Bodybuilding.com's Workout Log
The Worlds Most Efficient Workout

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>
<th>Set #6</th>
<th>Set #7</th>
<th>Set #8</th>
<th>Set #9</th>
<th>Set #10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell or Kettlebell Thrusters: As many sets as you like of 10 reps, rest 1-2 minutes</td>
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<tr>
<td>Turkish Get-Up: As many sets as you like of 3 quality reps/side</td>
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Training, Nutrition & Supplement Notes:
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