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Gym workout session log



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G Y M S E S S I O N

workout log

Date · ____ **Session** ____ **Focus:** _____

Exercise 1 · _____ **Sets:** ____ **Reps:** ____ **Weight:** ____kg

Exercise 2 · _____ **Sets:** ____ **Reps:** ____ **Weight:** ____kg

Exercise 3 · _____ **Sets:** ____ **Reps:** ____ **Weight:** ____kg

Exercise 4 · _____ **Sets:** ____ **Reps:** ____ **Weight:** ____kg

Exercise 5 · _____ **Sets:** ____ **Reps:** ____ **Weight:** ____kg

How it felt · ____/5 **Best lift today:** _____

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