



## Bodybuilding.com's Workout Log

Day 5

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
Superset:				
Dumbbell Lunges To Step-ups: 2 sets of 15 reps				
Jumping Chin-ups: 2 sets of 6 reps				
Superset:				
Barbell Side Split Squat: 4 x 10				
Reverse Flyes: 4 sets of 10 reps				
Cable Pull-throughs: 4 sets of 8 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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