



Bodybuilding.com's Workout Log

Doberman Dan's Non-Pyramid System

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING:

EXERCISE	Set #1
Set 1: Warm-up - 20 Reps	
Set 2: Warm-up - 12 Reps	
Set 3: Warm-up - 12 Reps	
Set 4: 1st Weight Acclimation Set - 4 Reps	
Set 5: 2nd Weight Acclimation Set - 1 to 2 Reps	
Set 6: 1st Work Set - 6 to 8 Reps	
Set 7: 2nd Work Set - 6 to 8 Reps	
Set 8: 3rd Work Set - 6 to 8 Reps	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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