



## Jamie Eason's Workout Log - Bodybuilding.com

Shoulders, triceps, 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
Push-up: 3 sets of 8 reps			
Barbell thruster: 3 sets of 8-10 reps			
Triceps cable rope push-down: 3 sets of 8-12 reps			
Overhead dumbbell triceps extension: 3 sets of 8-12 reps			
Cable rear-delt fly: 3 sets of 8-12 reps			
Arnold press: 3 sets of 8-12 reps			
Lateral raise: 3 sets of 8-12 reps			
HIIT cardio: 20 min.			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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