Phase 2: Intensification/Aerobic Block's Workout Log - Bodybuilding.com

Week 8, Day 3: Lower Body

**DAY:**
__________________________

**DATE:**
__________________________

**TIME:**
__________________________

**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>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deficit deadlift: 3 sets of 5 reps, 50% of Week 7, rest 2 min.</td>
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<tr>
<td>Dumbbell step-up: 3 sets of 10 reps, rest 30 sec.</td>
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<tr>
<td>Good morning (with band if possible): 3 sets of 15 reps, rest 30 sec.</td>
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<tr>
<td>Pallof press: 3 sets of 10 reps, rest 60 sec.</td>
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<td></td>
</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**
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