

# Work Out Log

Rogue Plus Publishing

*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.

*The RBG Workout* Bryant Johnson,2017-10-17 A fun, fully illustrated exercise book that details Ruth Bader Ginsburg's workout, written by her trainer. Have you ever wondered what keeps Justice Ruth Bader Ginsburg, one of the Supreme Court's favorite octogenarians, so sprightly? She owes it in part to the twice-weekly workouts she does with her personal trainer, Bryant Johnson, a man she's called "the most important person" in her life. Now you too can work out with Justice Ginsburg's trainer in the comfort of your home with The RBG Workout. From planks to squats to (full) push-ups, this simple but challenging workout—illustrated with four-color illustrations of the justice in workout gear—will have you getting fit in no time. With tips from the bench, and sidebars with Bryant's folksy wisdom on getting fit and staying healthy, this delightful book is a perfect gift for anyone looking to emulate one of America's most admired women.

**The Ultimate Workout Log** Suzanne Schlosberg,2005-01-04 This is a completely revised and updated edition of the ever-popular fitness log for everyone who exercises--joggers, walkers, aerobics addicts, bodybuilders, tennis players, swimmers, and health club enthusiasts.

**Fitness Trainer Because Badass Miracle Worker Isn't an Official Job Title** 4k Print Studio,2020 How many times have you walked into the gym without knowing clearly what to do? Having your workout written out ahead of time in your workout log book removes all that mental struggle. Fitness Trainer Because Badass Miracle Worker Isn't an Official Job Title is a motivating yet elegant fitness logbook, planner, notebook, and journal to plan all your workout sessions and track your progress throughout the year. A must-have for any fitness, weight training fan, and an excellent gift idea for your fellow Gym friends and family, or even for your personal trainer! Impress the people around you with this cool notebook. 6 x 9 200 pages workout journal with a well-crafted interior detailing your weight training, cardio, water intake and many other elements that you will need. Soft matte cover finish.

**Eat Sleep Gym Repeat** Tsexpressive Workout Publishing,2019-08-02 Need the perfect workout log for someone that loves fitness? Then grab this detailed logbook for gym rats. It's a great gift for any exercising fan or trainer. Comes with a flexible 6 x 9 glossy design cover and 110 pages to jot down your daily training goals and activities. If you absolutely love going to the gym then this workout log is perfect for you. Categories Include: Exercises Sets Reps Weight Rest Time Calories Sleep Notes Get Your Detailed Workout Log TODAY!

**You Can't Spell Challenge Without Change** Courtney Blunlove,2019-12 This stylish and thoughtful daily workout journal is perfect for gym bunnies of all calibers and offers space to log a complete workout, beginning with stretch and warmup. The main space is well portioned for logging sets of strength training and there is also space for cardio workouts and notes. Lastly, there is space to log cooldown, water intake and a quick rating of how the workout went. Features: Undated pages, start any day of the year Title page for writing the person's name, date, and so on Log a complete workout Log stretch and log warmup Logging sets of strength training Cardio workouts Log cooldown Water intake Quick rating of how the workout went Track day and time Track workout types Notes Specifications: 200 pages (100 sheets) Perfectly sized at 6 x 9 Inches (15.56 cm x 23.50 cm) flexible soft cover paperback Full color soft, matte laminated paperback cover Title placed on the spine of the notebook Interior: White paper Binding: Perfect Paper Weight: 60lb text (90GSM) Cover Weight: 80lb cover (220GSM) Ink is chlorine-free, and acid-free interior paper stock is supplied by a Forest Stewardship Council-certified provider Printed by Amazon This book would work well for body builders, casual strength training or people interested in weight loss. Enjoy your use!

**Workout Log Book** Eightidd Press,2021-02-11 ✓Workout Log Set your training goals, record your workouts, and keep track of your progress. This Workout Log will help you start your fitness journey and stay motivated for achieving your goals. ✓Features: Current And Targeted Measurements and Exercises - so you can see your progress and boost your motivation Daily Cardio Workout and Strength Training with very detailed information(home and gym training) Room for Notes 8.5'x11'(22x28cm) 110 Page Printed on white quality paper Matte Cover Design Get your copy now and start getting ready for great results!

*Fitness Journal for Women 2017* Health & Fitness Books,2017-01-06 The Perfect Fitness Journal for Tracking Exercise in 2017 This 365-Day fitness journal tracker is perfect for everyone who needs to keep notes on their workouts. The 8-inch by 10-inch workout journal includes: Spaces for exercise, cardio and notes Columns for tracking reps, sets and weight A large spot at the front and back of the journal for notes Pages marking the days (1-365) Date tracking at the top of each page And so much more! Get Your Copy Today to Stay on Track to Your Health and Fitness Goals!

