



Workout Log Book

By Frances P Robinson

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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Reviews

Thorough manual for publication fanatics. It is actually really intriguing through reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think.

-- **Morris Schultz**

Very good e book and useful one. it was actually writtern extremely properly and useful. I found out this pdf from my i and dad recommended this publication to discover.

-- **Heloise Wiegand**