



## Allie Ruby's Workout Log - Bodybuilding.com

Cardio

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 |
|--|--------|
| Stair climber: 20 sec. high-intensity/10 sec. low-intensity for 4 min. |        |
| Bike: 20 min.  |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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