



## Black's Training Journal: Track All of Your Workouts, Personal Training Sessions and Body Measurements

---

By Nicholas Black

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Black's Training Journal? You have access to the best trainers around, now it's time for you to monitor your progress! This will not only be a teach tool, and educational aide, but also valuable in recording which exercises a client has performed as they strive to reach their personal fitness goals. So what's our goal with all of this? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it's all about metabolism. Metabolism can be summed up as all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your resting metabolic rate would be the amount of calories your body is burning when...



**READ ONLINE**  
[ 4.71 MB ]

### Reviews

*Extensive guide for publication fans. It can be rally exciting throgh studying time. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Maurine Rohan**

*It in a single of my personal favorite book. I really could comprehended almost everything using this composed e book. Your daily life period will be enhance the instant you complete reading this article pdf.*

-- **Haskell Osinski**