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 |  |  |  |
|  |
| Shoulders |  |  |  | Ab |  |  |  |
| Chest |  |  |  | Thigh |  |  |  |
|  |
| Waist |  |  |  | Total |  |  |  |
| Hips |  |  |  | Body Fat % |  |  |  |
|  |  |  | Height |  |  |  |  |  |  |  |
| Weight |  |  |  |  |  |  |  |
| Exercises Muscle Group(s) | Date |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | LB |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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