



# The Workout Log

*Joe Oliver*

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## **The Workout Log** Joe Oliver

The Workout Log

This book is designed to help you keep track of your workouts so that you can make every workout count towards your goal! By keeping track of your progress, you can tell right away what works and what doesn't.

The front cover is laminated with a unique Yin and Yang workout design of two people working out within a gear-shift wheel. The author, who is also a professional computer designer, designed the cover. The inside cover has a conversion chart from kilograms to pounds. The first page explains in a user-friendly manner of how to use the book.

The 2nd and 3rd pages are designed to annotate your present body measurements, height, weight and your max on squats and benchpress. The actual "log" portion of the book is designed in an easy-to-use format. The user can track how many reps and sets he did with a particular weight. It even has a section that asks, "How the workout went" and the user can circle

BAD OK GOOD VERY GOOD EXCELLENT (or even) #@!

For those really bad days in the gym.

This book has been in circulation since 1994. It has sold extremely well in the gyms across Canada, but it's time now to get the book on the net and to a larger market.

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