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WORKOUT LOGBOOK AND JOURNAL: FOR RECREATIONAL AND PROFESSIONAL ATHLETES



Createspace, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. This is the second edition of Goran Lozo's Workout Logbook Journal. The second edition has improved training log template and athletes can log up to 400 workouts. The Workout Logbook Journal is a necessity for all serious athletes and coaches. When you set up your personal fitness goal, keeping the track of all workouts will help you...

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- Authored by Goran Lozo
- Released at 2013

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