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WORKOUT JOURNAL: A DAILY FITNESS LOG



Peter Pauper Press Inc,US, United States, 2013. Diary. Book Condition: New. 185 x 117 mm. Language: English . Brand New Book. 194 pages. 4 1/2 wide x 7 1/2 high. This ultimate Workout Journal is the perfect exercise companion to keep track of all of your hard work, helping you to achieve your goals and attain optimum health! Includes daily pages to record cardiovascular activity, flexibility/balance exercise, strength training, vitamins, supplements, and notes. Also includes weekly progress charts, as well...

Read PDF Workout Journal: A Daily Fitness Log

- Authored by Claudine Gandolfi
- Released at 2013



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Reviews

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