



Jamie Eason's Workout Log - Bodybuilding.com

Chest and abs

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
Bench press: 3 sets of 6-8			
Pec-deck machine: 3 sets of 8-12 reps			
Machine chest press: 3 sets of 8-12 reps			
Decline dumbbell chest press: 3 sets of 8-12 reps			
Cable cross-over: 3 sets of 8-12 reps			
Wide-grip push-up: 2 sets of 10 reps			
Medicine-ball Russian twist: 3 sets of 20 reps			
Medicine-ball toe touch: 3 sets of 10 reps			
Medicine-ball sit-up: 2 sets of 10 reps			
HIIT cardio: 20 min.			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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