



Bodybuilding.com's Workout Log

Sample 5x5 Program - Workout B

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
Front Squats: 5 sets of 5 reps (core)					
Military Press: 5 sets of 5 reps (core)					
Deadlifts: 5 sets of 5 reps (core)					
Push Ups: 2 sets of 8 reps (accessory)					
Barbell Curls: 2 sets of 8 reps (accessory)					
Seated Triceps Press: 2 sets of 8 reps (accessory)					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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