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# THE 24 HOUR FITNESS TRAINING JOURNAL LOGBOOK: (FITNESS, FITNESS JOURNAL, PERSONAL TRAINING, WEIGHT LOSS, EXERCISE JOURNAL, EXERCISE FITNESS)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is The 24 Hour Fitness Personal Training Journal and Logbook all about? We have created a better Personal Training Journal and Logbook for both trainers and clients of 24 Hour Fitness Personal Training Programs. This will not only be a teach tool, and educational aide, but also valuable in recording which exercises a client...

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- Authored by Jack Reegan, Stephanie Bowen
- Released at 2016



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