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Daily workout planner card



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T O D A Y ' S W O R K O U T 💪

WOD planner

Date / focus · ____ Today's focus: ____

Warm-up (5-10 min) · _____

Main work · _____

Finisher / conditioning · _____

Cool-down + stretch · _____

How it felt / notes for next time · _____

💪 P L A N T H E S E S S I O N B E F O R E Y O U
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