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(Sunny Thompson)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This notebook 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. In Front have a tracking weekly progress week by week. You can Daily 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 30 pounds in 10 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. 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. Get Your Copy Today!.



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