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|  | | Monthly Workout Calendar | | | | | | | | | | | | | | | | | | | | | | |  |
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|  | ➡️WEEK 1 | | |  |  |  | ➡️ WEEK 2 | | |  |  |  | ➡️ WEEK 3 | | |  |  |  | ➡️ WEEK 4 | | |  |
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| **Day 1** | Exercise |  | **Day 1** | Exercise |  | **Day 1** | Exercise |  | **Day 1** | Exercise |  |
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| **Day 2** | Exercise |  | **Day 2** | Exercise |  | **Day 2** | Exercise |  | **Day 2** | Exercise |  |
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| **Day 3** | Exercise |  | **Day 3** | Exercise |  | **Day 3** | Exercise |  | **Day 3** | Exercise |  |
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| **Day 4** | Exercise |  | **Day 4** | Exercise |  | **Day 4** | Exercise |  | **Day 4** | Exercise |  |
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| **Day 5** | Exercise |  | **Day 5** | Exercise |  | **Day 5** | Exercise |  | **Day 5** | Exercise |  |
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