**TUSCARAWAS COUNTY YMCA**

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

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| Workout Date |  |  |  |  |  |  |  |  |  |  |
| Exercise or Machine  | WT | SETS  REPS |  WT | SETSR REPS | WT | SETS REPS  | WT | SETS REPS | WT | SETS REPS | WT | SETS REPS | WT | SETS REPS | WT | SETSREPS | WT | SETSREPS | WT | SET REPS |
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