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| **EXERCISE** | **Comment** | **Date** |  |  |  |  |  |  |  |
|  |  | **Resistance** |  |  |  |  |  |  |  |
| **Reps** |  |  |  |  |  |  |  |
| **Sets** |  |  |  |  |  |  |  |
|  |  | **Resistance** |  |  |  |  |  |  |  |
| **Reps** |  |  |  |  |  |  |  |
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