






MONTH M T W T F S S


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BACK

MUSCLE GROUP	EXERCISE						
	MON	TUE	WED	THU	FRI	SAT	SUN
SETS							
REPS							
LBS							

MUSCLE GROUP	EXERCISE						
	MON	TUE	WED	THU	FRI	SAT	SUN
SETS							
REPS							
LBS							

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	MON	TUE	WED	THU	FRI	SAT	SUN
SETS							
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LBS							

NOTES _____

