



Samantha Bowman's Workout Log - Bodybuilding.com

Back and Biceps

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	Set #4	Set #5
Elliptical: 7-10 min. warm-up					
Superset:					
Lying T-bar row: 5 sets of 5 reps					
Bent-over barbell row (underhand grip): 5 sets of 5 reps					
Superset:					
Standing dumbbell upright row: 3 sets of 10 reps					
Single-arm dumbbell row: 3 sets of 10 reps					

Superset:					
Seated cable row: 5 sets of 10 reps					
Pull-up: 5 sets of 10 reps					
Leverage high row: 3 sets of 10 reps					
Barbell curl: 5 sets of 8 reps					
Cable hammer curl (rope attachment): 4 sets of 12 reps					
Leg raise: 4 sets of 10 reps					
Stability-ball crunch: 4 sets of 25 reps					
Elliptical: 30 min.					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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