

Individual Training Session

Name: _____ Training Goal: _____

Date: _____ **Muscles Trained:** _____

Exercise	Set 1		Set 2		Set 3	
	Wt	Reps	Wt	Reps	Wt	Reps
Cardio Activity	Duration		RPE (1-5)			

Date: _____ **Muscles Trained:** _____

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	Wt	Reps	Wt	Reps	Wt	Reps
Cardio Activity	Duration		RPE (1-5)			

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