



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:

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