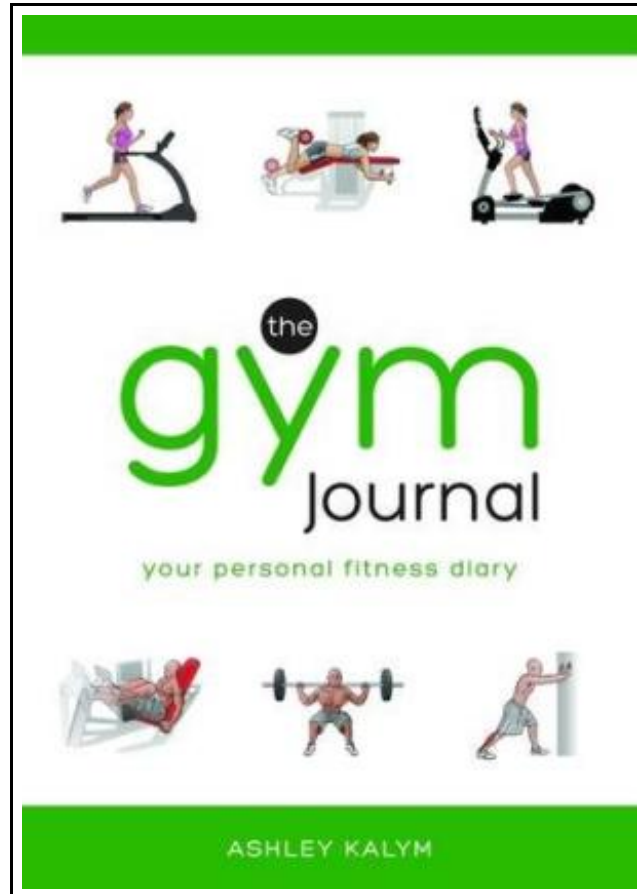


## The Gym Journal



Filesize: 3.95 MB

### ***Reviews***

*Complete guideline for ebook lovers. Better than never, though i am quite late in start reading this one. Its been printed in an remarkably simple way in fact it is only right after i finished reading this book through which in fact transformed me, alter the way in my opinion.*

*(Montserrat Runolfsdottir)*

## THE GYM JOURNAL



Lotus Publishing, United Kingdom, 2016. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book. Whether your goal is to get stronger, faster, lose body fat, increase cardiovascular fitness, or prepare for a sport, The Gym Journal makes it incredibly easy to keep a record of every aspect of your training. With enough room to record five sessions per week for six months, The Gym Journal is the last workout diary you will ever need. Features include: \* Weight conversion table with figures for pounds and kilograms \* Starting stats page, for height, weight, body fat , and personal records \* Goal setting process, with room to fill out SMART goals \* Fluid intake chart giving your recommended water intake \* Nutritional information on foods, including protein, fats, carbs and calories \* One-rep max calculator to help you work out your 1RM for any exercise \* One-rep max tables to help you correctly periodize your workout \* Record strength exercise information, including sets, reps, weight, and rest \* Record cardiovascular information, including sets, reps, distance and time \* Record information for six meals, including protein, fats, carbs and calories \* Record water intake to help you stay hydrated \* Record your finishing stats, to show how far you have progressed .and much, much more.



[Read The Gym Journal Online](#)

[Download PDF The Gym Journal](#)

## Other Books

---



### **Tales from Little Ness - Book One: Book 1**

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Two of a series of short Bedtime Stories for 3 to 5 year...

[Download ePub »](#)

---



### **Readers Clubhouse Set B Time to Open**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book. This is volume nine, Reading Level 2, in a comprehensive program (Reading Levels 1...

[Download ePub »](#)

---



### **Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Download ePub »](#)

---



### **Oxford Reading Tree Treetops Time Chronicles: Level 13: the Stone of Destiny**

Oxford University Press, United Kingdom, 2014. Paperback. Book Condition: New. Mr. Alex Brychta (illustrator). 205 x 148 mm. Language: English . Brand New Book. In The Stone of Destiny the Time Runners battle to stop...

[Download ePub »](#)

---



### **Writing for the Web**

DIRECTORY OF SOCIAL CHANGE, United Kingdom, 2000. Paperback. Book Condition: New. 210 x 145 mm. Language: English . Brand New Book. Writing for the web is unlike other types of writing you may undertake at...

[Download ePub »](#)



---

**A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to

[Download Document »](#)



---

**Read Write Inc. Phonics: Grey Set 7 Storybook 12 a Very Dangerous Dinosaur**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Download Document »](#)



---

**Depression: Cognitive Behaviour Therapy with Children and Young People**

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it

[Download Document »](#)



---

**Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Download Document »](#)



---

**Read Write Inc. Phonics: Orange Set 4 Storybook 9 Haircuts**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Download Document »](#)