Dat		



http://www.freeworkoutlog.com/

#### Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				100000			
			-	-			-		-
							_		-
			_				_		_
					_			_	-
									-
								-	
							4		1

#### Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int
		_							_
			110						

<sup>\*</sup>Intensity: L - Light / M - Moderate / V - Vigorous

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# **Blank Workout Sheets**

**Rogue Plus Publishing** 

#### **Blank Workout Sheets:**

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