



## Cath McGillivray's Workout Log - Bodybuilding.com

Day 6: Arms

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
Incline Dumbbell Curls: 3 sets of 10 reps					
Preacher Curls: 3 sets of 10 reps					
Concentration Curls: 3 sets of 10 reps					
Cable Hammer Curls: 5 sets of 10 reps					
Triceps Pushdowns: 3 sets of 10 reps					
Skullcrushers: 5 sets of 10 reps					
Overhead Extensions: 3 sets of 10 reps					
Dips: 5 sets of 10 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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