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MY WORKOUT JOURNAL: GUM FITNESS LOGO RED, 6 X 9, 50 DAILY WORKOUT LOGS



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Break Through BarriersThis 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...

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- Authored by My Workout Journal
- Released at 2015



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It is an amazing book which i actually have actually read through. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

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