Bodybuilding.com's Workout Log

Wednesday 2: Upper Day Three

**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>
</tr>
</thead>
<tbody>
<tr>
<td>Close Grip Bench Press - 15 reps</td>
<td></td>
<td></td>
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<tr>
<td>Decline Bench Press - 8-12 reps</td>
<td></td>
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<tr>
<td>Machine Shoulder Press - 8 reps</td>
<td></td>
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<tr>
<td>Rack Chins - taken to failure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-Bar Rows - 10 reps</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**
Back to the *Printable Logs Main Page*.