EXERCISE RECORD FOR

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DATE																						
EXERCISE	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
LEG EXTENSION																						
LEG CURL																						
ABDOMINAL																						
LATERAL RAISE																						
CHEST FLY																						
LOW BACK																						
TRICEPS EXT.																						
BICEP CURL																						