



Alex Stewart's Workout Log - Bodybuilding.com

Legs/Arms

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 |
|---|--------|--------|--------|--------|
| Barbell Full Squats: 4 sets of 12 reps | | | | |
| Freehand Jump Squat: 2 sets of 25 reps | | | | |
| Barbell Lunge: 3 sets of 12 reps, each leg | | | | |
| Bench Dips: 4 sets of 12-15 reps | | | | |
| Preacher Curls: 4 sets of 12-15 reps | | | | |
| Dumbbell One-Arm Triceps Extension: 3 sets of 15 reps, each arm | | | | |
| Alternate Dumbbell Curl: 3 sets of 12 reps, each arm | | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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