



Bodybuilding.com's Workout Log

Volume Training: 8 Sets Of 8 - Advanced

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	Set #5	Set #6	Set #7	Set #8
A1 Barbell Drag Curl 8 reps								
B1 Incline Dumbbell curl 8 reps								
C1 Hammer curl 8 reps								
D1 Close Grip bench Press 8 reps								
E1 Flat bench lying 2 dumbbell tricep extension 8 reps								
F1 Parallel bar tricep dips 8 reps								

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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