

ΑCTIVITY	ΤΙΜΕ	R E P S
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	ΑCTIVITY	ΤΙΜΕ	R E P S
z	Bicep curls	09:00	3 sets of 20
WOI	Upper body	09:30	2 circuits

TUE	Glutes	09:00	1 circuit
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	Tricep extensions	09:00	3 sets of 10
WEI	Legs (Cardio)	09:30	2 circuits

P Core	09:00	3 circuits
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Shoulder presses	09:00	3 sets of 10
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LET'S GET THINGS DONE TODAY!

MEALS: breakfast	PRIORITIES	WATER
DINNER	GOALS	APPOINTMENTS
WORDS TO LIVE BY		THINGS TO BUY
NOTES		

THE FOOT GEEN