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>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Military press: 1 set of 4-6 reps, 2 sets to failure</td>
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<td></td>
<td></td>
</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:**
Back to the [Printable Logs Main Page](#).