TOTAL BODY 5	15 - 10 - 5		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	*NOTES*	*Rx*	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
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