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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...

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- Authored by Ray L Winstead
- Released at 2014



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Reviews

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