



# DAILY WORKOUT TRACKER

This Book Belongs To

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TRAINING FOCUS

CARDIO	TIME	DISTANCE	HEART RATE	CALORIES

EXERCISES		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
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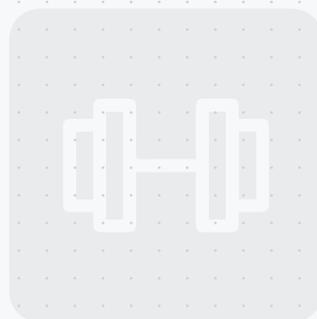
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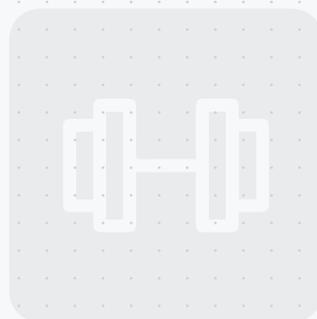
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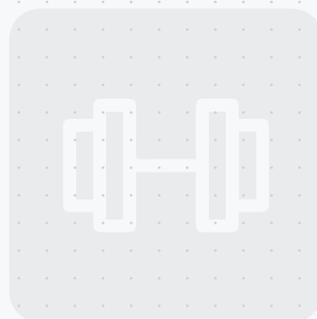
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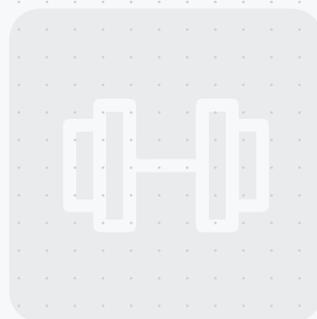
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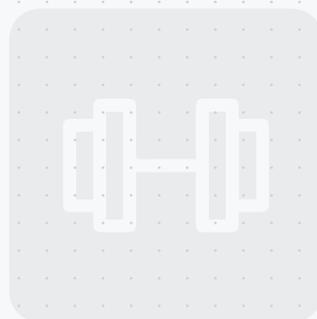
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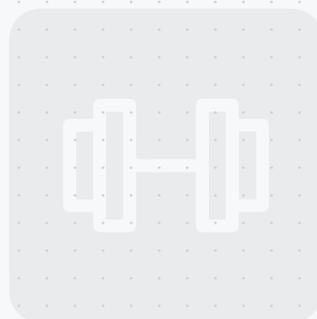
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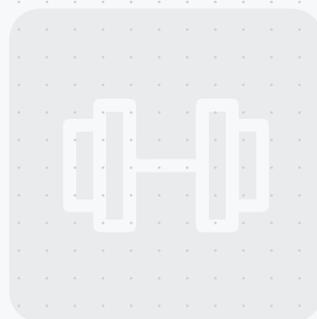
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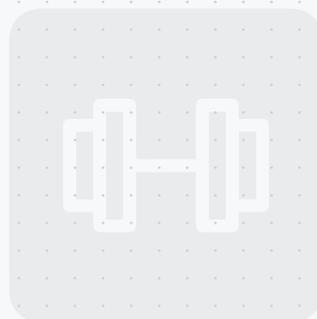
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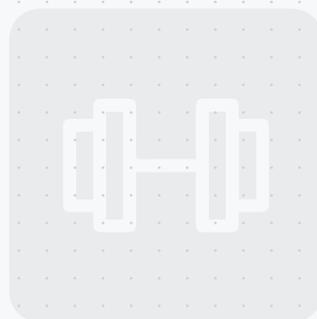
