Weight Training Chart for _____ **Chart Number** _____

	Date																		
Exercise	**Settings**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**

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