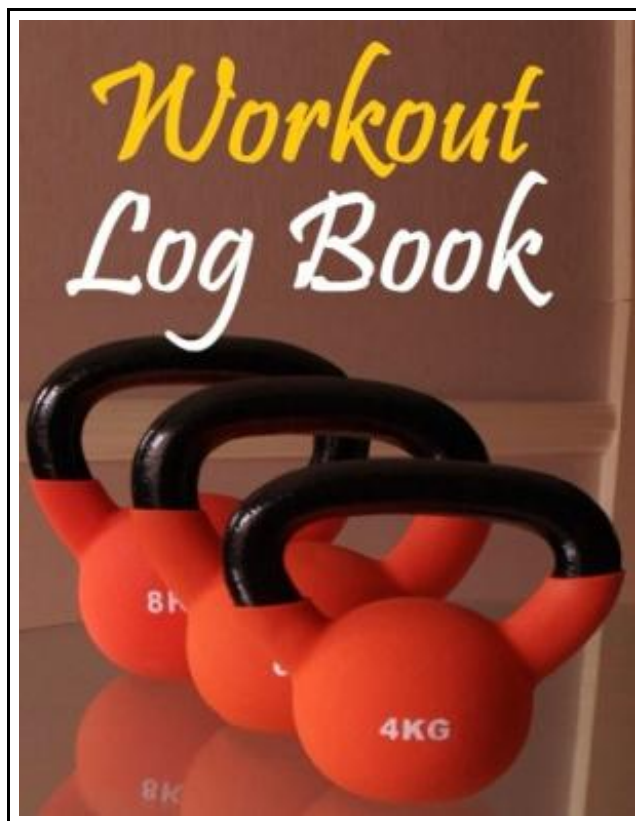


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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Workout Log Book can chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn t be complicated and your record keeping shouldn t be either. Included in each chart you ll find simple measures such as: WARM UP -Activity -Sets -Reps -Time -Dist -Intensity COOL DOWN -Activity -Sets -Reps -Time -Dist -Intensity GOALS (Space provided for your notes) CORE BODY -Exercise -Sets -Reps -Weights -Rest Time UPPER BODY -Exercise -Sets -Reps -Weights -Rest Time LOWER BODY -Exercise -Sets -Reps -Weights -Rest Time That s it! Record keeping in the Workout Log Book can help you stay accountable to your routine so LET S GET STARTED!.



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