**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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