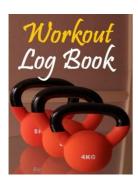
## **Read Book**

# **WORKOUT LOG BOOK**



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...

### Read PDF Workout Log Book

- Authored by Frances P Robinson
- Released at 2014



Filesize: 4.49 MB

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