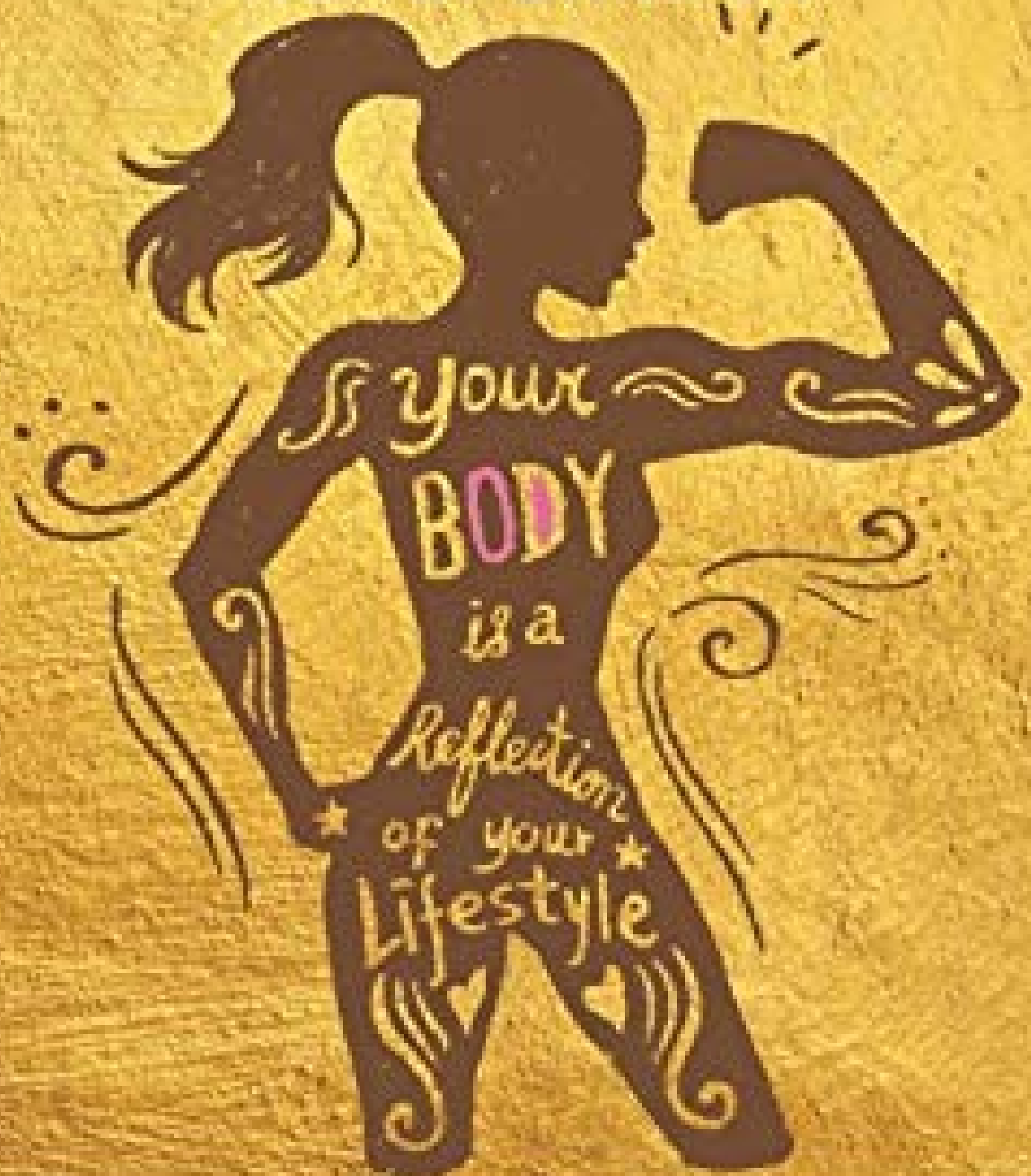


# WORKOUT LOG

## MEALPLANNER



*Log Book Corner*

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Honestly the best and most detailed workout log I've ever bought Honestly the best and most detailed workout log I have ever bought. Show the pages in the explanation. I can write models with weights down and has a meal plan I can write in for myself! Love how it gives me upper body Love how it gives me top body, lower torso, and Ab options. Five Stars It is exactly what I was looking for in a log reserve. It's so worthwhile and I intend to purchase more books. The create of the reserve is just blah Too much detail for average workouts A lot more detailed that what I needed. I do Pilates and WEIGHT TRAINING and Cardio. I missed window to come back this item because of a move but not what I was expecting.



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