



Samantha Bowman's Workout Log - Bodybuilding.com

Shoulders

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
Smith machine seated shoulder press: 1 warm-up set of 15, 4 sets of 8 reps				
Arnold press: 4 sets of 10 reps				
Triset:				
Front raise: 4 sets of 10 reps				
Lateral raise: 4 sets of 10 reps				
Seated bent-over rear-delt raise: 4 sets of 10 reps				
Front raise to shoulder Y: 4 sets of 10 reps				
Hanging leg raise: 4 sets of 10 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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