



# Jason Tucker's Workout Log - Bodybuilding.com

## Back/Rear delts/Biceps

**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
Bodyweight pull-up: 4 sets to failure				
Superset:				
Seated low pulley row: 4 sets of 10 reps				
Lat pull-down: 4 sets of 12 reps				
Bent-over row: 4 sets of 8 reps (heavy)				
Reverse-grip pull-down: 4 sets of 20 reps				
Reverse machine fly: 4 sets of 30 reps				
Seated alternating dumbbell curl: 4 sets of 12 reps				

<b>Reverse grip EZ-bar curl: 3 sets of 10 reps</b>				
<b>Machine preacher curl: 4 sets of 12 reps, last set is a dropset</b>				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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