	Date						
Squat	3x5						
Overhead Press	3x5						
Bench Press	3x5						
Deadlift	1x5						
Clean	3x5						
Chin-ups	3x5/3x10						

	Date	Date						
Squat	3x5							
Overhead Press	3x5							
Bench Press	3x5							
Deadlift	1x5							
Clean	3x5							
Chin-ups	3x5/3x10							

	Date						
Squat	3x5						
Overhead Press	3x5						
Bench Press	3x5						
Deadlift	1x5						
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Chin-ups	3x5/3x10						

	Date	Date						
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Chin-ups	3x5/3x10							

	Date						
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