Bodybuilding.com's Workout Log

Monday 2: Lower Day Two

**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.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternate Dumbbell Curls - 12 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg Press Calf Raises - 15 reps (with 5 second pause at bottom)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lying Leg Curls - 12 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plate Twists - as much weight as possible</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squats - 8,20 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**
Back to the Printable Logs Main Page.