

Jason Tucker's Workout Log - Bodybuilding.com

Biceps/triceps/abs

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	Set #5	Set #6
Superset:						
Barbell curl: 6 sets of 15 reps						
Dumbbell skullcrusher: 6 sets of 15 reps						
Superset:						
Preacher curl: 4 sets of 20 reps						
Weighted dip: 4 sets of 12 reps						
Hammer curl: 4 sets of 8 reps						
Dumbbell kick-back: 4 sets of 10 reps						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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