LOWEST PRICES GUARANTEED supplements.ca

DAILY WORKOUT LOG

LOWEST PRICES GUARANTEED supplementscanada.com

DATE: **WEEK:** **DAY:**

EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
BODYPART	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.										
2.										
3.										
4.										
5.										
BODYPART	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.										
2.										
3.										
4.										
5.										

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