A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.

A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.

ATOS MEDICAL
Leading the way in ENT

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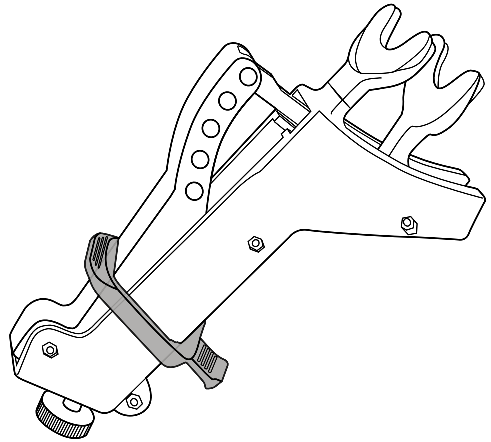

Exercise Log

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A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.
31/1	2	3	5	30

A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.

A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.

A: Date	B: Resistance (1-6)	C: Frequency /day	D: Sets	E: Reps.