



## Bodybuilding.com's Workout Log

### Guns of Summer Workout

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
Perform twice per week on non-consecutive training days.				
Straight-bar wide-grip cable curl: 3 sets of 12-15 reps				
Dumbbell hammer curl: 4 sets of 10-12 reps, turning hands upward at peak				
Single-arm dumbbell preacher curl: 4 sets of 12 reps, turning hand upward at peak				
Reverse-grip EZ-bar curl: 4 sets of 12-15 reps				
Single-arm high-pulley cable curl: 3 sets of 20 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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