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The Weider Weight Training Log

Daniel Levesque

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As the International Federation of BodyBuilders (IFBB) worldwide official training log, the second edition of The Weider Weight Training Log enjoys a unique recognition. This training companion is the most complete, up-to-date training tool for effectively monitoring safe, regular, progressive and balanced weight training and aerobic workouts for a full year. The Weider Weight Training Log is the most comprehensive of all training logs.

The Weider Weight Training Log is unique and versatile. It first looks for men and women who introduced fitness and weight training activities in their lifestyle. It is designed to appeal to all levels - beginners, casual and serious fitness enthusiasts.

The book is endorsed by Ben Weider, the International President of the IFBB with 173 countries as members (provisionally recognized by the International Olympic Committee in 1998), and his famous brother, Joe Weider, trainer of champions, and also publisher and editor of successful Weider Publications magazines, such as Muscle and Fitness, Flex, Men's Fitness and Shape. The book is also recommended by several prestigious organizations, such as the United States Sports Academy, Weider Health and Fitness, Powerhouse Gym International, the International Sports Sciences Association (ISSA) and the National Physique Committee (USA).

The Weider Weight Training Log is a training tool with undeniable advantages:
- adapted to all training methods;
- makes it easy to monitor training;
- helps maintain motivation and interest;
- is training and results oriented;
- is a complete analytical tool for fitness/exercise instructors, personal coaches, physical education teachers and strength conditioning coaches;
- and it slips easily into a gym bag!

Based on an innovative concept and on the most significant training data, the training log allows its users to record, plan and analyze all their training sessions and related workouts, and to evaluate their individual progress, which is gauged according to individual needs and goals, while motivation is maintained on a daily, weekly or monthly basis. User friendly, this training companion proves helpful every day of the year. It contains indispensable, year-round information and training tips.

Users can keep a daily record of their sports activities, business appointments, personal commitments and diet in a space equivalent to that available in traditional daily planners, as well as keep track of their weight training sessions and aerobic workouts. Unlike most training logs, but like all daily planners, it offers its users a full year of diary on a one-page-per-day format.

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Bruce Harrison:

The Weider Weight Training Log can be one of your beginning books that are good idea. All of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort that will put every word into pleasure arrangement in writing The Weider Weight Training Log nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial contemplating.

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