

Bodybuilding.com's Workout Log

Day 1 - Shoulders & Arms (Monday/Thursday)

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
Wide Grip Upright Rows - 10-12 reps				
Military Press - 10-12 reps				
Rear Delt Rows - 10-12 reps				
E-Z Curls - 10-12 reps				
Lying E-Z Triceps Extensions - 10-12 reps				
E-Z Preacher Curls - 10-12 reps				
Triceps Dips - 10-12 reps				
Wrist Curls- 15-30 reps				
Reverse Wrist Curls - 15-30 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Be sure to go back to <http://www.bodybuilding.com> to print more workout logs when needed! Also, don't forget that Bodybuilding.com has the largest selection, the fastest and cheapest shipping, the most info, and

the lowest prices in the world for the bodybuilding products you need.