

YES, LET'S GET PHYS!CAL SHEET

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Week 1							
Week 2							
Week 3							
Week 4							
week 4							
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Week 5							
Week 6							
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	"Suck it up now and soon you won't have to suck it in."-UNKNOWN						
	MONTH: YEAR:						
	NAME(2):						
	NOTES:						
Christopher	MORE FUN AT: CI	HRISTOPHERROU	LEAU.COM	© CHRISTOPHEI	R ROULEAU 2012	s	HEETS