

Bodybuilding.com's Workout Log

Day 3 - Chest & Back (Wednesday/Saturday)

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
Incline Barbell Bench Press - 10-12 reps 45				
Wide Grip Pull-up to Front - 10-12 reps				
Chest Dips - 10-12 reps				
Close Grip Pull-up - 10-12 reps				
Dumbbell Shrugs - 10-12 reps				
External Rotations - 15-20 reps				
Hanging Leg Raises - 20-25 reps				
Crunches - 20-25 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.