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Tri-Phase Workout Log Book 9 Week Program. PHASE 1 - Volume (1-3) Workout Days Finish Or Start With 20-30 Minutes Of Low Pace Cardio. BP Does Not Exceed 150. Rest 90 Seconds Between Each Set MON Back/Traps Set 1 Set 2 Set 3 Notes Deadlift 6-10 6-10 6-10 Pullup 6-10 6-10 6-10 Feb 23th, 2024

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Day 5: Today Is A Day Of Rest, So Take It For Yourself! Recover, Reflect, And Relax. Today Is A Day Of Rest. Enjoy: You've Earned It! You Might Be A Little Sore From Yesterday's Workout, But You Shouldn't Have Any Trouble Picking Up The Kids Or Hefting Heavy Gro- Apr 14th, 2024

Bodybuilding.com's Workout Log - Community YMCA

Bodybuilding.com's Workout Log Speed Lifting Week 1 Instructions: In The White Spaces Below, Fill In The Weight You Used And The Number Of Reps You Performed. Feb 17th, 2024

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Steve's Workout Log - Bodybuilding

Workout Log Instructions: In The White Spaces Below, Fill In The Weight You Used And The Number Of Reps You Performed. If You Did 5 Pounds For 10 Reps, You Would Write "5 X 10" The Gray Boxes Below Are Used To Record Exercise. Jan 2th, 2024

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