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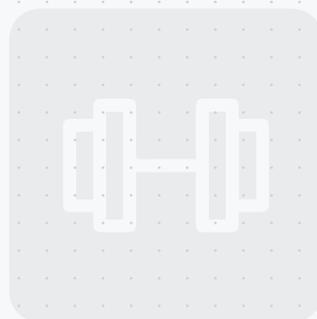
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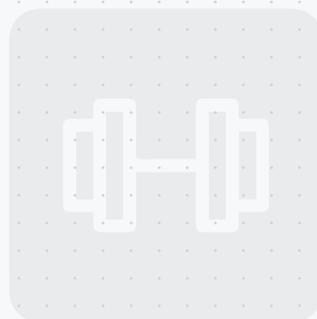
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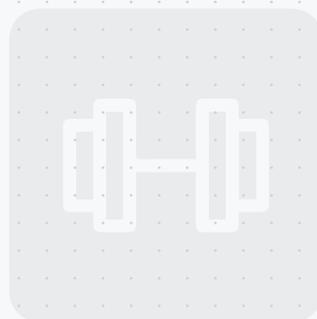
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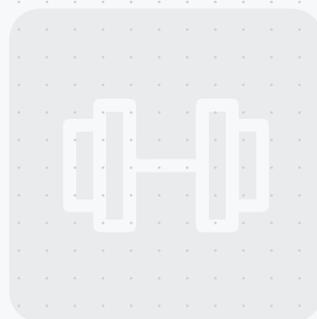
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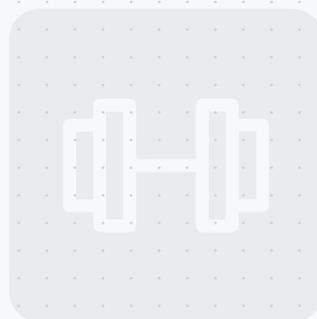
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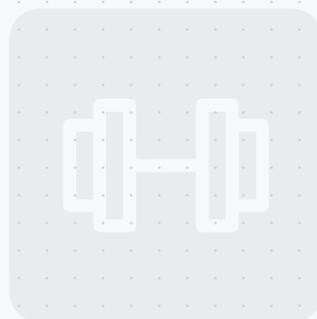
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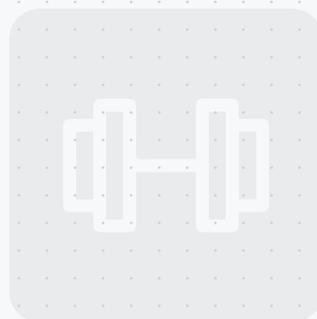
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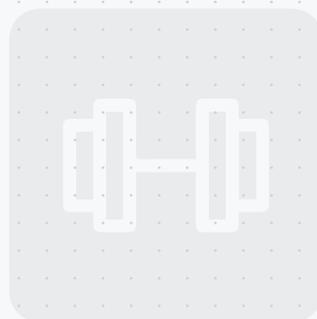
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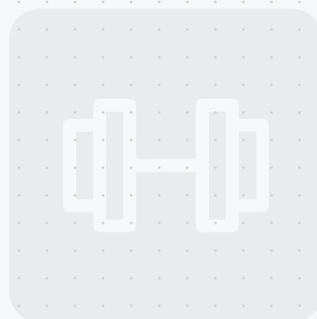
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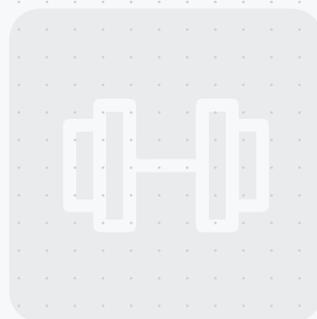
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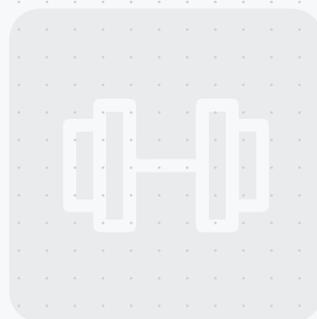
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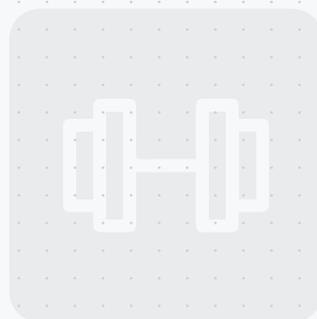
