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workout they involve themselves in not only using a workout calendar that way they can keep track of their progress in the development of their muscles take the case of the bench press exercise

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web this weekly workout log is divided into three strength training sections core upper body and lower body there is a section for tracking three different sets for each exercise there are also four rows for tracking cardio in addition you can track your weight sleep calories and water intake

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web how to prepare a workout log record the date and bodyweight the first information that should be written down is the date of the session and your create a plan secondly the workout log sheet should outline your workout routine for the day the plan ought to show track your sets next keep

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especially for the dedicated practitioners why it is important to keep track of exercises done first of these is that the log can easily help you with challenges and problems

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