WORKOUT LOG

Date: Time: Body Weight:

Date:		Client:	Session:		Workout Type:			
Exercise	# of Sets	# of Reps	Weight/Resistance	Set Time	Rest		Distance	Notes

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Exercise	# of Sets	# of Reps	Weight/Resistance	Set Time	Rest		Distance	Notes

TRIYO FITNESS   TRIYO FITNESS   TRIYO FITNESS   TRIYO FITNESS   TRIYO FITNESS