THRI-V-E

Resistance Training					
Exercise	Week	RepsxSets	Weight	Rest	Notes
	1				
	2				
	3				
	4				
	1				
	2				
	3				
	4				
	1				
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	3				
	4				
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	2				
	3				
	4				
	1				
	2				
	3				
	4				
	1				

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