



## Jen Rankin's Workout Log - Bodybuilding.com

Day 4: Shoulders/Rear Delts/Abs

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
Dumbbell Overhead Press: 3 sets of 15,12,10 reps			
Dumbbell Upright Row: 3 sets of 15, 12, 12, reps			
Dumbbell Lateral Raise: 3 sets of 15, 12, 12, reps			
Rear Delt Flyes: 3 sets of 18, 15, 12, 10 reps			
Dumbbell Reverse Flyes: 3 sets of 12 reps			
Hanging Leg Raise: 3 sets to failure			
Full Sit-up on Stability Ball: 3 sets of 30 reps			
Bicycle Crunch: 3 sets of 12 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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