

Workout Logger 13

William Gibstat

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

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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.

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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.

Gym Training Log Book Nnj Notebook,2019-08-02 Gym Training Log Book: Undated Fitness and Workout Journal Diary Cardio and Strength Training 6x9 Inch Notebook Gym training log book is a well-thought, simple and handy tool for tracking your workouts. The logbook contains 100 pages, which means you can use it for 100 days. - Great notebook for tracking your workouts daily. - Pocket size 6 x 9 inches, 100 pages. It's a great size to throw in your purse or bag. - It is a great gift for everyone. There are sections for: Cardio - Exercises - Time - Distance - Calories Burned Strength - Upper Body - Lower Body - Abs - Muscle Groups - Exercises - 6 Sets - Reps - Weight

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Do Not Disturb Training in Progress: Workout Log Book William Gibstat,2019-01-07 A simple workout log book filled with blank lined paper to keep track of your progress. Wide Rule paper (also known as legal ruled paper) makes it easy to write and record your results.

Runner's World Run Less Run Faster Bill Pierce,Scott Murr,2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

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

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