THE 5 SPOT WORKOUT TRACKER

SEGMENT :

START DATE :

	WEEK 1						WEEK 2						WEEK 3						WEEK 4						WEEK 5					
	REST DAYS:						REST DAYS:						REST DAYS:						REST DAYS						REST DAYS:					
	Set : 1		Set : 2		Set : 3		Set : 1		Set : 2		Set : 3		Set : 1		Set : 2		Set : 3		Set : 1		Set : 2		Set : 3		Set : 1		Set : 2		Set : 3	
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
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