



Bodybuilding.com's Workout Log

Monday (do entire routine twice).

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2
Barbell Curls (use a short barbell) - 12-15.		
Pullups - 10-12.		
Crunches - 10-15.		
Dumbbell Curls (do not alternate arms) - 12-15.		
One Arm Rows - 12-15.		
Crunches - 10-15.		
Concentration Curls - 12-15.		
Lat Pulldowns - 12-15.		
Crunches - 10-15.		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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