



## Bodybuilding.com's Workout Log

Gironda's 6 X 6 balanced arms 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	Set #4	Set #5	Set #6
A1 Straight Bar Preacher curl 6 reps						
A2 Body drag curl 6 reps						
B1 Rope extension behind head (lunge position, using high pulley) 6 reps						
B2 EZ Bar Pullover and Press 6 reps						
C1 Barbell Wrist Curl (roll to fingertips) 6 reps						
C2 Barbell reverse drag curl 6 reps						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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