Sample HIIT Weight Workouts's Workout Log - Bodybuilding.com

Workout 3

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.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg press: 1 sets of 4-6 reps, 2 sets to failure</td>
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<td></td>
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<tr>
<td>Military press: 1 set of 4-6 reps, 2 sets to failure</td>
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<td></td>
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</tr>
<tr>
<td>Single-arm row: 1 set of 4-6 reps, 2 sets to failure</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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