



Bodybuilding.com's Workout Log

Drop Supersets

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 Standing hammer curl 6-8 reps 40 lbs | | | |
| A2 Standing palms up Dumbbell Curl 6-8 reps 40 lbs | | | |
| Rest 0-10 sec | | | |
| A3 standing hammer curl 6-8 reps 35 lbs | | | |
| A4 Standing palms up Dumbbell Curl 6-8 reps X 35 lbs | | | |
| Rest 0-10 sec | | | |
| A5 standing hammer curl 6-8 reps 30 lbs | | | |
| A6 Standing palms up Dumbbell Curl 6-8 reps X 30 lbs | | | |
| Rest 120 seconds, then repeat 1-2 more times | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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