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# WORKOUT LOG



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Workout Log can chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn t be complicated and your record keeping shouldn t be either. Included in each chart you ll find simple measures such as: -Date - Time -Activity -Hours Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance Before you begin start...

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- Authored by Frances P Robinson
- Released at 2014



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