

60-SECOND SWEAT TRAINING LOG

ORDER	EXERCISE	SET	REST	WORKOUT 1				WORKOUT 2				WORKOUT 3				WORKOUT 4			
				WEIGHT		REPS		WEIGHT		REPS		WEIGHT		REPS		WEIGHT		REPS	
				GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
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		2																	
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