

Workout Plan Log



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Reviews

Complete guideline for publication lovers. it was writtern really properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Treva Hamill)

WORKOUT PLAN LOG



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Workout Plan 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: 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 Plan Log can help you stay accountable to your routine so LET'S GET STARTED!.

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