



Wod Record (Smaller Size) (Paperback)

By Wod Record

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. SAME GREAT LOGBOOK! - SAME GREAT PRICE! - SMALLER SIZE FOR YOUR BAG! Your training is not complete until you write it down. We all train hard, that makes us who we are. The only problem is none of us have PERFECT memories. Going back, reviewing where we have been, where we want to go, and understanding the road that gets us there is crucial to our success. Don't pay close to \$20 for a training log. This is the perfect size and PRICE to keep you organized and help you reach the next level KEEP RECORDS FOR: 6 months worth of multi-session workouts. Goal and PR setting for: Strength Skill / Movements Benchmarks and Cardio PLUS a weightlifting percentage chart to help calculate your Olympic lifts. The rest is up to you!!.



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