

## 4 Day Split Workout

Name:	Trainer:			Date:		
Day 1. Exercise	Weight	Reps	Sets	Tempo	Rest	

Day 2.

Exercise	Weight	Reps	Sets	Tempo	Rest	

## Day 3.

Exercise	Weight	Reps	Sets	Tempo	Rest	

Day 4.

Exercise	Weight	Reps	Sets	Tempo	Rest	

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