WORKOUT *Planner*

DATE:	FOCUS AREA:	DURATION:

RESISTANCE/ STRENGTH	SET 1		SET 2		SET 3		SET 4		
EXERCISE	WEIGHT/ TIME	REPS	WEIGHT/ TIME	REPS	WEIGHT/ TIME	REPS	WEIGHT/ TIME	REPS	RPE

CARDIO	DURATION	SPEED	DISTANCE

NOTES

SEVENTH REMEDY

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