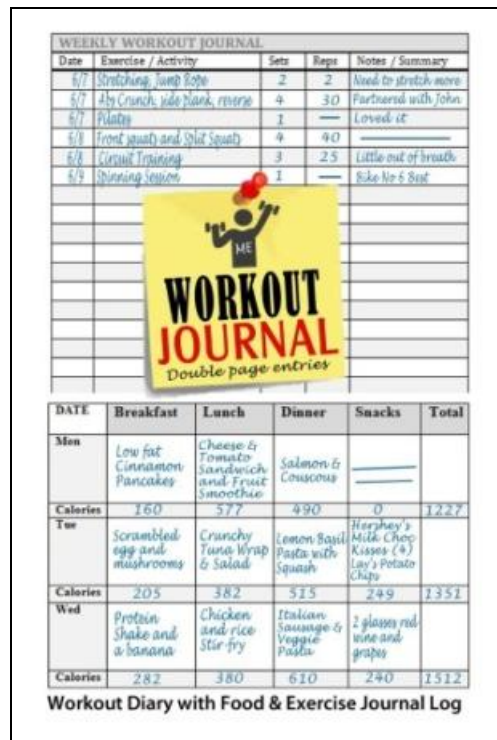


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Workout Journals are a much needed tool for tracking your exercise routine, combined with a food journal means that you have a nifty little book to take to the gym. Measuring 6 x 9 there is room for you to record up to five separate activities including warm up, core body, upper body, lower body and cool down workouts. There s space for you to track the time each individual set of exercises take you, the number of sets you did, number of repetitions and also a note section for you to put extra information like the weights or equipment used. On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day. With room to track a whole 12 months worth of activity, this is the only workout journal that you will need. Keep it in your gym bag and fill it in when you re there so you can track your progress on a daily basis. Kick-start your fitness goals with this workout journal, it will be one of the best decisions you can make.



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