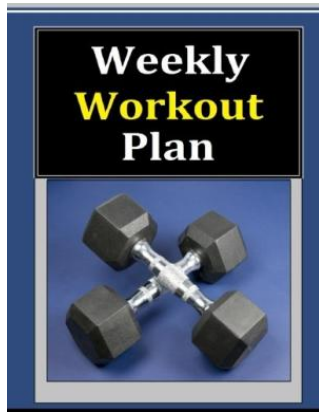


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## WEEKLY WORKOUT PLAN



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Weekly Workout Plan is a place to 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. You'll be able to record your information each day for the following: WARM UP -Activity -Sets -Reps -Time -Dist -Intensity COOL DOWN...

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- Authored by Frances P Robinson
- Released at 2014



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