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## WORKOUT WEEKLY PLANNER: EXERCISE FITNESS JOURNAL



Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Benefits and uses of an Exercise Fitness Journal As the warmer seasons approach us, many people are working their tails off to ensure they have the perfect beach bodies. That is a true testament to many that do not even live near a beach, or even plan on visiting one. A true beach body is...

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