



WORKOUT LOG



DATE:

AM/PM:

S M T W T H F S

Activity	Time	Dist.	Sets.	Reps	WT.	Cal. Burn.

NOTES

Exercise Log

Health & Fitness Books



Exercise Log:

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 WEIGHT MEASUREMENT YOUR GOALS WEEKLY 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

Thorsons Exercise Log Glenn Francis, 1988 **Exercise Log Book** Sara Lept, 2017-09-02 Exercise Logs Book are like to do lists they are easy to start but hard to get right In fact there are almost as many bad workout logs as there are workout record this book This book is designed to help you keep track of your progress your shape exercise and note That you can make every workout count towards your goal by keeping track of your progress Part 1 Progress your body shape for 3 months Part 2 Record weight sleep calories workouts cardio and strength training 90 days Part 3 Note for anything such as feeling Inspiration or your photo Get the best exercise log book for

planning organizing and logging gym sessions workout log Size 6 x 9 Inch 96 pages This book is also the perfect gift for anybody with a passion for exercise and challenge yourself *Workout Log Book* Rogue Plus Publishing,2018-05-11 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 WEIGHT MEASUREMENT YOUR GOALS WEEKLY 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 [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 [Fitness Journal & Planner](#) Smart Bookx,2017-08-13 Softback 105 day Fitness Journal with Goal pages won't fall out after a few months SIMILAR PRODUCTS We publish several Fitness Journals Each has the same interior but there are covers to suit all tastes To view search fitness bookx on Amazon don't forget the x We also publish food diaries travel journals

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training Pop it in your training bag and start a journal of what you are doing So get a copy now [Workout Log Book](#) Rogue Plus Publishing,2018-05-11 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 GOALS WEEKLY 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 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

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Part 1 Progress your body shape for 3 months

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Fitness Journal and Weight Lifting Log The Bench Press,2019-11-25 Finally a weightlifting logbook created by women for women

Spinning your wheels in the weights room

Want to boost your performance and make those gains

If you re a female that likes to lift and want to understand more about your training performance to get better results then it s time to start tracking more than just sets and reps

A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle

Alongside 60 undated workout logs there s a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible

There s also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period

This female specific strength training logbook helps you

SET UP FOR SUCCESS WITH GOAL SETTING Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility

Get clear on your why understand what drives you to succeed

MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track progress

Log weight body fat lean mass water % and body measurements across 10 areas

TRACK 60 WORKOUTS If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months

Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities

ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle

What days do you feel strong

When do you struggle to find motivation

How often are you feeling fatigued

LOG YOUR PERSONAL RECORDS A double page spread to record PRs and track strength progress over time

CONVENIENT PORTABLE SIZE This paperback logbook is a handy 6 x 9 size small enough to fit inside your gym bag yet large enough to write in with plenty of space for notes

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MODERN MOTIVATIONAL DESIGN Featuring wraparound artwork on a 220GSM soft cover notebook with a glossy finish that s easy to wipe off after a sweaty gym session

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Our hormones do more than suck our motivation and make us a little moody

They affect every aspect of our fitness journey from strength to stamina and adherence

During the follicular phase you re likely at your strongest aim for those PRs

Strength is elevated during ovulation yet you become more susceptible to

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