Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT
Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT
Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT

CLIENT_____   TRAINER_____

Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT

Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT

Exercise]	S	R	WT	Exercise]	S	R	WT	Exercise]	S	R	WT

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