



My Workout Journal: No Train No Gain, 6 X 9, 50 Daily Workout Logs (Paperback)

By My Workout Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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