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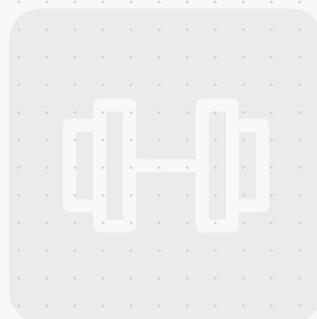
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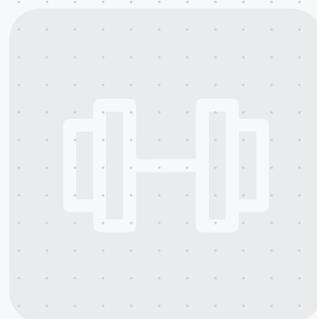
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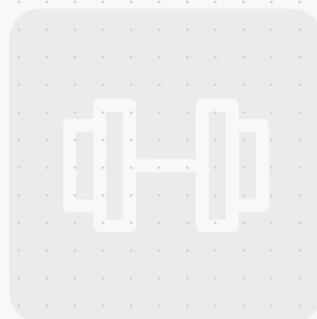
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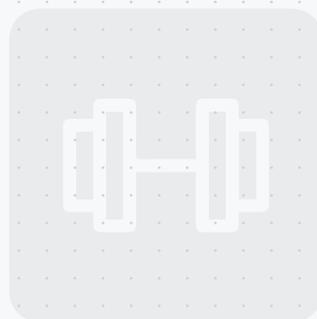
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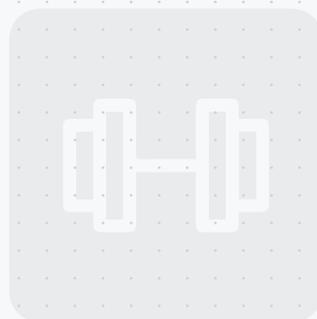
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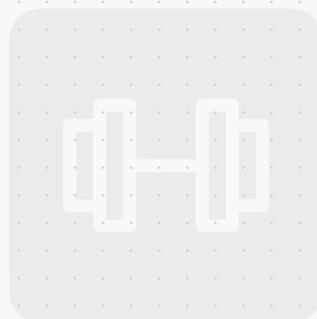
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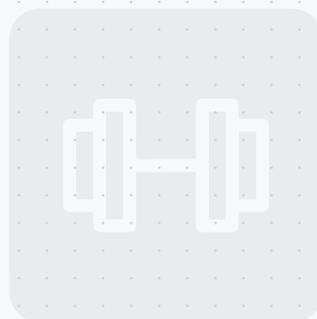
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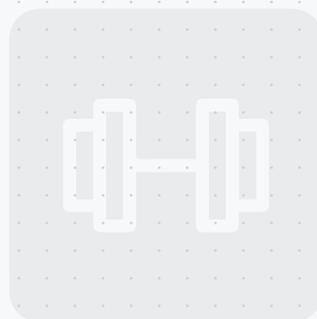
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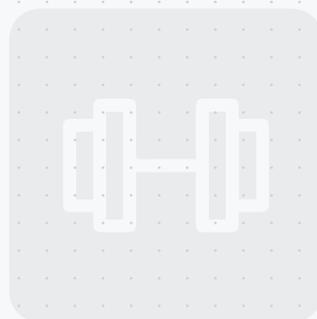
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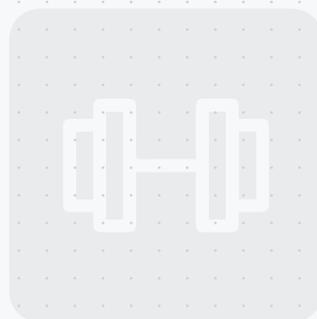
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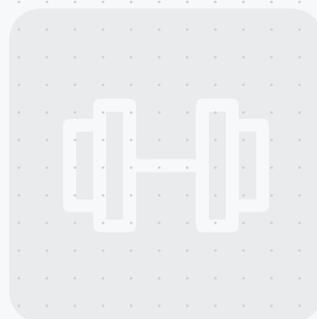
