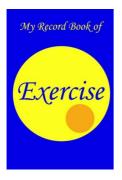
Find eBook

MY RECORD BOOK OF EXERCISE



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.My Record Book of Exercise provides space for exercisers to record Type of Exercise (e.g., outdoor walking/running, indoor strength training), Type of Equipment used (e.g., treadmill, elliptical, free weights, weight machine), Details (e.g., distance ran, weights used, reps), Heart Rate (HR), Blood Pressure (BP), and Comments (e.g., perceived exertion level, weather, ambient temperature). Space is provided on each...

Read PDF My Record Book of Exercise

- Authored by Ray L Winstead
- Released at 2014



Filesize: 1.86 MB

Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.

-- Audra Hodkiewicz

If you need to adding benefit, a must buy book. We have read through and so i am confident that i am going to going to study yet again once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ms. Liliane Carter DDS

Related Books

The Voyagers Series - Europe: A New Multi-Media Adventure Book

• 1

The Voyagers Series - Africa: Book

• **2**

Fart Book African Bean Fart Adventures in the Jungle: Short Stories with

- Moral
- Eat Your Green Beans, Now!
 Daycare Seen Through a Teacher's Eyes: A Guide for Teachers and
- Parents