# Phase 2: Intensification/Aerobic Block's Workout Log - Bodybuilding.com

**Week 5, Day 2: Upper Body**

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**DAY:**

__________________________

**DATE:**

__________________________

**TIME:**

__________________________  am/pm

**CARDIO TODAY?**  YES  NO

__________________________  EXERCISE  ________________________  DURATION

**LENGTH OF WORKOUT:**

__________________________

**WEIGHT:**

__________________________

**LOCATION:**

__________________________

**MOOD WHEN STARTING:**

__________________________

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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>
<th>Set #3</th>
<th>Set #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behind-the-neck press: 4 sets of 8-10 reps, rest 60 sec.</td>
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<tr>
<td>Face pull: 4 sets of 15 reps, rest 60 sec.</td>
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<tr>
<td>Floor press: 4 sets of 4-6 reps, rest 90 sec.</td>
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<tr>
<td>Medicine-ball chest pass: 3 sets of 5 reps, rest 90 sec.</td>
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<tr>
<td>Mixed-grip pull-up (weighted): 4 sets of 8 reps, rest 90 sec.</td>
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<td></td>
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</tr>
</tbody>
</table>

**Paired set:**
TRAINING, NUTRITION & SUPPLEMENT NOTES:

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