

# Bodybuilding.com's Workout Log

Bulking Phase Workout: Friday.

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
Preacher Curls - 12 reps			
Barbell Calf Raises - 12 reps			
Seated Calf Raises - 12 reps			
Front Delt Raise - 12 reps			
Lateral Dumbbell Raise - 12 reps			
Rear Delt Row - 12 reps			
Barbell Tricep Extension - 12 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.