

# shawnw.org Fatblogging Workout Log

Today's Date: \_\_\_\_\_

Exercise	Set 1	Set 2	Set 3
Pullups			
Pushups			
Jump Squats			
Bicycle Crunches			
Jumping Lunges			
Burpees			
Hanging Knee Raises			
Hindu Pushups			
Russian Twists			
Diamond Pushups			
Chinups			

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How are you feeling this week? \_\_\_\_\_