



## Bodybuilding.com's Workout Log

Neese's Day 3 Pre-Competition Workout

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
PLATFORM DEADLIFTS (5 Reps)					
ZURCHER DEADLIFTS (5-10 Reps)					
POWER CLEANS (3-5 Reps)					
INCLINE SIT-UPS (to failure)					
BARBELL CURLS (8-10 Reps)					
ROPE PUSHDOWNS (8-10 Reps)					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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