



# 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.

<b>EXERCISE</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>	<b>Set #4</b>
<b>Close-grip bench press: 4 sets of 8-12 reps</b>				
<b>Single-arm dumbbell extension: 4 sets of 8-12 reps</b>				
<b>Cable press-down: 3 sets of 8-12 reps</b>				
<b>Single-arm reverse-grip push-down: 3 sets of 8-12 reps</b>				
<b>Standing barbell curl: 4 sets of 8-12 reps</b>				
<b>Reverse curl with EZ-bar: 3 sets of 8-12</b>				

<b>reps</b>				
<b>Dumbbell hammer curl: 3 sets of 8-12 reps</b>				
<b>Preacher curl: 3 sets of 8-12 reps</b>				
<b>Barbell wrist curl: 3 sets of 8-15 reps</b>				
<b>Reverse wrist curl with dumbbell: 3 sets of 8-15 reps</b>				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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