**Weekly Workout Sheet**

Week of: \_\_\_1/9-1/13\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| **Monday**  | **Tuesday** | **Wednesday**  | **Thursday**  | **Friday** |
| Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Rep | Weight |
|  | 3x10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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Week of: \_\_\_1/17-1/20\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Monday**  | **Tuesday** | **Wednesday**  | **Thursday**  | **Friday** |
| Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Rep | Weight |
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Week of: \_\_\_1/23-1/27\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| **Monday**  | **Tuesday** | **Wednesday**  | **Thursday**  | **Friday** |
| Exercise | Reps | Weight/time | Exercise | Reps | Weight/time | Exercise | Reps | Weight | Exercise | Reps | Weight/time | Exercise | Rep | Weight |
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