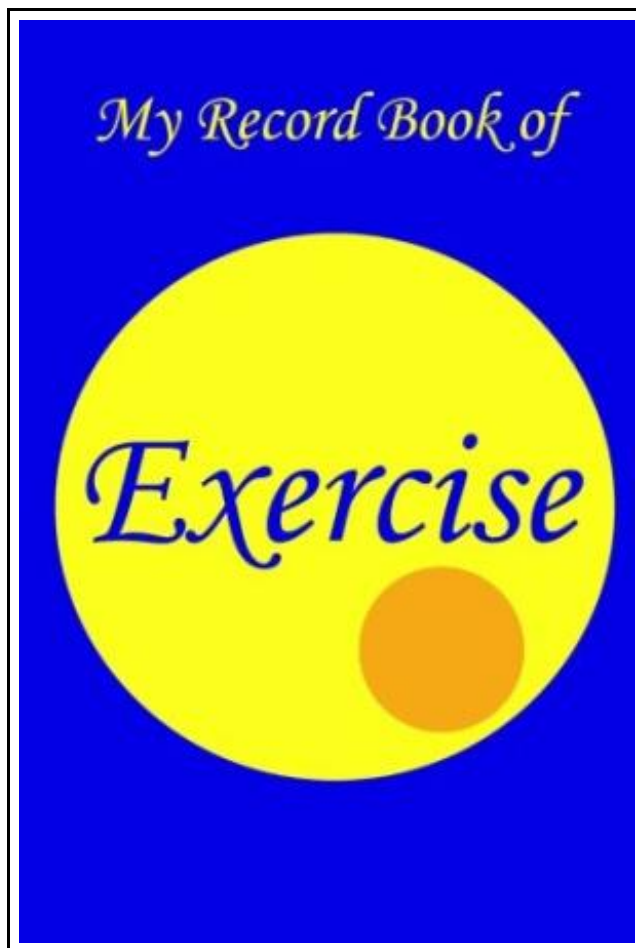


My Record Book of Exercise (Paperback)



Filesize: 5.43 MB

Reviews

*The most effective book i ever read through. It can be rally fascinating throgh looking at time period.
Your lifestyle span will be enhance when you complete looking over this publication.
(Maribel Kerluke)*

MY RECORD BOOK OF EXERCISE (PAPERBACK)

[DOWNLOAD](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.My Record Book of Exercise provides space for exercisers to record Type of Exercise (e.g., outdoor walking/running, indoor strength training), Type of Equipment used (e.g., treadmill, elliptical, free weights, weight machine), Details (e.g., distance ran, weights used, reps), Heart Rate (HR), Blood Pressure (BP), and Comments (e.g., perceived exertion level, weather, ambient temperature). Space is provided on each page for the date and day of the week, along with three sections to record the information listed above for three different exercise activities for that day. Designed for moderate exercisers this book is in a journal/diary format and would also be a useful exercise log for beginners, as well as for more intense exercisers. In general, space is provided for 200 days of exercise with three activities/sessions per day, one day per page in this 6 x 9 book, in a design that is simple, useful, and functional. Ray L. Winstead, Designer.

[Read My Record Book of Exercise \(Paperback\) Online](#)[Download PDF My Record Book of Exercise \(Paperback\)](#)

You May Also Like



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Download eBook »](#)



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Download eBook »](#)



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for...

[Download eBook »](#)



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Download eBook »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download eBook »](#)

**The Village Watch-Tower (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Read ePub »](#)

**A Summer in a Canyon (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Read ePub »](#)

**Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales

[Read ePub »](#)

**Jape the Grape Ape from Outer Space Episode Three: Who Stole the Stars? (Paperback)**

AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. Erik Rodenhiser (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is hysterically funny; I love it. I

[Read ePub »](#)

**A Cathedral Courtship (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Read ePub »](#)