



# One Line Apps

Helping you get your life working the way you want it to.

Month

GOALS:

day	BACK				CHEST & TRI						LEGS				BAG			run & ♥	brek	FOOD					lbs
	wide pull dwn	Low row	chop	Pull over	bi	bn ch- prs	inc	dec	dip	tri ex	sqat	crl	ex	calf	bag	abs	skip			Snack 1	lunch	Snack 2	sup per	H 2 0	
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