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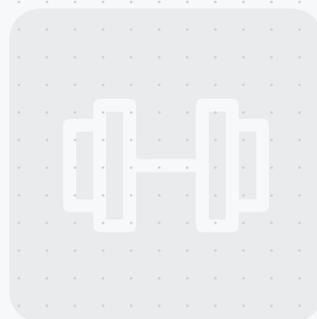
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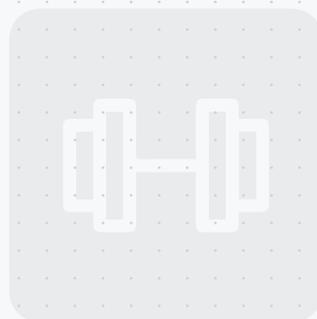
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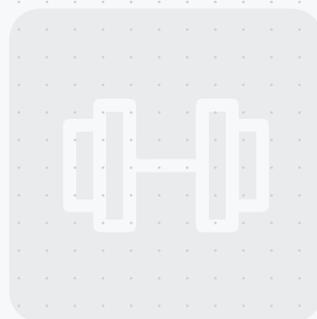
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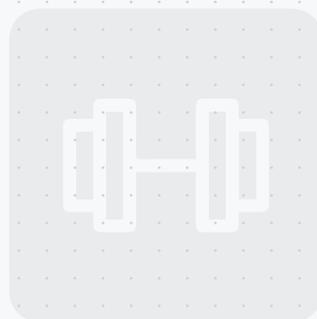
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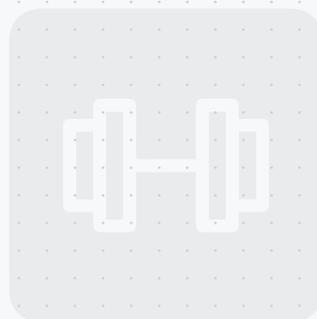
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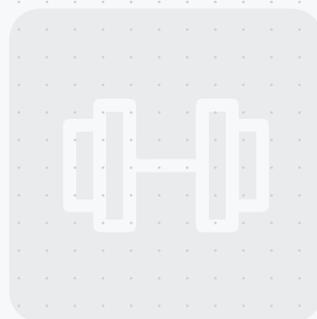
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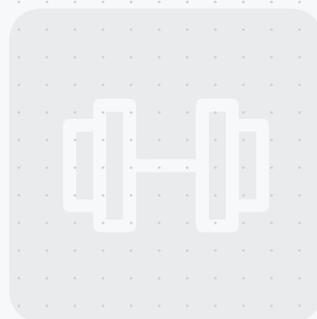
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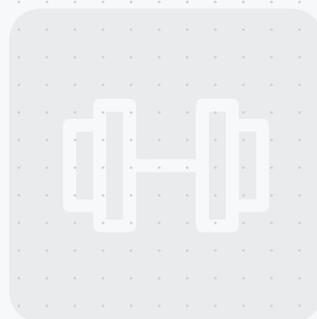
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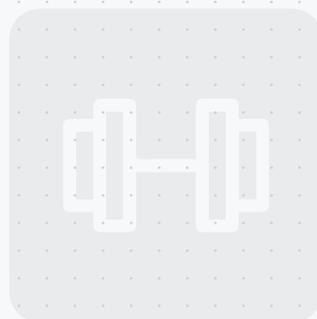
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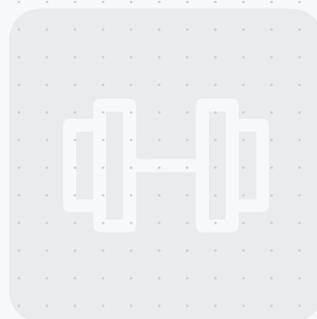
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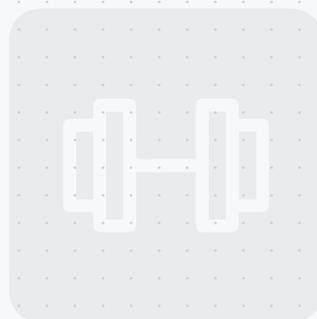
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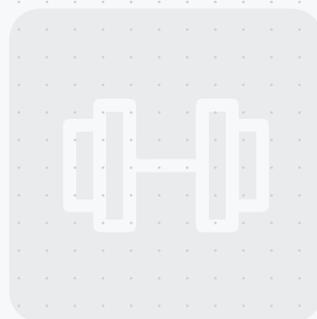
