

Track your progress and stay motivated!

## Workout Schedule



| Exercise | Reps | Sets | Wt |
|----------|------|------|----|
|          |      |      |    |
|          |      |      |    |
|          |      |      |    |
|          |      |      |    |
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|          |      |      |    |
|          |      |      |    |
|          |      |      |    |

self, because no one else  
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# Tips Fitness Planner

**Shasha Hu**



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