Runner Strength Training's Workout Log - Bodybuilding.com

Stabilization

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>
</tr>
</thead>
<tbody>
<tr>
<td>Clamshells: 1 set of 100 reps daily</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Rotisserie chicken: 3 sets of 10 reps</td>
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<tr>
<td>Side-lying hip adduction: 3 sets of 10 reps</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Side-lying hip bridge: 3 sets of 10 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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