EXERCISE LOG TEMPLATE

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| **Focus of workout: Cardio: Yes / No** | | | |
| **Set 1**  **Weight Reps**  1.  2.  3.  4.  5.  6.  7.  8.  9.  10. | **Set 2**  **Weight Reps** | **Set 3**  **Weight Reps** | **Set 4**  **Weight Reps** |

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| **Date: Focus of workout: Cardio: Yes / No** | | | |
| **Set 1**  **Strength Exercises**  **Weight Reps**  1.  2.  3.  4.  5.  6.  7.  8.  9.  10. | **Set 2**  **Weight Reps** | **Set 3**  **Weight Reps** | **Set 4**  **Weight Reps** |

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