



MONTH M T W T F S S

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LEGS

MUSCLE GROUP	EXERCISE						
	MON	TUE	WED	THU	FRI	SAT	SUN
SETS							
REPS							
LBS							

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	MON	TUE	WED	THU	FRI	SAT	SUN
SETS							
REPS							
LBS							

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SETS							
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NOTES _____

