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Reviews

Completely among the finest publication I have possibly read. It really is basic but excitement in the fifty percent from the pdf. Your lifestyle span is going to be convert when you total looking at this publication.

(Dr. Curt Harber)

WORKOUT LOGBOOK AND JOURNAL: FOR RECREATIONAL AND PROFESSIONAL ATHLETES (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the second edition of Goran Lozo s Workout Logbook Journal. The second edition has improved training log template and athletes can log up to 400 workouts. The Workout Logbook Journal is a necessity for all serious athletes and coaches. When you set up your personal fitness goal, keeping the track of all workouts will help you stay focused and motivated. When you record your workouts in your personal logbook you can easily summarize what you did in previous week, month, or a year and based on collected information you can create or adjust your training plan for the next week, month, or a year. In addition to practical value, this logbook will become one of your greatest memories. When you revisit your old workout logbooks after several years, you will see it not as a logbook, but as a testament to your character, dedication, and persistence.

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