



## Bodybuilding.com's Workout Log

### Sample Arms Workout 1

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	Set #5
Close-Grip Bench Press: 3 sets of 4-6 reps					
Cable Rope Overhead Triceps Extension: 2 sets of					
Triceps Pushdowns: 2 sets of 15 reps					
Barbell Curl: 3 sets of 4-6 reps					
Alternating Dumbbell Curls: 2 sets of 8-12 reps					
Straight Bar Cable Curls: 3 sets of 15 reps					

<b>Palm Down Barbell Wrist Curls Over Bench: 5 sets of 25 reps</b>					
--	--	--	--	--	--

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).