Name:_____

S.L.E.D. SYSTEM
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EXERCISE		Date:			Date:			Date:			Date:			Date:		
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															
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	Repetitions:															
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	Weights:															
	Repetitions:															
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	Weights:															
	Repetitions:															
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	Weights:															
	Repetitions:															
		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:															
	Repetitions:															