



The Workout Weekly Diary Notebook1: The Bodyminder Workout and Exercise 5x8 (Paperback)

By Rita L Spears

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Achieve your goals and attain optimum health. Make this journal your exercise buddy! Keep track of those trips to the gym, workouts at home -- all your hard work and dedication. -Includes daily pages to record cardiovascular activity, flexibility/balance classes, strength training sessions, and vitamins or supplements. - Goals met checkboxes and space for jotting down a few extra notes help you detail your workouts. -If you use the gym every day, you ll find this sleek journal provides enough pages for nearly 3 months. - If you go less often, it may last 6 months or more. - It also includes weekly progress charts, enough for up to 60 weeks. - The journal even packs in solid basic information on cardio, flexibility, strength training, tracking calories, tracking your progress, plus fitness tips and tricks and a list of online resources.

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