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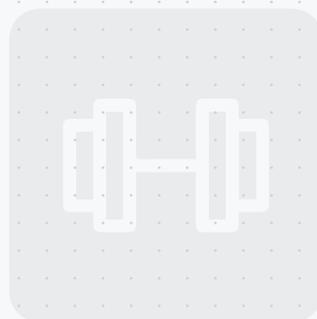
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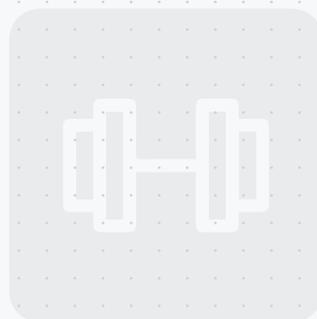
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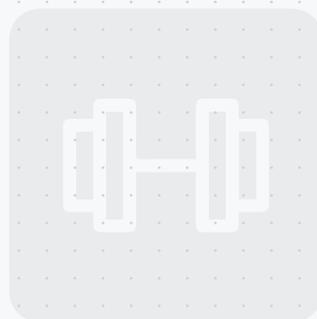
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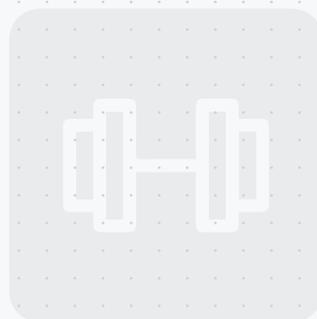
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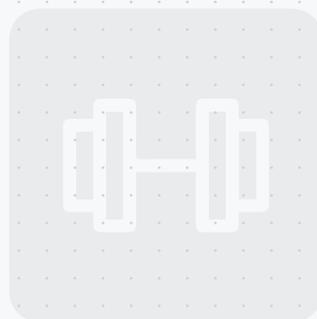
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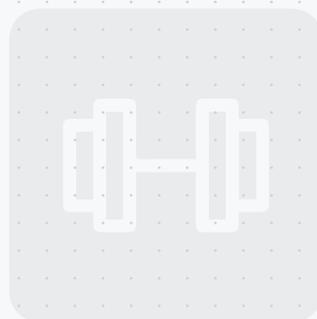
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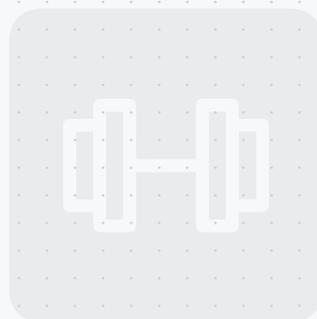
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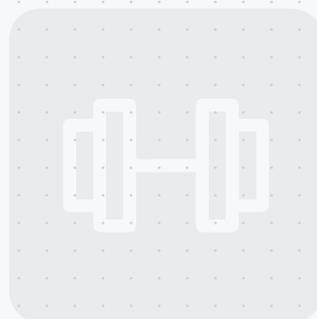
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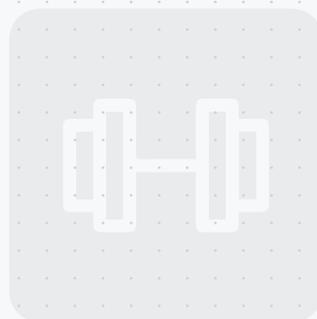
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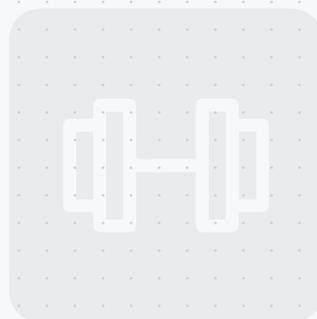
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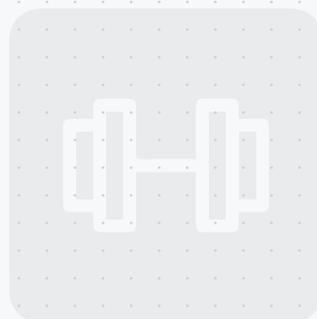
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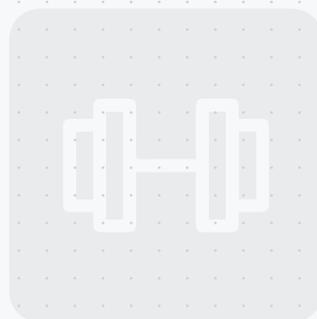
