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

Wednesday

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>
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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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</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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