

## Frank McGrath's Workout Log - Bodybuilding.com

The Guns of Wrath: High-Volume Arms

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
Rope push-down: 4 sets of 10-15 reps				
Overhead EZ-bar triceps extension: 4 sets of 8-12 reps				
Dip machine: 3 sets of 10-15 reps				
Straight-bar push-down: 3 sets of 10-15 reps				
Cable preacher curl: 3 sets of 10-15 reps				
Preacher curl machine: 3 sets of 10-15 reps				
Alternating dumbbell curl: 3 sets of 8-12 reps plus one 25-rep dropset				
Barbell wrist curl: 3 sets of 10-15 reps				

<b>Reverse cable curl: 3 sets of 10-15 reps</b>				
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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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