



Alex Stewart's Workout Log - Bodybuilding.com

Chest/Arms/Forearms

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
Flat Dumbbell Bench Press: 3 sets of 8-12 reps				
Incline Barbell Bench Press: 3 sets of 12 reps				
Pushups: 3 sets to failure				
Incline Dumbbell Flyes: 2 sets of 15 reps				
Barbell Curls: 4 sets of 8-12 reps				
Lying Triceps Extensions: 4 sets of 8-12 reps				
Machine Preacher Curls: 3 sets of 15 reps				
Triceps Rope Pushdown: 3 sets of 15				

reps

Behind the Back Barbell Wrist Curls: 4 sets of 15 reps				
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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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