



Bodybuilding.com's Workout Log

Randy's Beginner 3-day Full Body Routine

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
Floor Crunches - 12-15 Reps			
Bench or Chest Press - 8-12 Reps			
Dumbbell Flyes - 8-12 Reps			
Lat Pull-downs - 8-12 Reps			
Cable Rows - 8-12 Reps			
Shoulder Press - 8-12 Reps			
Barbell Curls - 8-12 Reps			
Tricep Pushdowns - 8-12 Reps			
Squats or Leg Presses - 8-12 Reps			
Leg Extensions - 8-12 Reps			
Leg Curls - 12-15 Reps			
Calf Raises - 12-15 Reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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