Phase 1 Accumulation/Aerobic Block's Workout Log - Bodybuilding.com

Energy System Training

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**DAY:**
__________________________

**DATE:**
__________________________

**TIME:**
__________________________ am/pm

**CARDIO TODAY?** YES NO

**EXERCISE**

**DURATION**

**LENGTH OF WORKOUT:**
__________________________

**WEIGHT:**
__________________________

**LOCATION:**
__________________________

**MOOD WHEN STARTING:**
__________________________

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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>
</tr>
</thead>
<tbody>
<tr>
<td>One day per week (after lifting or on a rest day)</td>
<td></td>
</tr>
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<td></td>
</tr>
<tr>
<td>Running or cycling (slow): 20 min.</td>
<td></td>
</tr>
<tr>
<td>Running: 1.5-2.0 miles for time</td>
<td></td>
</tr>
</tbody>
</table>

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**
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