



# Bodybuilding.com's Workout Log

Monday - Week Three

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
Power Cleans - 5 Reps				
Low pulls - 8 Reps				
Back squat - 8 Reps				
Leg press - 10 Reps				
Hamstring curl - 10 Reps				
Hip flexion (multi-hip machine) - 10 Reps				
Abdominal crunches - 100 Reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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