



Ryan Pitts's Workout Log - Bodybuilding.com

Delts/Triceps

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
Seated dumbbell press: 4 sets of 8-12 reps				
Seated dumbbell lateral raise: 3 sets of 12-15 reps				
Cable side lateral raise: 3 sets of 12-15 reps				
Bent-over dumbbell fly: 3 sets of 12-15 reps				
Dumbbell front raise: 3 sets of 8-12 reps				
Rope face-pull: 3 sets of 12-15 reps				

Rope press-down: 4 sets of 8-12 reps				
Overhead rope extension: 4 sets of 8-12 reps				
French press: 4 sets of 8-12 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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