## RENS\|HAWS

| Workout: | Date: |  |  |  |  |  | Workout: | Date: |  |  |  |  |  |
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| Exercise Name | Sets |  |  |  |  |  | Exercise Name | Sets |  |  |  |  |  |
| Exercise Name | 1 | 2 | 3 | 4 | 5 |  |  | 1 | 2 | 3 | 4 | 5 |  |
|  |  |  |  |  |  | reps |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
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| Exercise Name |  |  | Sets |  |  |  | Exercise Name |  |  | Se |  |  |  |
| Exercise Name | 1 | 2 | 3 | 4 | 5 |  | Exercise Name | 1 | 2 | 3 | 4 | 5 |  |
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