

FLETCHER FITNESS CARDIO CONDITIONERS LOG

	DATE & SCORE	NOTES	DATE & SCORE	NOTES
BODY WT CRUSHERS				
1				
2				
3				
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10				
DB/KB SMASHERS				
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18				
20				
TMILL TORCHERS				
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25				
26				
OUTDOOR RUNNING				
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BIKE/ROWER/AD				
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34				

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36				
BLENDERS				
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45				
BBELL TESTERS				
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