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...

Reviews

It is an amazing publication which i actually have at any time go through. It really is written in easy words and phrases rather than hard to understand. Its been developed in an extremely easy way which is merely following i finished reading through this pdf in which actually changed me, affect the way i think.

--- Garry Lind

The book is not difficult in read through better to recognize. It really is written in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly.

--- Valerie Heaney