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2015 WORKOUT PLAN LOG



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****.No matter what type of workout you like the 2015 Workout Plan Log will help you chart your daily activities. Workouts shouldn't be complicated and your record keeping shouldn't be either. Included in each chart you'll find simple measures such as the Date, Time, Activity, Hours Minutes, Quantity, Intensity Level (Low, Medium, High) and Distance....

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- Authored by Frances P Robinson
- Released at 2014

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