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|  | **WORKOUT LOG** CALENDAR | | | | | | | |  |  |  |  |  |  |  | **MARCH 2026** | | | | |  |
|  |  | |  |  | |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
|  | **SUNDAY** | |  | **MONDAY** | |  | **TUESDAY** | |  | **WEDNESDAY** | |  | **THURSDAY** | |  | **FRIDAY** | |  | **SATURDAY** | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **1** |  |  | **2** |  |  | **3** |  |  | **4** |  |  | **5** |  |  | **6** |  |  | **7** |  |
|  | REST DAY | |  | Push-ups Squats Plank Jumping Jacks Lunges | |  | Sit-ups Deadlifts Mountain Climbers High Knees Tricep Dips | |  | Pull-ups Leg Raises Russian Twists Calf Raises Bicycle Crunches | |  | Leg Press Flutter Kicks Box Jumps Shoulder Press Dumbbell Rows | |  | Hamstring Curls V-Ups Skaters Chest Flyes Renegade Rows | |  | Jump Rope Kettlebell Swings Hollow Hold Lateral Raises Goblet Squats | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **8** |  |  | **9** |  |  | **10** |  |  | **11** |  |  | **12** |  |  | **13** |  |  | **14** |  |
|  | REST DAY | |  | Push-ups Squats Plank Jumping Jacks Burpees | |  | Dips Hamstring Curls Skaters Chest Flyes Renegade Rows | |  | Jump Rope Kettlebell Swings Hollow Hold Tuck Jumps Lateral Raises | |  | Pull-ups Russian Twists Side Plank Calf Raises Bicycle Crunches | |  | Sit-ups Deadlifts Mountain Climbers Bicep Curls Tricep Dips | |  | Bench Press Leg Press Box Jumps Shoulder Press Dumbbell Rows | |  |
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|  |  | **15** |  |  | **16** |  |  | **17** |  |  | **18** |  |  | **19** |  |  | **20** |  |  | **21** |  |
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|  |  | **22** |  |  | **23** |  |  | **24** |  |  | **25** |  |  | **26** |  |  | **27** |  |  | **28** |  |
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|  |  | **29** |  |  | **30** |  |  | **31** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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