



STRENGTH CHART

WEEK OF: _____

Date:		Set 1		Set 2		Set 3	
Exercise	1 RM	Weight	Reps	Weight	Reps	Weight	Reps

Date:		Set 1		Set 2		Set 3	
Exercise	1 RM	Weight	Reps	Weight	Reps	Weight	Reps



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Exercise	1 RM	Weight	Reps	Weight	Reps	Weight	Reps

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