



## YOUR STRENGTH TRAINING PLAN

DATE: \_\_\_\_\_

EXERCISE 1 \_\_\_\_\_

REPS \_\_\_\_\_

NOTES \_\_\_\_\_

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EXERCISE 2 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 3 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 4 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 5 \_\_\_\_\_

REPS \_\_\_\_\_



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EXERCISE 6 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 7 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 8 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 9 \_\_\_\_\_

REPS \_\_\_\_\_

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EXERCISE 10 \_\_\_\_\_

REPS \_\_\_\_\_

NOTES \_\_\_\_\_  
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