

Fitness Buddy Free 300 Exercise Workout Journal

Kevin Sahlie

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The Buddy Workout Toni Terry,2017-12-28 Like many of us, Toni Terry has tried out every fitness and diet fad going. From gym memberships to detoxes, her characteristic determination got her through the punishing workouts and regimes. And yet, after a month or a year, she always got bored; something was missing and she wasn't quite achieving the results she'd hoped for. What changed and turned her into the social media phenomenon she is today was a whole new approach to fitness and eating well. And what was the magic ingredient? People. Feeling intimidated at the thought of working out on her own with a personal trainer, she hit on the idea of asking her friends to join her. As soon as she started exercising with friends and family, Toni not only started enjoying herself, she also grew more motivated, got the body she always wanted, and felt healthier and happier than ever before. The Buddy Workout will chronicle Toni's journey from her battle with a serious back condition as a teenager, to busy family life with world-class footballer John Terry and her passion for fitness and maintaining a healthy lifestyle. Toni's easy-to-follow fitness programme includes workouts she does on a regular basis with her trainer Bradley Simmonds, and she'll also provide ideas for 5-minute workouts you can build into your busy life, top tips for keeping motivated and looking your best, as well as delicious and nutritious recipes you can share with family and friends.

The Bodyweight Home Workout Journal Michael Ahdoot,Amir Atighehchi,Ariel Banayan,2020-12

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!

Workout Journal Claudine Gandolfi,2013-01-01 194 pages. 4 1/2 wide x 7 1/2 high. This ultimate Workout Journal is the perfect exercise companion to keep track of all of your hard work, helping you to achieve your goals and attain optimum health! Includes daily pages to record cardiovascular activity, flexibility/balance exercise, strength training, vitamins, supplements, and notes. Also includes weekly progress charts, as well as training tips and tools for creating metabolic and fitness targets. Adaptable for different programs. Removable cover band. Elastic band place holder.

The No Limits Workout Journal Couples Edition Takozi Media,2019-12-13 Life is made for sharing, and that can certainly be true when it comes to exercising. Having a workout buddy is motivating and a lot of fun. Whether it's a friend or a romantic partner, having someone there to support you, push you, and maybe even compete with you, can make a huge difference to your fitness regime. Plus, it's also practical, as being accountable to someone else can save you from yourself, on those (rare) occasions when you're tempted to skip your workout for an extra hour in bed or a trip to the coffee shop for a full-fat café latte. Two's company, as they say, and we've taken that idea to heart. Introducing The No Limits Workout Journal Couples Edition, an exercise logbook for friends and couples who like to double up when it comes to fitness. The journal features: - Space for each of you to log your warm-up activities; whether that's a gentle stretch or something more vigorous. You do warm-up, right? - A section for your lung-busting cardio workouts, with room to note the distance each of you covered and the time taken to meet your goals. - A section for strength training, where you and your workout partner can log the exercises, weight, and the number of reps and sets each of you complete during your sessions. Gloating is optional. - A weekly bodyweight tracker section, so you know how much weight each of you has lost or gained since the last session. The scales, like the camera, don't lie. -

Notes pages for those random thoughts about exercise or life that sometimes pop up when you're working out. The No Limits Workout Journal Couples Edition is an accountability notebook for you and your workout buddy to share. Use it to log your achievements during or after each workout. Or use it between workouts to set goals for your next session. With The No Limits Workout Journal Couples Edition, you can organize your workouts and compare notes on your progress and goals. Remember, if you want to be fit you need to commit, but it's so much easier with two of you. So, share the load and order a copy of The No Limits Workout Journal Couples Edition today.

Full Body Workout Journal Kevin Sahlie,2019-04-06 Starting or doing a Full Body Workout Program? This is the workout journal for you! Write and record your workouts in this daily workout log book conveniently sized at 5.5 x 8.5 inches. This Full Body workout journal has calendar space for up to 6 months and over 100 daily workout log pages, a place to record your current measurements 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; pick the workout, 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 full body split with this workout log journal!

Gym Buddy Journal melarshop workout,2020-12-06 Examination shows that keeping a rec center amigo diary encourages you get fitter quicker by monitoring your advancement and seeing firsthand in the event that you are adhering to a consistent exercise schedule. This wellness diary will work for any wellness objective, whether or not the objective is to get more fit, pick up muscle or win a games rivalry. This wellness organizer will likewise propel and move you by demonstrating you the degree of your advancement.

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