

free printable WORKOUT SCHEDULES

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WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF _____





CARDIO RESISTANCE MIN _____

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY: _____



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CARDIO RESISTANCE MIN _____

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY: _____



CARDIO RESISTANCE MIN _____

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY: _____

MONTHLY WORKOUT PROGRESS

FOR THE MONTH OF _____

BEGINNING OF THIS MONTH

WEIGHT	WAIST	HIPS	CHEST	THIGHS	ARMS
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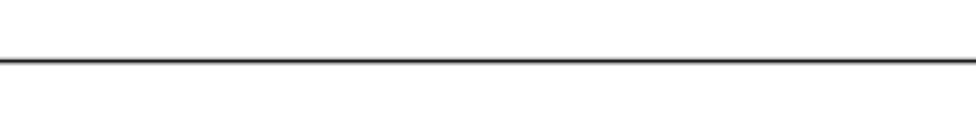
CARDIO WORKOUTS _____

RESISTANCE WORKOUTS _____

FOCUS: _____

LEGS ARMS BUTT ABS FULL BODY

NOTES: _____



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RESISTANCE WORKOUTS _____

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