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.