W	R	W	R	W	R	W	R
RPE (avg.): 1　2　3　4　5　6　7　8　9　10								

Muscle Groups:								

Time: | | | | | | | **Weight:** | |

Feeling: 1 2 3 4 5 6 7 8 9 10

Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								

Time: | | | | | | | **Weight:** |

Feeling: 1   2   3   4   5   6   7   8   9   10

Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:						Weight:		
Feeling: 1 2 3 4 5 6 7 8 9 10								
Warm up:								
EXERCISE	W	R	W	R	W	R	W	R
RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

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RPE (avg.): 1 2 3 4 5 6 7 8 9 10								

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								

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Feeling: 1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

Muscle Groups:								

Time:							Weight:	

Feeling: 1   2   3   4   5   6   7   8   9   10

Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

Muscle Groups:								
Time:							Weight:	
Feeling: 1 2 3 4 5 6 7 8 9 10								
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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):	1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):   1   2   3   4   5   6   7   8   9   10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

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EXERCISE	W	R	W	R	W	R	W	R
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EXERCISE	W	R	W	R	W	R	W	R

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1 2 3 4 5 6 7 8 9 10

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EXERCISE	W	R	W	R	W	R	W	R

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EXERCISE	W	R	W	R	W	R	W	R

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Feeling: 1   2   3   4   5   6   7   8   9   10

Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

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EXERCISE	W	R	W	R	W	R	W	R

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Feeling: 1   2   3   4   5   6   7   8   9   10

Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

Muscle Groups:								

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Warm up:

EXERCISE	W	R	W	R	W	R	W	R

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Warm up:

EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.):　1　2　3　4　5　6　7　8　9　10

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Feeling: 1   2   3   4   5   6   7   8   9   10

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EXERCISE	W	R	W	R	W	R	W	R

RPE (avg.): 1   2   3   4   5   6   7   8   9   10

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Warm up:

EXERCISE	W	R	W	R	W	R	W	R

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Muscle Groups:								
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