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(Dr. Reta Murphy)

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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Workout Schedule can 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. Included in each chart you'll find simple measures such as: WARM UP -Activity -Sets -Reps -Time -Dist -Intensity COOL DOWN -Activity -Sets -Reps -Time -Dist -Intensity GOALS (Space provided for your notes) CORE BODY -Exercise -Sets -Reps -Weights -Rest Time UPPER BODY -Exercise -Sets -Reps -Weights -Rest Time LOWER BODY -Exercise -Sets -Reps -Weights -Rest Time That's it! Record keeping in the Workout Schedule can help you stay accountable to your routine so LET'S GET STARTED!.



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