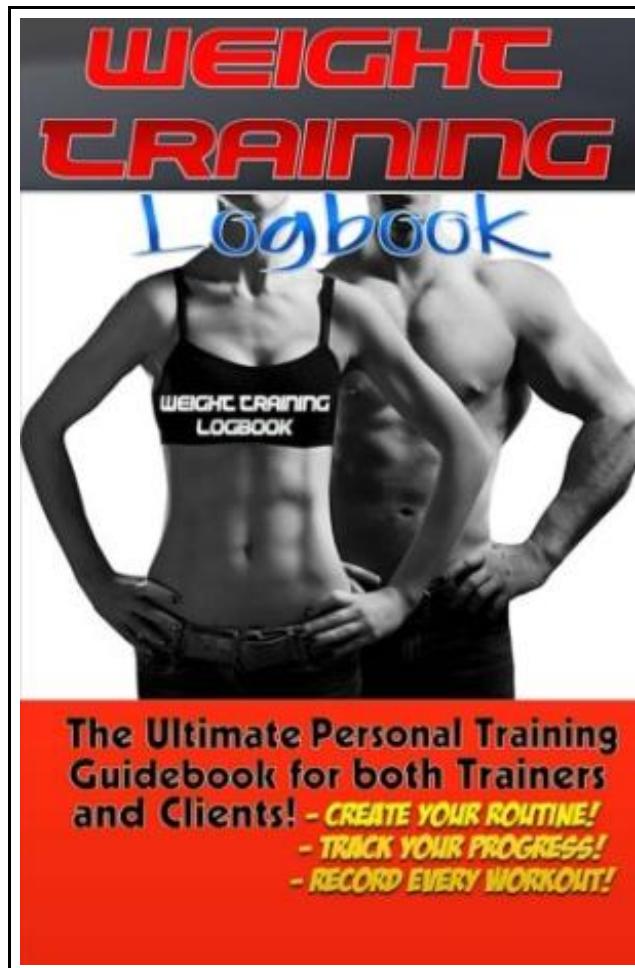


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is The Weight Training Journal and Logbook all about? We have created a better Personal Training Journal and Logbook for both trainers and clients of any Personal Training Programs. 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. It tracks all of your workouts and has weekly and monthly measurements so you can track all your progress! 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 goal is to add lean tissue and in turn elevate our resting metabolic rate. Muscle creates metabolism So how do we do that? As we add lean muscle to our bodies the muscle will require more calories to survive. Imagine adding a bunch of plug-in space heaters into your apartment during the winter. As we keep adding heaters, the energy demands go up and our electric bill rises. More heaters, more heat. Similarly, as we keep adding lean muscle, our body must use more calories to operate that new muscle Just like the space heaters. More muscle more...

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