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WORKOUT CALENDAR (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Workout Calendar is a place to chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. You can write your workout in the blank calendar to view at a quick glance or on the blank daily log sheet. Use both...

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- Authored by Frances P Robinson
- Released at 2014



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