Bodybuilding.com's Workout Log

Monday 1: Upper Day One

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>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Rows - 10 reps</td>
<td></td>
<td></td>
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<tr>
<td>Bench Press - 8-12 reps</td>
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<tr>
<td>Chins - failure (add weight if you can get over 15 reps)&lt;</td>
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<tr>
<td>Military Press - 12 reps</td>
<td></td>
<td></td>
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<tr>
<td>Skull crushers - 15 reps</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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