



Bodybuilding.com's Workout Log

Tuesday - Week Two

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 | Set #3 | Set #4 | Set #5 | Set #6 | Set #7 |
|--------------------------------|--------|--------|--------|--------|--------|--------|--------|
| Bench press - 8 Reps | | | | | | | |
| Incline bench press - 8 Reps | | | | | | | |
| Pull-ups - 6 Reps | | | | | | | |
| T-bar row - 8 Reps | | | | | | | |
| Behind the neck press - 8 Reps | | | | | | | |
| Dips - 10 Reps | | | | | | | |
| DB side raise - 8 Reps | | | | | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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