



MuscleMag International's No Pain No Gain Training Journal

By Musclemag International

Robert Kennedy, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: A must-have for anyone focused on building muscle. Muscle building requires constant reevaluation of exercises and other factors that influence strength, energy and stamina, and there's no way to know these details unless you keep track in a journal. This journal offers much more than just a place to write down your sets and reps. It also contains a labeled diagram of the human body, a heart rate chart, motivational quotes, progress sections to mark weight and measurement data and record weekly, monthly and long-term goals and reflections, and inspirational photographs of bodybuilding stars.



READ ONLINE
[2.58 MB]

Reviews

This publication is indeed gripping and interesting. It is rally exciting through reading period of time. I am just happy to inform you that this is the very best publication i actually have go through during my individual existense and could be he finest pdf for ever.

-- Miss Lela VonRueden

Undoubtedly, this is actually the finest work by any author. Of course, it is perform, nonetheless an amazing and interesting literature. You will like just how the article writer publish this book.

-- Dr. Isom Dibbert Jr.