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.

**EXERCISE** | Set #1 | Set #2
--- | --- | ---
Barbell Rows - 10 reps |  |  
Bench Press - 8-12 reps |  |  
Chins - failure (add weight if you can get over 15 reps)< |  |  
Military Press - 12 reps |  |  
Skull crushers - 15 reps |  |  

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**