



## Bodybuilding.com's Workout Log

### Multi Angle 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 Incline dumbbell curl (stretch) 6-8 reps			
A2 Seated dumbbell curl (midrange) 6-8 reps			
A3 90 degree dumbbell preacher curl (contracted) 6-8 reps			
B1 Seated EZ bar tricep extension 6-8 reps			
B2 EZ bar tricep extension to forehead 6-8 reps			
B3 Decline bench EZ bar tricep extension 6-8 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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