Workout Sheet

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| Name | | | | | | | Physical Measurements (before) | | | | | | | | | | Body Composition | | | | | | | | | | |
| Date | | |  | | |  | |  | | Date | | |  | | |  | | |  | |
| Personal data and goals | | | | | | | Arm Rt. | | |  | | |  | |  | | Triceps | | |  | | |  | | |  | |
| Thigh Rt. | | |  | | |  | |  | | Chest | | |  | | |  | | |  | |
| Calf Rt. | | |  | | |  | |  | | Hip | | |  | | |  | | |  | |
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| Shoulders | | |  | | |  | |  | | Ab | | |  | | |  | | |  | |
| Chest | | |  | | |  | |  | | Thigh | | |  | | |  | | |  | |
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| Waist | | |  | | |  | |  | | Total | | |  | | |  | | |  | |
| Hips | | |  | | |  | |  | | Body Fat % | | |  | | |  | | |  | |
|  |  |  | | | | | Height | | |  | | |  | |  | |  | | |  | | |  | | |  | |
| Weight | | |  | | |  | |  | |  | | |  | | |  | | |  | |
| Exercises Muscle Group(s) | | | Date |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |
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