ExRx.	net	Wai	kout	Card
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Warm up set: 50% of workout weight (______ reps)

Workout set(s): Recorded weight (_____ - ___ reps)

	Workout set(s): Recorded weight (reps)
Name	If reps: Increase workout weight 5-10%

Month:	Day:												
Exercise	Notes	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
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