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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...

Read PDF Workout Logbook and Journal: For Recreational and Professional Athletes

- Authored by Goran Lozo
- Released at 2013



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