



Ryan Pitts's Workout Log - Bodybuilding.com

Chest/Back

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 incline press: 4 sets of 8-12 reps				
Cable cross-over (low to high): 3 sets of 12-15 reps				
Bench press: 4 sets of 8-12 reps				
Cable cross-over (high to low): 3 sets of 12-15 reps				
Wide-grip pull-up: 4 sets of 8-12 reps				
Reverse-grip pull-down: 4 sets of 8-12 reps				
V-bar pull-down: 4 sets of 8-12 reps				

**Straight-arm pull-down: 4 sets of 8-12
reps**

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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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