

Lift Tracker

Standard Booklets

Lift Log Arnold Rogan Journals,2019-07-30 Lift Log - Workout Logbook. Perfect to record sets, reps, weights and rest of your exercise and the time, distance, interval and pace of your cardio routines. Work out more and improve your health. This training journal exercise book is suitable for any level, from beginner to fitness professional. It makes an inspiring gift for people who could use a good workout planner and some motivation. Grab one now, it's better than sending a card. Features Unique design 100 pages High-quality white paper Professionally designed thick cover Perfect for gel, pen, ink, marker or pencils 6 x 9 dimensions; portable size Perfect gift idea for birthdays, anniversaries or just because you like to motivate them.

Get Up And Lift Standard Booklets Standard Booklets,2019-08-09 Success is entirely subjective while progress is objective. When it comes to fitness, and all areas of life, change only comes in time. If you view yourself as a successful individual making progress each day then this booklet is for you. One of the best ways to achieve your fitness goal is by writing it down. This fitness log consists of the same page throughout the booklet. Each page consists of two sections to write down your workouts and cardio. At the top of the page, you can write your name and goal. Below this part, you will have four bubbles to record a daily number for the date, your daily stats, and your weight. The exercise portion comes next. There are twenty-one bubbles to write down your exercises and there are four sections to the right of each exercise bubble consisting of sets, reps, weight and rest. One section for each day. Finally, the cardio portion, below the exercise portion, consists of five bubbles to record the cardio you worked on. To the right of each cardio bubble, you will have four sections to record your time, distance, interval and pace. The simple design is repeated on each page throughout this booklet. If you like what you are reading and if you like what you see, please purchase this fitness tracker now! You can also click on our brand name, Standard Booklets, to check out our other, notebooks, journals, log books and more.

Lift It Up Put It Down Weight Lifting 90 Day Tracker Short Publishing,2019-03-10 90 Day Fitness journal for weightlifting tracking. 90 pages of logs in this convenient 6 x 9 notebook featuring a grid of 10 exercises with room for 7 sets of weight and reps, a space for tracking cardio or burner exercise, macro nutrient log, and space for notes. Use this log book to keep track of gains in strength or mass. Get this workout journal for yourself or as a gift for the weight lifter in your life. Easy size to keep in a gym bag and to carry into weight room.

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Fuel Your Lift Standard Booklets Standard Booklets,2019-08-08 Success is entirely subjective while progress is objective. When it comes to fitness, and all areas of life, change only comes in time. If you view yourself as a successful individual making progress each day then this booklet is for you. One of the best ways to achieve your fitness goal is by writing it down. This fitness log consists of the same page throughout the booklet. Each page consists of five days worth of five exercises per section. Each section has a space to write down your exercise, sets, reps, weight, rest, time, 1RM, and notes. Below each section, you can write the date, your weight, sleep, and calories for the day. At the very top of the page, you can write your name and goals. The simple design is repeated on each page throughout the booklet. If you like what you are reading and if you like what you see, please purchase this fitness tracker now! You can also click on our brand name, Standard Booklets, to check out our other, notebooks, journals, log books and more.

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Eat Sleep Lift Kevin Sahlie,2019-04-04 Looking for the perfect way to track your workouts? This is the workout gym journal for you! Write and record your workouts in this daily workout log book conveniently sized at 5.5 x 8.5 inches. This workout journal has calendar space for up to 6 months and over 100 daily workout log pages, a place to record your measurements before the program and a place to record your results! A page to plan your goals and a page to record your progress and desired outcomes. Each daily log page has space to; write what muscle groups you are working, document exercises, reps and sets, indicate warm up, cool down, stretch and record cardio. Main Features: Quality Interior Pages with no bleed through Quality Stock Matte Cover Track Progress, set and accomplish goals Record workouts; weightlifting exercises, sets, reps and cardio Take notes and reflect on your journey Make the most of your workouts with this workout log journal!

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