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#Jenny



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Cool! I'am really happy

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so many fake sites. this is the first one which worked! Many thanks



Strength Training Journal

The Health & Wellness Post
HealthWellnessPost.com

Strength Training				Date / /	
Exercise Name	Body Part Worked	Weight	No. of Sets	No. of Reps	

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Exercise Name	Body Part Worked	Weight	No. of Sets	No. of Reps	

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