

# Workout Log Template

planners

Sets x 4

PW

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## Workout Log

6 exercises · 4 sets each - track reps and weight per set.

<b>Date:</b>	<b>Focus:</b>
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Exercise	Set 1	Set 2	Set 3	Set 4	Notes
	reps / weight	reps / weight	reps / weight	reps / weight	

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