The Official Training Journal of



Dear Cida Fitness Friend,

We are committed to getting the best results possible from your training program. We truly feel that keeping a record of your workouts will guarantee your success in our programs. It is of the utmost importance that you track your weights, sets and reps of each workout so that you can continually make progress.

Tracking your programs will also allow you and us to go back and see what worked the best for you and what did not work well. Tracking results and your progress allows you to utilize the best possible mix of exercises, sets, reps and weight to keep you moving in the right direction.

We worked very hard to make this training journal easy to use. All you have to do is simply fill in the correct numbers and exercises and chart your progress. We are giving you a place to write your goals, track your progress, and watch yourself succeed.

If you come into the gym and continually repeat exactly what you have done before you are not making progress! To make progress you have to lift more weight, do more reps, take less rest, or do more work in less time. If you strictly monitor your progress with this journal we strongly believe that you will see results in 30 days or less.

To your success.

Stay Strong!

*Cida and Louis Moore*

**How to fill out your training journal**

1. Write down the time and date of the workout.
2. Write down how you are feeling before the workout begins.
3. Write down your warm up. Include foam rolling, stretching, and movement prep.
4. Write down each exercise and the sets and reps you perform.
5. Write down the weight you used for each set.
6. Write down your energy system development work for the day.
7. Write down your cool down. Include any foam rolling and stretching.
8. Write down how you felt during and how you are feeling after the workout.

This should include any outside factors that affected your workout.

1. Write any notes on the exercises for the workout. (i.e. pain, personal bests)

**Goals**

What is it that you would most like to achieve from your training program?

What changes will you have to make to make this program a success?

What are your biggest concerns, fears, and obstacles keeping you from success?

List 5 specific goals you would like to meet in the next 12 weeks:

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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
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| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
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| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
| **Pre Workout Notes:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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| **Daily Workout Log** | | | | | | | | | | | | | | | |
| **Date: Time: Bodyweight:** | | | | | | | | | | | | | | | |
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| **Warm Up** | | | | | | | | | | | | | | | |
| **Foam Roll** | **Stretch** | | | | **Exericse** | | | | | **Sets** | | **Reps/Time** | | | |
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| **Workout** | | | | | | | | | | | | | | | |
| **Exercise** | **Set 1** | | | **Set 2** | | | **Set 3** | | | **Set 4** | | | **Set 5** | | |
| **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** | **Reps** | **WT** | **Rest** |
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| **Energy System Development** | | | | | | | | | | | | | | | |
| **Mode** | **Total Time** | | | **Work Interval** | | | **Rest Interval** | | | **Notes** | | | | | |
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| **Cool Down** | | | | | | | | | | | | | | | |
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| **Post Workout Notes:** | | | | | | | | | | | | | | | |
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