Res/ Reps = RESISTANCE / # OF REPITITIONS

HEALTHBEAT™ WORKOUT LOG

Month:

Exercise	Notes	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps

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