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#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

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#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Weight Lifting Chart

Exercise	Date	Date	Date	Date	Date	Date
Bench	Weight					
	Sets					
	Reps					
Squat	Weight					
	Sets					
	Reps					
Deadlift	Weight					
	Sets					
	Reps					
Shoulder	Weight					
	Sets					
	Reps					
Triceps	Weight					
	Sets					
	Reps					
Chest	Weight					
	Sets					
	Reps					
Biceps	Weight					
	Sets					
	Reps					
Core	Weight					
	Sets					
	Reps					
Cardio	Weight					
	Sets					
	Reps					
Legs	Weight					
	Sets					
	Reps					
Arms	Weight					
	Sets					
	Reps					
Back	Weight					
	Sets					
	Reps					
Neck	Weight					
	Sets					
	Reps					

Weight = the pounds or kg of your weights or resistance
Reps = how many times in a row you perform one exercise (repetitions)
Sets = a group of reps

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