



Alex Stewart's Workout Log - Bodybuilding.com

Back/Shoulders

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
Arnold Press: 3 sets of 8 reps				
Side Dumbbell Raise: 4 sets of 12 reps				
Lying Rear Delt Raises: 3 sets of 12 reps				
Pullups or Wide-Grip Pulldowns: 4 sets of 12-15 reps				
Overhand Grip Barbell Row: 3 sets of 8-12 reps				
Close-Grip Pulldowns: 4 sets of 12-15 reps				
Barbell Shrugs: 4 sets of 12 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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