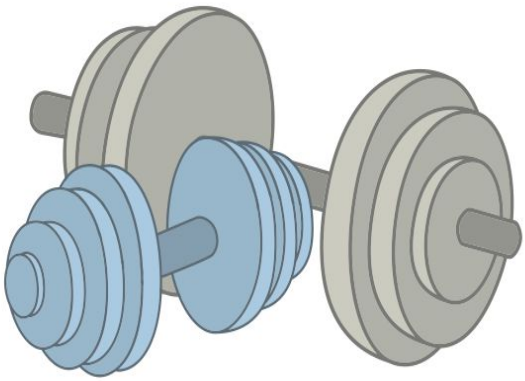
DUMBBELL WORKOUT CHART



CIRCUIT:

Exercise	Duration	Notes

Date	Waist Measurement	Chest Measurement	Hip Measurement	Thigh Measurement	Arm(Bicep) Measurement