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

**Week 7, Day 3: Lower Body**

**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>
<th>Set #3</th>
<th>Set #4</th>
<th>Set #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deficit deadlift: 5 sets of 3 reps, rest 2 min.</td>
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<tr>
<td>Dumbbell step-up: 4 sets of 10 reps, rest 30 sec.</td>
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<tr>
<td>Good morning (with band if possible): 4 sets of 15 reps, rest 30 sec.</td>
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<td>Paired set:</td>
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<tr>
<td>Pallof press: 4 sets of 10 reps, rest 60 sec.</td>
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<tr>
<td>Power clean: 5 sets of 4 reps, rest 2 min.</td>
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</tbody>
</table>
TRAINING, NUTRITION & SUPPLEMENT NOTES:

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