

Name

Date: End Time:

Split 1 Exercises	Sets:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
	Reps																						Weight:
	Reps																						Weight:
Split 2 Exercises	Sets:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
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