2 Inches By Spring Arms Workout's Workout Log - Bodybuilding.com

Saturday Workout (done light after back and rear delts)

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>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell biceps curl: 3 sets of 12 reps, rest 60 sec.</td>
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<tr>
<td>Overhead cable curl: 3 sets of 15 reps, rest 60 sec.</td>
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<tr>
<td>Parallel-bar dip (triceps version): 3 sets of max reps, rest 60 sec.</td>
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<tr>
<td>Triceps overhead extension (rope): 3 sets of 15 reps, rest 60 sec.</td>
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</tbody>
</table>

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