



Olivia Burgess's Workout Log - Bodybuilding.com

Monday: Back And Abs

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 |
|--|--------|--------|--------|--------|
| Deadlifts: 4 sets of 8-10 reps | | | | |
| Pullups: 4 sets of 8-10 reps | | | | |
| One-Arm Dumbbell Rows: 4 sets of 8-10 reps | | | | |
| Lat Pulldown: 4 sets of 8-10 reps | | | | |
| Seated Cable Row: 4 sets of 8-10 reps | | | | |
| Oblique Crunches: 4 sets of 8-10 reps | | | | |
| Decline Sit-Ups: 4 sets of 8-10 reps | | | | |
| Planks: 4 sets of 8-10 reps | | | | |
| Hanging Leg Raise: 4 sets of 8-10 reps | | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).