



Jason Tucker's Workout Log - Bodybuilding.com

Chest/triceps

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
Bench press: 1 warm-up set of 20 reps				
Dumbbell flat bench press: 4 sets of 8-12 reps				
Superset:				
Dumbbell fly: 4 sets of 20 reps				
Incline bench press: 4 sets of 12-15 reps				
Cable fly: 3 sets of 15 reps low				
Cable fly: 3 sets of 15 reps high				
Skullcrusher: 4 sets of 12 reps				
Rope push-down: 4 sets of 8 reps				
Chest dip: 4 sets to failure				
Triset:				

Behind-the-neck press: 4 sets of 20 reps				
Dumbbell lateral raise: 4 sets of 20 reps				
Seated front raise: 4 sets of 20 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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