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>
<th>Set #4</th>
<th>Set #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1 Pull-up: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A2 Dips: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1 Barbell curl: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B2 Triceps extension: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bench press: 5 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bent-over row: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Deadlift</strong>: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dumbbell shoulder press</strong>: 3 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squat</strong>: 5 sets of 3-5 reps, 4 min. rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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