2 Inches By Spring Arms Workout's Workout Log - Bodybuilding.com

Wednesday Workout

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.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chin-up: 3 sets of 6-8 reps, rest 60 sec. If you can't do at least 6 reps, use the assisted chin-up machine</td>
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<td>Done with straight sets after chest, front and middle delts.</td>
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<td>Drag curl: 3 sets of 8-10 reps, rest 60 sec.</td>
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<tr>
<td>Seated triceps press: 3 sets of 8-10 reps rest 60 sec.</td>
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<tr>
<td>Weighted bench dip: 3 sets of 6-8 reps, rest 60 sec.</td>
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</tbody>
</table>
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