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*Workout Log Book* Rogue Plus Publishing,2018-05-11 How many times have you walked into the gym without a clear plan of what you wanted to do? Did you complete your last workout efficiently? Or did you skip out on some exercises and sets because you simply weren't feeling it? Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in, the back-and-forth where we try to legitimize ducking out early. We want to help you have a better understanding at how you progress so we designed our Workout Journal to be: USEFUL: The workout log can reveal patterns of strength development, weight change, mental attitude, overtraining, and plateaus clearer than even your most committed training partner. It's a great teaching tool. With a workout journal, you can track every session, every set, and every rep you do in the gym. The journal can become a blueprint of what works for you. STRAIGHTFORWARD AND EASY TO USE- Keeping a detailed journal is a practice you'll be grateful for in the long run. The more information you write down, the more useful it will be. In this Workout Journal you can record the following: CARDIO -Exercises-Distance-Time-Calories Burned STRENGTH - Upper Body- Lower Body- Abs- Muscle Groups- Exercises- Sets- Reps WEIGHTMEASUREMENTYOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise. Simple and easy to use, the pages are ready and waiting to be filled. A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. WELL-CRAFTED INTERIOR- With a page to input personal details and 120 pages to record your workout, we only used thick, white paper to avoid ink bleed-through. The lines and letters are clearly printed to make it easy to fill out and to cross reference. PERFECT SIZE- With its 15.24 x 22.86 cm (6 x 9) dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect size to carry. Handy and

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*Roman Chair Exercise Workout Log* Fitness Lab,2019-09-03 Whether you just started your Roman Chair Exercise or it is part of your fitness routine, this6 x 9, 100 pages log book is specially designed for you to keep track of your progress.

Workout Log Book Rogue Plus Publishing,2018-05-10 How many times have you walked into the gym without a clear plan of what you wanted to do? Did you complete your last workout efficiently? Or did you skip out on some exercises and sets because you simply weren't feeling it? Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in, the back-and-forth where we try to legitimize ducking out early. We want to help you have a better understanding at how you progress so we designed our Workout Journal to be: USEFUL: The workout log can reveal patterns of strength development, weight change, mental attitude, overtraining, and plateaus clearer than even your most committed training partner. It's a great teaching tool. With a workout journal, you can track every session, every set, and every rep you do in the gym. The journal can become a blueprint of what works for you. STRAIGHTFORWARD AND EASY TO USE- Keeping a detailed journal is a practice you'll be grateful for in the long run. The more information you write down, the more useful it will be. In this Workout Journal you can record the following: CARDIO -Exercises-Distance-Time-Calories Burned STRENGTH - Upper Body- Lower Body- Abs- Muscle Groups- Exercises- Sets- Reps WEIGHTMEASUREMENTYOUR GOALSWEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise. Simple and easy to use, the pages are ready and waiting to be filled. A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. WELL-CRAFTED INTERIOR- With a page to input personal details and 120 pages to record your workout, we only used thick, white paper to avoid ink bleed-through. The lines and letters are clearly printed to make it easy to fill out and to cross reference. PERFECT SIZE- With its 15.24 x 22.86 cm (6 x 9) dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect size to carry. Handy and accessible, it's a great companion during your gym workouts. COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. Our Workout Log Book is great for keeping a log of your daily/ weekly exercise routine so you can track your progress. Keep motivated, exercise harder, craft better goals and get better results with your training. Pop it in your training bag and start a journal of what you are doing. So, get a copy now!

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**Workout Log Book** Tornis,2019-10-22 This Workout Journal is great for keeping a log of your daily/weekly exercise routine so you can track your

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Workout Log Book Passion Takes No Days Off - Gym Workout Log - Fitness Tracker - Gym Notebook Gym Workout Log Notebooks,2020-01-14 Workout Log Book Featuring room for recording up to 21 movements, with sets, reps, weight used and rest time needed!With extra room for cardio performed. That's right. Record every set, rep and amount of cardio you do to measure your progress!This 7 x 10 inch book is the perfect gym bag accessory!Our fitness tracker allows you to record progress or failure to either change or keep chugging along!Take the guess work out of your fitness routine by recording everything.Because numbers don't lie, and we don't just mean pounds and kilograms!Great gym workout log for women and men.

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