Strength Training Log

Date																												
Exercise	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set	Weight	Reps/Set

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