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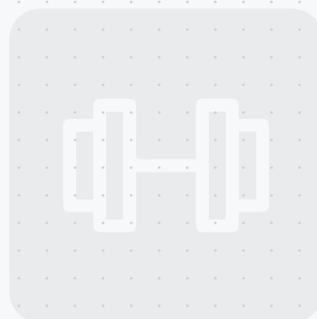
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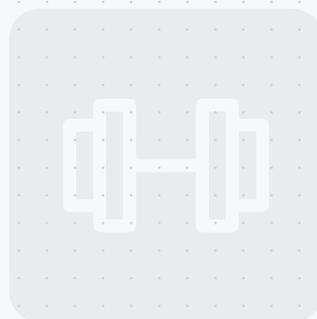
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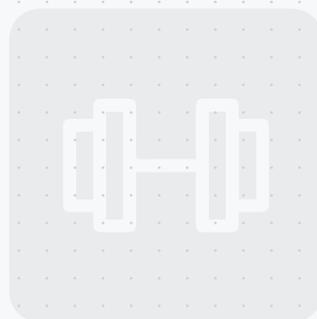
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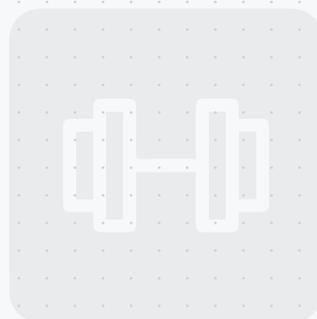
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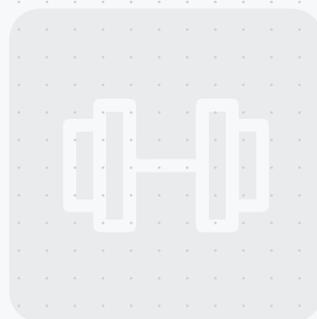
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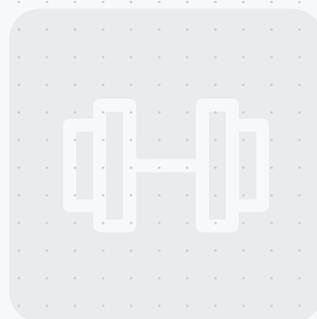
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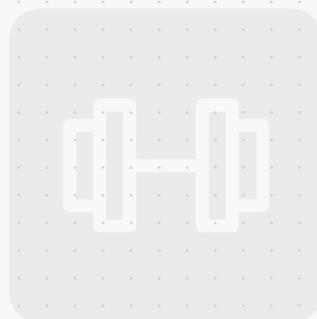
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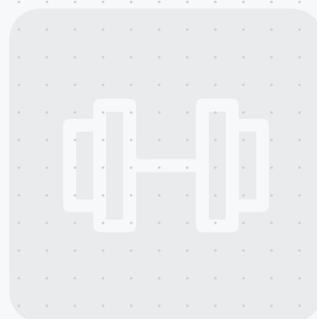
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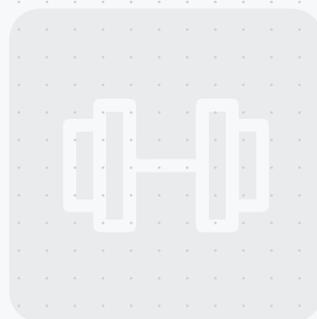
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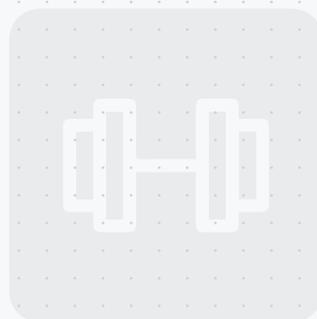
# DAILY WORKOUT TRACKER

TRAINING FOCUS

CARDIO	TIME	DISTANCE	HEART RATE	CALORIES

