Bodybuilding.com's Workout Log

Friday 1: Upper Day Two

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>Deadlifts - 8, 4 reps</td>
<td></td>
<td></td>
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<tr>
<td>Dips - 12 reps (add weight if necessary)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumbbell Military Press - 12 reps</td>
<td></td>
<td></td>
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<tr>
<td>Incline Dumbbell Press - 8-12 reps</td>
<td></td>
<td></td>
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<tr>
<td>Wide Grip Pulldowns - 10 reps</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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