

Bodybuilding.com's Workout Log

Bulking Phase Workout: Tuesday

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
Standing Barbell Curls - 6 reps				
Barbell Calf Raises - 6 reps				
Reverse Smith Machine Raises - 6 reps				
Barbell Military Press - 6 reps				
Lateral Dumbbell Raise - 6 reps				
Rear Delt Row - 6 reps				
Close grip bench press - 6 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.