

Name:____

2 Day Split Workout

Trainer:_____

Date:___

Day 1.						
Exercise	Weight	Reps	Sets	Tempo	Rest	
Day 2.						
Day 2.	Weight	Reps	Sets	Тетро	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	
	Weight	Reps	Sets	Tempo	Rest	

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