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2015 WORKOUT PLAN LOG (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.No matter what type of workout you like the 2015 Workout Plan Log will help you chart your daily activities. Workouts shouldn't be complicated and your record keeping shouldn't be either. Included in each chart you'll find simple measures such as the Date, Time, Activity, Hours Minutes, Quantity, Intensity Level (Low, Medium, High) and Distance....

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- Authored by Frances P Robinson
- Released at 2014



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Conor Grant**

This written publication is wonderful. It can be written in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- **Jesse Tremblay**

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