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WEEKLY WORKOUT SCHEDULE (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Weekly Workout Schedule is a place to chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. Log in your daily routine and keep record of the following: WARM UP -Activity -Sets -Reps -Time -Dist -Intensity COOL DOWN -Activity -Sets...

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- Authored by Frances P Robinson
- Released at 2014



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