



# Resistance Training Log

Date:	Set 1		Set 2		Set 3		Set 4	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Set 1		Set 2		Set 3		Set 4	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Set 1		Set 2		Set 3		Set 4	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

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