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Weight Training Journal

Date:

LOWER BODY EXERCISE Make photocopies for additional sheet.

	Exercises	Reps	Weight Lifted	Notes
Quadriceps				
Hamstrings				
Calves				
Abs				

Note: Consult with your physician or healthcare provider before commencing any new exercise, nutrition or supplementation program, particularly if you use prescription or over-the-counter medications, or if you are being treated by a healthcare provider for any chronic or medical condition. No representations are made about the results you may achieve from following the program; as ever individual is unique, there are no typical results that you can expect from following these exercise, nutrition and supplement recommendations



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Date:

UPPER BODY EXERCISE Make photocopies for additional sheet.

	Exercises	Reps	Weight Lifted	Notes
Chest				
Back				
Shoulders				
Biceps				
Triceps				

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