



Still In It Trainer's Workout Log - Bodybuilding.com

Upper Body Warm-Up

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
External Rotation With Cable: 2 sets of 20 reps each arm		
Band Pull Apart: 2 sets of 20 reps		
Round The World Shoulder Stretch: 2 sets of 10 reps		
Dynamic Chest Stretch: 2 sets of 10 reps		
Shoulder Stretch: 2 sets, hold for 30 seconds each		
Triceps Stretch: 2 sets, hold for 30 seconds each		
Upper Back Stretch: 2 sets, hold for 30 seconds each		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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