



Victor Egonu's Workout Log - Bodybuilding.com

Day 2: Back and Rear Delts

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
Weighted Wide Grip Pull-Ups - 4 sets of 8-12 reps				
Deadlifts - 4 sets of 5-10 reps				
Barbell Row - 4 sets of 8-10 reps				
Lat Pulldown - 3 sets of 10 reps				
Seated Cable Row - 3 sets of 12 reps				
Incline Rear Delt Raises - 3 sets of 12 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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