



Ryan Pitts's Workout Log - Bodybuilding.com

Arms

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
Close-grip bench press: 4 sets of 8-12 reps				
Single-arm dumbbell extension: 4 sets of 8-12 reps				
Cable press-down: 3 sets of 8-12 reps				
Single-arm reverse-grip push-down: 3 sets of 8-12 reps				
Standing barbell curl: 4 sets of 8-12 reps				
Reverse curl with EZ-bar: 3 sets of 8-12				
Dumbbell hammer curl: 3 sets of 8-12 reps				
Preacher curl: 3 sets of 8-12 reps				

Barbell wrist curl: 3 sets of 8-15 reps				
Reverse wrist curl with dumbbell: 3 sets of 8-15 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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