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DAY TO DAY FITNESS JOURNAL (PAPERBACK)



Weight a Bit, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to achieve your goals and attain optimum health? Keep this book by your side while working out. Keep track of your home workouts and going to the gym as well as daily chores that can really add up! Records cardio and strength training as well as room for notes.

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- Authored by Leslie Lane
- Released at 2014



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