



Ryan Pitts's Workout Log - Bodybuilding.com

Chest/Delts

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 bench cable fly: 4 sets of 10-15 reps				
Dumbbell incline bench: 4 sets of 8-12 reps				
Cable cross-over (high to low): 3 sets of 10-15 reps				
Dumbbell flat bench: 4 sets of 8-12 reps				
Cable cross-over (low to high): 3 sets of 10-15 reps				
Cable side lateral raise: 3 sets of 8-10				

reps				
Seated dumbbell lateral raise: 3 sets of 8-10 reps				
Front raise: 3 sets of 12-15 reps				
Reverse pec-dec fly: 3 sets of 8-12 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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