EXERCISE PROGRAM

	Sunday			Monday			Tuesday		
	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Chest									
Shoulders									
Triceps									
Biceps									
Core									
Back									
Legs									
Glutes									
	Exercise		Min	Exercise		Min	Exercise		Min
Cardio									
Misc									

	Sunday			Monday			Tuesday		
	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Chest									
Shoulders									
Triceps									
Biceps									
Core									
Back									
Legs									
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	Exercise		Min	Exercise		Min	Exercise		Min
Cardio									
Misc									

Notes