



Samantha Bowman's Workout Log - Bodybuilding.com

Chest and Triceps

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	Set #6	Set #7
Elliptical: 7-10 min. warm-up							
Barbell bench press: 4 sets of 10 reps							
Dumbbell fly: 4 sets of 12 reps							
Bent-arm pull-over: 3 sets of 8 reps							
Push-up: 4 sets of 10 rep, final set to failure							
Close-grip bench press: 4 sets of 10 reps							
Cable overhead triceps extension: 3 sets of 12 reps							

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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