



Bodybuilding.com's Workout Log

Wednesday (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
Bench Press - 12-15.		
Overhead Extensions - 12-15.		
Front Raises - 12-15.		
Incline Dumbbell Press - 12-15.		
Pushdowns - 12-15.		
Lateral Raises - 12-15.		
Incline Bench Flyes - 12-15.		
Triceps Kickback - 12-15.		
Rear Lateral Raises - 12-15.		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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