□ □ Gym Split □ □

Day 1 Focus: Quads/Glutes

Exercise:	Reps:	Sets:	CW:
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Day 2 Focus: Triceps/Chest

Exercise:	Reps:	Sets:	CW:
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Day 3 Focus: Hams/Glutes

Exercise	Reps:	Sets:	CW:
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Day 4 Focus: Back/Biceps

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Exercise:	Reps:	Sets:	CW:
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