



My Workout Journal: Gym Workout, 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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People live in this new moment of lifestyle always attempt to and must have the time or they will get great deal of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity have you got when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read is usually My Workout Journal: Gym Workout, 6 x 9, 50 Daily Workout Logs.

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