EXERCISES		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
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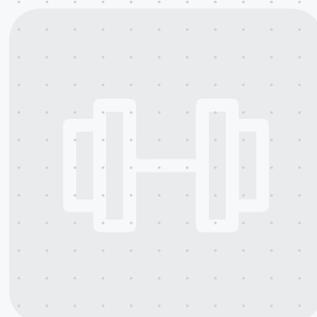
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EXERCISES		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
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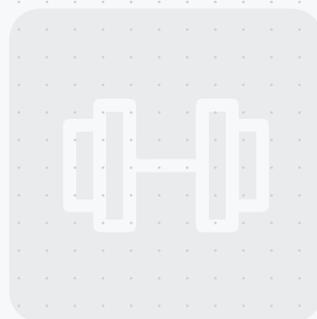
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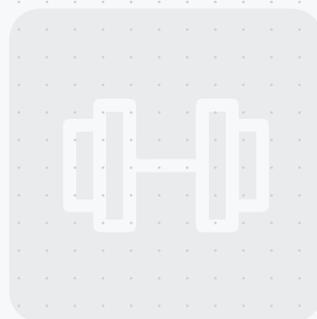
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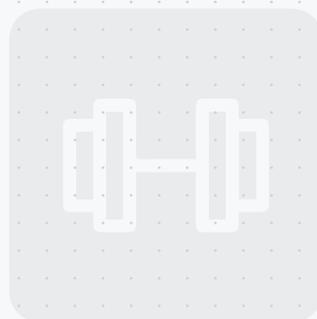
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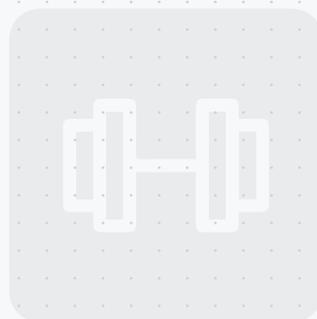
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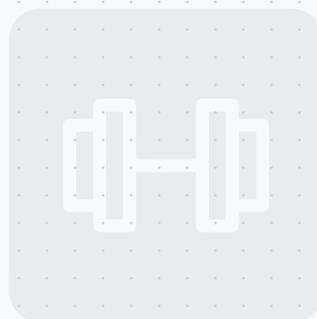
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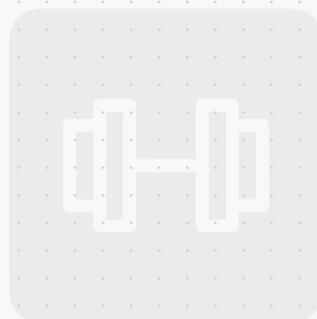
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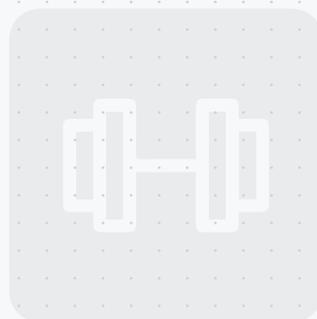
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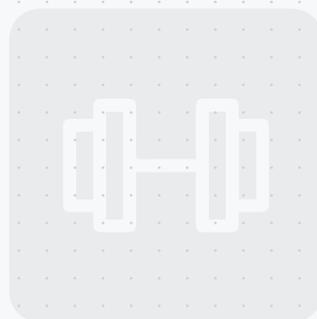
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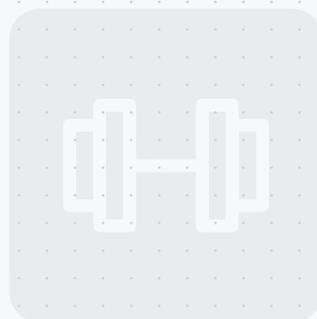
