

**90 Day Gym Training Log Book: Daily Record Journal for Gym Training  
Fitness Exercise Cardio Strength Workouts Log Book and Progress Tracker  
Notebook with Workout Motivation Quotes. Pocket Size 6 X 9 Inches,**



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***(Dr. Isabell Wiza DDS)***

**90 DAY GYM TRAINING LOG BOOK: DAILY RECORD JOURNAL FOR GYM TRAINING FITNESS EXERCISE CARDIO STRENGTH WORKOUTS LOG BOOK AND PROGRESS TRACKER NOTEBOOK WITH WORKOUT MOTIVATION QUOTES. POCKET SIZE 6 X 9 INCHES,**

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