



## Bodybuilding.com's Workout Log

Tuesday - Weight Training

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
Barbell Bench - 5 reps			
Dumbbell Shoulder Press - 8 reps			
Dumbbell Shrugs - 8 reps			
Reverse Barbell Curls - 8			
Barbell Deadlifts - 5 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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