

When selecting your printer in Chrome, Safari, or your printer settings, DO NOT scale down this page:

1. In Printer Settings click “Advance settings” or “More settings” if applicable.
2. “Paper Size” is your default paper size in your printer, each printer is different, a common paper size is “Letter” or “8.5x11”.
3. The “Scale” section of settings click on “Printable area”, “Paper size”, or “Fit” this will print each page without cutting it off.

EXERCISE	DATE				
	WEIGHT				
	SETS				
	REPS				
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SETS: A group of reps

WEIGHT: The pounds or kg of your weights or resistance

REPS: How many times in a row you perform one exercise (repetitions)