



Functional Movement Journal (Paperback)

By Duncan S Sailors

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. CrossFit is a results based fitness system. In order to know if you are progressing you need to track the quantifiable and related metrics of your workouts and recovery. The outcome is usually in the form of weight lifted, reps performed, time or rounds completed, or any infinite combination of those components. Keeping track of these components in your training log, over a period of time, lets you know if CrossFit is working to produce the results you re after. The Functional Movement Journal provides a structured and organized format for you to input the important metrics from your workouts. Features include: One training day per page - Lots of room to write. Enough journal pages for 90 days of training. Journal page includes sections for tracking - Weightlifting/Olympic lifting WOD/Conditioning work Mobility/Skills Learned Nutrition/Notes Recovery Exclusive Recovery Factor Tool - Track the actions you take to help you recover from training. Personal Record Log - track all of your PRs in one place.

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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