

Olivia Burgess's Workout Log - Bodybuilding.com

Wednesday: Shoulders

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
Military Press: 4 sets of 8-10 reps				
Circuit:				
Seated Dumbbell Press: 4 sets of 8-10 reps				
Lateral Raises: 4 sets of 8-10 reps				
Rear Delt Raises: 4 sets of 8-10 reps				
Upright Barbell Rows: 4 sets of 8-10 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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