



DAILY TRAINING LOG

Time: _____

Date: ____ / ____ / ____

| Exercise | Sets | Reps | Weight | Exercise | Sets | Reps | Weight |
|----------|------|------|--------|----------|------|------|--------|
| 1 | | | | 4 | | | |
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| 2 | | | | 5 | | | |
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| 3 | | | | 6 | | | |
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NOTES