



## Bodybuilding.com's Workout Log

K.I.S.S. Sample Ab Workout #1

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
Hanging Leg Raises - Warm Up (12 reps)		
Hanging Leg Raises - To Failure		
Cable Crunches - Warm Up (12 reps)		
Cable Crunches - To Failure		
Side Crunches - To Failure		
Trunk Twists (30+ reps)		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).