WORKOUT PLAN



| Name: | | | | | | | Date: |
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| Objectives: | | | | | | | |
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| | | REPS | | SETS | | | |
| MOVEMENT | # | REPS TARGET | REPS ACTUAL | SETS TARGET | SETS ACTUAL | TEMPO | NOTES |
| Warm-up CV | | | | | | | |
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| Dynamic Stretches | | | | | | | |
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| Resistance/Strength | | | | | | | |
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| Warm-up CV | | | | | | | |
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| Cool-Down/Stretch | | | | | | | |
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| Notes: | | | | | | | |
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