HMB-FA Experiment - Phase Three's Workout Log - Bodybuilding.com

Friday

**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.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
<th>Set #4</th>
<th>Set #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench press: 5 sets of 5 with 40-60% 1 RM, 3 min. rest</td>
<td></td>
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<tr>
<td>Deadlift: 5 sets of 5 with 40-60% 1 RM, 3 min. rest</td>
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<tr>
<td>Squat: 5 sets of 5 with 40-60% 1 RM, 3 min. rest</td>
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</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**
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