



Bodybuilding.com's Workout Log

Day 3

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
Superset:			
Bent-Over Single-Arm Dumbbell Rows: 3 sets of 10 reps			
Bounding: 3 sets of 8 reps			
Superset:			
Reverse Dumbbell Lunges To Overhead Shoulder Press: 3 sets of 10 reps			
Push-up To Rows: 3 sets of 12 reps			
Side Planks With Side Leg Raises: 3 sets of 15 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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