

Date: _____



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Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

*Intensity: L - Light / M - Moderate / V - Vigorous

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Blank Workout Sheets

Rogue Plus Publishing

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