



## Bodybuilding.com's Workout Log

Sample FST-7 Program - Day 1: Biceps, Triceps, And 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	Set #6	Set #7
Barbell Curl: 3-4 sets of 8-12 reps							
Hammer Curls: 3-4 sets of 8-12 reps							
Cable Curls: 7 sets of 8-12 reps							
Close-Grip Bench Press: 3-4 sets of 8-12 reps							
Seated Triceps Press: 3-4 sets of 8-12 reps							
Cable Overhead Triceps Extension: 7 sets of 8-12 reps							

<b>Seated Calf</b> raises: 3-4 sets of 8-12 reps							
<b>Standing Calf</b> Raises: 7 sets of 8-12 reps							

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).