

Weekly Workout Schedule



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Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

(Prof. Alvis Wuckert)

WEEKLY WORKOUT SCHEDULE



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Weekly Workout Schedule is a place to 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. Log in your daily routine and keep record of the following: WARM UP -Activity -Sets -Reps -Time -Dist -Intensity COOL DOWN -Activity -Sets -Reps -Time -Dist -Intensity GOALS (Space provided for your notes) CORE BODY -Exercise -Sets -Reps -Weights -Rest Time UPPER BODY -Exercise -Sets -Reps -Weights -Rest Time LOWER BODY -Exercise -Sets -Reps -Weights -Rest Time The Weekly Workout Schedule helps you stay on schedule, accountable and healthy.



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