



My Workout Journal: Better Sore Than Sorry, 6 X 9, 50 Daily Workout Logs (Paperback)

By My Workout Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Break Through BarriersThis book is designed to help you track your workouts so that you achieve maximum personal performance. By recording your daily progress you can easily identify what is working and what has to change.The front cover may have caught your eye but it is the inside you are really here for. You can track everything from your exercises, sets, reps, core workout, supplements, workout duration and anything else that we thought would help you.One of the contributors used a journal just like this to lose over 45 pounds in 12 weeks. That is the inspiration behind this journal. We are not saying you will get those results but without tracking her workouts she would have never achieved such a lofty goal.With a space at the bottom for notes, you can even get as detailed as the music that was playing, whether you had new shoes or how busy the gym was. Every detail counts and nothing should be overlooked.To make yourself a journaling powerhouse combine this workout journal with either My Diet Journal or My Food...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III

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