



## Bodybuilding.com's Workout Log

### Multi Grip Tri-set Routine

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
A1 EZ bar Reverse Curl 6-8 reps			
A2 Hammer Curl 6-8 reps			
A3 EZ barbell Curl X 6-8 reps			
B1 Tricep Pushdown reverse grip (palms up) 6-8 reps			
B2 Tricep pushdown with rope (palms face each other) 6-8 reps			
B3 Tricep pushdown regular grip (palms down) 6-8 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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