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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-upsSquatsPlankJumping JacksLunges |   | Sit-upsDeadliftsMountain ClimbersHigh KneesTricep Dips |   | Pull-upsLeg RaisesRussian TwistsCalf RaisesBicycle Crunches |   | Leg PressFlutter KicksBox JumpsShoulder PressDumbbell Rows |   | Hamstring CurlsV-UpsSkatersChest FlyesRenegade Rows |   | Jump RopeKettlebell SwingsHollow HoldLateral RaisesGoblet Squats |   |
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|  |  | **8** |  |  | **9** |  |  | **10** |  |  | **11** |  |  | **12** |  |  | **13** |  |  | **14** |  |
|   | REST DAY |   | Push-upsSquatsPlankJumping JacksBurpees |   | DipsHamstring CurlsSkatersChest FlyesRenegade Rows |   | Jump RopeKettlebell SwingsHollow HoldTuck JumpsLateral Raises |   | Pull-upsRussian TwistsSide PlankCalf RaisesBicycle Crunches |   | Sit-upsDeadliftsMountain ClimbersBicep CurlsTricep Dips |   | Bench PressLeg PressBox JumpsShoulder PressDumbbell Rows |   |
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