

Fitness Planner

Training Focus

CARDIO

Exercise	Set	Rep	Heart Rate

STRENGTH TRAINING

Exercise	Set	Rep	Heart Rate

GOALS

NOTES

Fitness Planner Guide

Edward T. Howley, B. Don Franks



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coordinator in the oncology department at the nhs my last day of work will be september 25 20xx i have enjoyed my tenure at

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therapist at your university hospital i have known trent for the past two years in the capacity of academic advisor at
birmingham university and i give him my full recommendation based upon his academic performance and

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