EXERCISE LOG - 3d

DATE: ____/____/____ DAY : M Tu W Th F Sa Su

Exercises

DESCRIPTION	*1RM	SETS	REPS	WT	TIME	DIST	HR	**INT

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Exercises

DESCRIPTION	*1RM	SETS	REPS	WT	TIME	DIST	HR	**INT

***1RM** - One Rep Max (not required)

****INT - Intensity**: easy/medium/hard, or use 1-5 system