	nate Athlete 2.0 (16 Week Training Program)											
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	2 vertical jumps 3	push up to 20 yrd sprint 8			
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Program Tracking

		to	4-Jan-00				
Week #1	Legend	s					
	Reps	Repetitior	ns as suggested	Wts	Weight as suggested	Diff	Difference between suggested and actual

Please Fill the actual data for suggested exercises and find the difference/deviation on Repetitions and Weight parameters to schedule up next week's program

Day	Day-1				Day-2				Day-3				Day-4					Da	y-5		Day-6			
Dates					31-Dec-99				1-Jan-00				2-Jan-00					3-Ja	n-00		4-Jan-00			
Exercises	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
Dead Bugs		5		0.00		5		0.00		5		0.00		5		0.00		5		0.00		5		0.00
Glute bridge 1 Leg		10		0.00		10		0.00		10		0.00		10		0.00		10		0.00		10		0.00
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| Strength | Reps Diff Wts | Diff |
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| Power cleans | #VALUE! | 0.00 |
| 1 Arm DB Bench | #VALUE! | 0.00 |
| Chin Ups | #VALUE! | 0.00 |
| Power Shrugs | #VALUE! | 0.00 |

Cardio/Plyo	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
Treadmill sprints	#	#VALUE	=!	0.00	#	#VALUE! 0.0		0.00) #VALUE!		0.00	#VALUE!		0.00	#VALUE!		!	0.00	#VALUE!		!	0.00		
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Cool-down	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
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Instructions: Duplicate this sheet to accommodate number of weeks as per the scheduled program