



My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs

My Workout Journal



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Break Through Barriers

This 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 Journal. The additional dietary information may take your training to the next level. You might just be amazed at the results.

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From reader reviews:

Vivian Nava:

The event that you get from My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs is a more deep you digging the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to comprehend but My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs giving you excitement feeling of reading. The article author conveys their point in specific way that can be understood by anyone who read this because the author of this guide is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having that My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs instantly.

Jill White:

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can more quickly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

Donald Link:

Many people spending their time by playing outside along with friends, fun activity using family or just watching TV all day long. You can have new activity to spend your whole day by examining a book. Ugh, think reading a book will surely hard because you have to use the book everywhere? It alright you can have the e-book, getting everywhere you want in your Mobile phone. Like My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs which is obtaining the e-book version. So , try out this book? Let's find.

Patrice Reese:

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