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WORKOUT PLANS LOG



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Workout Plans Log 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: -Date -Time -Activity -Hours - Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance Before you...

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- Authored by Frances P Robinson
- Released at 2014

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