

Eat Sleep Jiu Jitsu Repeat 8 5x11 Blank Lined Bjj Training Notebook Or Journal By Rowling Forester

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"Reseña del editor **Eat. Sleep. Jiu Jitsu. Repeat. You know the drill.**Need a workout journal? Place to share your reflections and lessons post-session? Look no further than this simple lined notebook featuring your favorite fighting style on the cover.**FEATURES-** 110 pages, 55 sheets of white lined paper- 8.5x11"" size- Soft flexible cover that is easy to wipe sweat off of- College-ruled lines- No bulls**t, just a simple lined journal"

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For those who were thinking damn this is a long post it s a bit under 9500 words about 20 8 5x11 doublespaced typewritten pages or about 30 40 pages in the large format paperbacks usually devoted to this kind of subject depending on photos illustrations and layout and it s actually still way too short with nowhere near

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