



## Ryan Pitts's Workout Log - Bodybuilding.com

Back/traps

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
Rack pull: 4 sets of 6-12				
Dumbbell pull-over: 4 sets of 8-12 reps				
Seated cable row: 3 sets of 8-12 reps				
Dumbbell row: 4 sets of 8-12 reps				
Barbell row: 4 sets of 8-12 reps				
Rope upright row: 4 sets of 10-12 reps				
Barbell shrug: 4 sets of 8-12 reps				
Behind-the-back barbell Shrug: 4 sets of 8-12 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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