



RESISTANCE TRAINING



Date **Warm Up**

LEGS	SET 1	SET 2	NOTE
	/	/	
	/	/	
	/	/	
	/	/	
	/	/	

ABS				
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Date		Warm Up		
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SHOULDERS	SET 1	SET 2	NOTE
	/	/	
	/	/	
	/	/	
	/	/	
	/	/	

ABS				
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Date		Warm Up		
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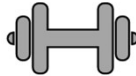
ARMS + CALVES	SET 1	SET 2	NOTE
	/	/	
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	/	/	
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ABS				
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Date		Warm Up		
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BACK	SET 1	SET 2	NOTE
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	/	/	
	/	/	
	/	/	
	/	/	

ABS				
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WEEKLY EXERCISE NOTES				
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				