



TESTOSTERONE-BOOSTING WORKOUT PROGRAM's Workout Log - Bodybuilding.com

Back and Arm Workout

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
Barbell rack row: 5 sets of 10 reps					
Pull-up: 3-4 sets of 6-10 reps					
Alternating kettlebell row: 3-4 sets of 8-10 reps					
Dip: 4 sets of 10 reps					
Lying skullcrusher: 4 sets of 10 reps					
Biceps curl: 3-4 sets of 10 reps					
Zottman curl: 3-4 sets of 8-10 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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