

Date:	Workout:	
Name:		
Workout #:		
Workout Paramaters		
Primary Muscles		
Total # of Sets		
Total # of Reps (reps x sets)		
Length:		
Warm Up		

Exercises	TR	AR	W	TR	AR	W	TR	AR	W	RBS
\$ \$										
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Aerobic/Intervals/Stretching		
Comments/Notes		