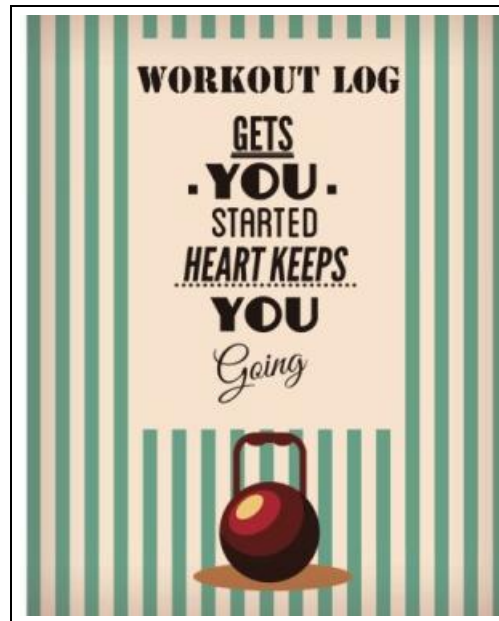


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Workout Journals are a much needed tool for tracking your exercise routine, combined with a food journal. there is room for you to record five diary per page. Use this Workout Log spreadsheet to track your weekly fitness and strength training progress, including your weight, hours of sleep, and daily calorie intake. List all the exercises you do each week and then print and take the workout log with you to the gym each day. 1. Date 2. Weight 3. Sleep (hrs) 4. Notes/Summary Table of exercise has 1. 1Rm = one Rep Max (For reference) 2. Sets Counts 3. REPS = A Rep is the number of times you do it. On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day. this is the only workout journal that you will need. Keep it in your gym bag and fill it in when you re there so you can track your progress on a daily basis. One Rep Max: The workout log has a place to record your 1RM (One-Rep Max). This is mainly for reference because many weight training programs have you do a certain number of sets/ reps at a weight that is a percentage of your 1RM. To calculate your One-Rep Max.



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