



## TESTOSTERONE-BOOSTING WORKOUT PROGRAM's Workout Log - Bodybuilding.com

### Chest and Shoulder 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.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Flat barbell bench press: 5 sets of 10 reps					
Incline dumbbell press: 3-4 sets of 10 reps					
Incline kettlebell fly: 3-4 sets of 10 reps					
Standing dumbbell shoulder press: 3-4 sets of 10 reps					
Standing lateral raise: 2-3 sets of 10					
Bent-over lateral raise: 2-3 sets of 10 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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