



MuscleMag International's No Pain No Gain Training Journal

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A must-have for anyone focused on building muscle. Muscle building requires constant reevaluation of exercises and other factors that influence strength, energy and stamina, and there's no way to know these details unless you keep track in a journal. This journal offers much more than just a place to write down your sets and reps. It also contains a labeled diagram of the human body, a heart rate chart, motivational quotes, progress sections to mark weight and measurement data and record weekly, monthly and long-term goals and reflections, and inspirational photographs of bodybuilding stars.

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Peter Mullins:

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