



Jason Tucker's Workout Log - Bodybuilding.com

Delts/calves

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
Arnold Press: 5 sets of 8-12 reps					
Dumbbell lateral raise: 5 sets of 10-18					
Front delt raise: 3 sets of 10 reps					
Cable high pull: 4 sets of 12 reps					
Seated calf raise: 4 sets of 20 reps					
Standing calf raise: 4 sets of 10 reps (heavy)					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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