WEIGHT TRAINING PLAN

Prepared For:

Trainer:

	Week 1			Week 2			Week 3			Week 4			Week 5		
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FRIDAY	3873	WE	BEFT:	18.73	WF.	1.60+1	SCTI	W	REF1	SERS	WF.	REPL	BETS		8(6)
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