



Jamie Eason's Workout Log - Bodybuilding.com

Back, Biceps and Cardio

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
Pull-up (assisted): 3 sets of 5 reps			
Wide-grip seated cable row: 3 sets of 8-12 reps			
Straight-arm pull-down: 3 sets of 8-12 reps			
Reverse-grip barbell row: 3 sets of 8-12 reps			
Incline curl: 2 sets of 8-12			
Hammer curl: 2 sets of 8-12 reps			
Barbell curl: 2 sets of 8-12			
Dumbbell W curl: 2 sets of 8-12 reps			
HIIT cardio: 20 min.			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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