

Workout Planner

Date

Total Workout Time

Training Focus

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep

Cardio	Time	Distance	Heart Rate	Pace	Calories

Date

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	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep

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