



# **My Workout Journal: Strong Man, 6 x 9, 50 Daily Workout Logs**

*My Workout Journal*

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## **Break Through Barriers**

This book is designed to help you track your workouts so that you achieve maximum personal performance. By recording your daily progress you can easily identify what is working and what has to change.

The front cover may have caught your eye but it is the inside you are really here for. You can track everything from your exercises, sets, reps, core workout, supplements, workout duration and anything else that we thought would help you.

One of the contributors used a journal just like this to lose over 45 pounds in 12 weeks. That is the inspiration behind this journal. We are not saying you will get those results but without tracking her workouts she would have never achieved such a lofty goal.

With a space at the bottom for notes, you can even get as detailed as the music that was playing, whether you had new shoes or how busy the gym was. Every detail counts and nothing should be overlooked.

To make yourself a journaling powerhouse combine this workout journal with either My Diet Journal or My Food Journal. The additional dietary information may take your training to the next level. You might just be amazed at the results.

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#### **Bridget Dell:**

Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love My Workout Journal: Strong Man, 6 x 9, 50 Daily Workout Logs, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

#### **Michelle Shaw:**

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#### **Irma Murray:**

What is your hobby? Have you heard which question when you got college students? We believe that that query was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person such as reading or as examining become their hobby. You should know that reading is very important in addition to book as to be the matter. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You find good news or update regarding something by book. Numerous books that can you take to be your object. One of them is this My Workout Journal: Strong Man, 6 x 9, 50 Daily Workout Logs.

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