

DATE	 START
 MUSCLE GROUP	 FINISH

☐ WARM-UP ☐ STRETCH

 EXERCISES		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
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	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						

 CARDIO	DURATION	DISTANCE

Workout Log Book

Workout Log Book

Rogue Plus Publishing

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the publisher's name.

Workout Log Book:

Workout Log Book MikeNestor,2019-09-05 This Workout Journal is great for keeping a log of your daily weekly exercise routine so you can track your progress Stay motivated and inspired to get in shape For daily use fill out and document your nutrition and exercise Workout Log Features 100 Pages Perfectly Sized At 6 x 9 Premium Glossy Cover Undated Pages Start Any Day of the Year Track Day and Time Track Workout Types Track Weight And Measurements Makes a great gift for your workout buddies Kws workout notebook log workout journal for men workout tracker notebook workout log training journal workout diary exercise log exercise log book fitness diary weight journal training log book gym log book gym logbook fitness notebook workout journals weightlifting journal workout log journal weight lifting log book fitness log fitness logbook work out journal workout journal a daily fitness log fitness log book weight lifting log weight lifting tracker workout journal workout log workout log book workout notebook exercise journal workout tracker gym journal Workout Log Book Rogue Plus Publishing,2018-05-11 How many times have you walked into the gym without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren t feeling it Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out early We want to help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It s a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you STRAIGHTFORWARD AND EASY TO USE Keeping a detailed journal is a practice you ll be grateful for in the long run The more information you write down the more useful it will be In this Workout Journal you can record the following CARDIO Exercises Distance Time Calories Burned STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps WEIGHTMEASUREMENTYOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 120 pages to record your workout we only used thick white paper to avoid ink bleed through The lines and letters are clearly printed to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect size to carry Handy and accessible it s a great companion during your gym workouts COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly

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help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It s a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you STRAIGHTFORWARD AND EASY TO USE Keeping a detailed journal is a practice you ll be grateful for in the long run The more information you write down the more useful it will be In this Workout Journal you can record the following CARDIO Exercises Distance Time Calories Burned STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps WEIGHTMEASUREMENTYOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 120 pages to record your workout we only used thick white paper to avoid ink bleed through The lines and letters are clearly printed to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect size to carry Handy and accessible it s a great companion during your gym workouts COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Our Workout Log Book is great for keeping a log of your daily weekly exercise routine so you can track your progress Keep motivated exercise harder craft better goals and get better results with your training Pop it in your training bag and start a journal of what you are doing So get a copy now *Workout Log Book* MikeNestor,2019-08-29 This Workout Journal is great for keeping a log of your daily weekly exercise routine so you can track your progress Workout Notebook Features Keep track of your Cardio Training Exercises Distance Time and Calories Burned Keep track of your Strength Training Upper Body Lower Body Abs Muscle Groups Exercises Sets and Reps Keep track of your Weight and Measurement info Record your goals on the weekly progress chart so you are on track to hit your goals It s a great size 6 x 9 inches to fit in your gym bag Glossy cover A perfect gift for anybody with a passion for a healthy life Kws workout notebook log workout journal for men workout tracker notebook workout log training journal workout diary exercise log exercise log book fitness diary weight journal training log book gym log book gym logbook fitness notebook workout journals weightlifting journal workout log journal weight lifting log book fitness log fitness logbook work out journal workout journal a daily fitness log fitness log book weight lifting log weight lifting tracker workout journal workout log workout log book workout notebook exercise journal workout tracker gym journal [Workout Log Book for Women](#) Armando Smith,2018-08-15 LIMITED TIME OFFER NORMAL PRICE

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Enjoying the Melody of Term: An Emotional Symphony within **Workout Log Book**

In some sort of used by screens and the ceaseless chatter of immediate interaction, the melodic beauty and emotional symphony produced by the prepared word often disappear in to the back ground, eclipsed by the persistent noise and distractions that permeate our lives. But, set within the pages of **Workout Log Book** an enchanting literary value overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously crafted phrase. Within the depths with this poignant evaluation, we shall examine the book is central harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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