BLPF Blank Workout Sheets:

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| Exercises | Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | | Week 7 | | Week 8 | |
| Rep Ranges | Acclimation | | 9-11 | | 8-10 | | 7-9 | | 6-8 | | 5-7 | | 4-6 | | 3-5 | |
|  | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
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* Aim to reach positive failure in the recommended rep range each week.