



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:

Back to the [Printable Logs Main Page](#).