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Workout Log 8-29-07 By Alan Palmieri Wednesday August 29 2007 and I just completed a delt biceps and triceps workout Sipped a protein drink thumbed through an old IronMan and checked my emails I really don't like emails and cell phones but unfortunately they are a business necessity Just like computers hate em but have to have em I'm self-taught on a computer and can't do much Bob Miller a fireman design...

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[CHAPTER 5 - LOG TEMPLATES](#)

To access the Log Template Editor from the main NL8 menu select Logs then the Template Type you want to work with You can then use the drop-down boxes to select the Station Log Template Type the Specific Log Template and the hour to be displayed What Are Log Templates Log Templates or skeleton logs are used by NL8 so that it will know where you want commercial avails programs text and automation commands...

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DC workout schedules for various people I probably should have written this a while back but I see a lot of people asking about it now. Schedules. Most of the people I personally train I have them on the Monday Wednesday Friday Monday scheme with body parts split like this: a) Chest Shoulders Triceps Back width Back thickness b) Biceps Forearms Calves Hamstrings What is important about that is there is always a day be...

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[WORKOUT](#)

Highlights What is WorkOut? A process to achieve improvements quickly by engaging the knowledge, commitment, and enthusiasm of those within your organization that are closest to the work. A format for concentrated, intentional decision-making. WorkOut Philosophy Eliminate wasted time and effort Focus on the customer, both internal and external Cooperation across functional and hierarchical boundaries...

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