



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 | | | | |

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|--|--|--|--|--|
| French press: 4 sets of 8-12 reps | | | | |
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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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