Workout Planner

DATE:	FOCUS AREA:	DURATION:

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

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	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS