





# Training Record

Name: Renny

S/N	Date	Notes	Signature	
			Trainer	Trainee
1	22/1/24	Elbow Plank L2 Day 1 Legs, Shoulder and Chest Workout		
2	24/1/24	Elbow Plank L2 Day 10 Legs, Shoulder & Tricep Workout		
3				
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Payment Mode/Reference: \$900 for 12 Sessions via Bank Transfer on 24th January 2024