Training diary for HSR programme: (2 sessions per week)

Week	Exercise 1				Exercise 2				Exercise 3			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1 15RM												
1 15RM												
2 12RM												
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