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Day 5: Today Is A Day Of Rest, So Take It For Yourself! Recover, Reflect, And Relax. Today Is A Day Of Rest. Enjoy: You've Earned It! You Might Be A Little Sore From Yesterday's Workout, But You Shouldn't Have Any Trouble Picking Up The Kids Or Hefting Heavy Gro- 12th, 2024

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1 C Fat Free Cottage Cheese + 1 Tbsp. Sugar-free Jelly OR Cinnamon & Splenda And 2 Plain Rice Cakes With A Tbsp Of Natural Peanut Butter 1 Lean Body Shake (Labrada Nutrition) + Skim Milk And Ice (may Add Diet Soda To Taste Like A Float 8 Oz. Lean Meat With 3 Lightly Salted Or ... 11th, 2024

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Spaces Below, Fill In The Weight You Used And The Number Of Reps You Performed.  
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### **DAILY WORKOUT LOG - Week - Plant Based Bodybuilding**

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### **Steve's Workout Log - Bodybuilding**

Workout Log Instructions: In The White Spaces Below, Fill In The Weight You Used And The Number Of Reps You Performed. If You Did 5 Pounds For 10 Reps, You Would Write "5 X 10" The Gray Boxes Below Are Used To Record Exercise. 2th, 2024

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