NAME											
		Date									
		Weight									
CLEAN											
SQUAT CLEAN											
HANG POWER CLEAN											
SHOULDER PRESS											
	1RM										
	3RM										
	5RM										
PUSH PRESS											
	1RM										
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JERK											
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SNATCH											
SNATCH BALANCE											
SQUAT SNATCH											
HANG POWER SNATCH											
BACK SQUAT											
	1RM										
	3RM										
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FRONT SQUAT											
	1RM										
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OVERHEAD SQUAT											
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DEADLIFT											
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THRUSTER											
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BENCH PRESS											
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