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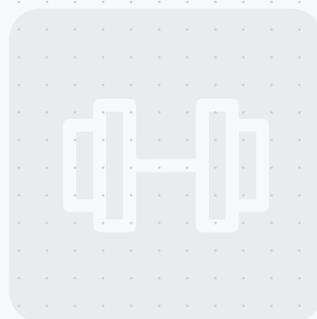
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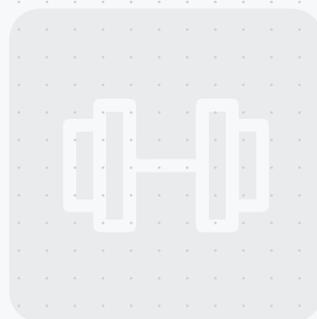
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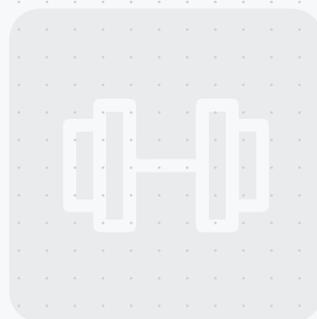
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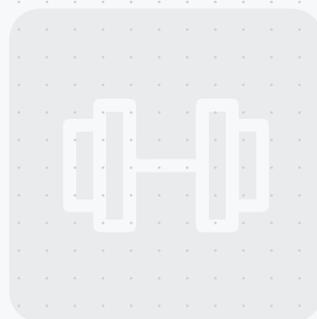
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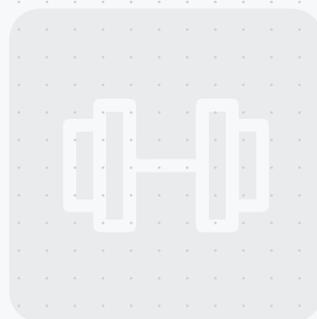
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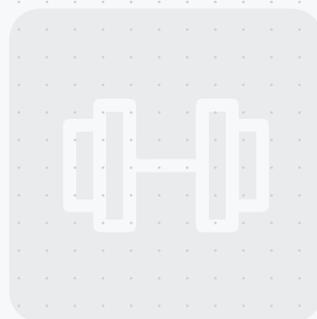
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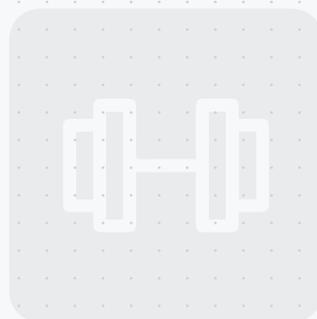
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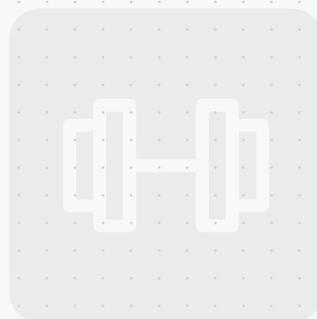
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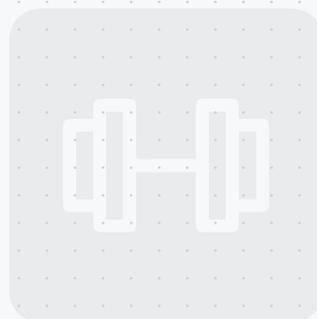
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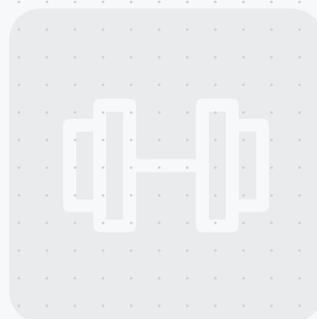
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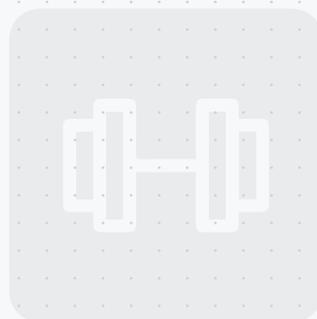
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