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Strength Training Journal (Paperback)

By Karen M Goeller

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This fitness book is useful for anyone with the desire to track progress. Use this strength training journal to record workouts as you complete them or write in a training program for the future. This unique strength training journal can also be used for personal training. Your Personal Trainer can fill in the exercises and give this journal to you as part of the personal training service. There are spaces for strength exercises, cardiovascular training, and stretching exercises. There are over 100 pages of blank strength training charts.

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