Mike O'Hearn's Power Bodybuilding: Back Workout
www.bodybuilding.com/fun/mike-ohearn/power-bodybuilding/back-workout.html

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 lbs for 10 reps, you would write "100 x 10". The grey boxes below are not used.

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Deadlift (warm-up) low weight	1-3								
Deadlift (working set) heavy weight	7	2							
One-arm row heavy weight	5	10							
Pull-downs heavy weight	3	8							

NOTES

BODYBUILDING.COM Information. Motivation. Supplementation. ***FREE PRINTABLE EXERCISE LOGS***