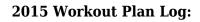
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Date:	Tim	183	_	Week:			Weight
Workout Day:		② (3) (9) (5) (6		
Exercise	Reps	Set-1	Set-2	Set-3	Set-4	Set-5	Body Fat
	+	-				-	
	1	1					Chest
							Right Arm
							Left Arm
Date:	Tùs	e:		Week:			
Workout Day:		② (3) (g) (5	6		Waist
Exercise	Reps	Set-1	Set-2	Set-3	Set-4	Set-5	Hips
							Right Leg
							Left Leg
					-		

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