**TUSCARAWAS COUNTY YMCA**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ START DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Workout Date |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Exercise or Machine | WT | SETS  REPS | WT | SETS  R REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SETS  REPS | WT | SET  REPS |
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