Start Date:

Reps = The number of times you perform each individual exercise. Sets = The number of times you repeat the same exercise.

Remember to both warm up and stretch prior to your exercise - then cool down at the end of your workout!

Exercise		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Reps														
	Sets														
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