



# 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
<b>Superset:</b>						
<b>Barbell curl: 6 sets of 15 reps</b>						
<b>Dumbbell skullcrusher: 6 sets of 15 reps</b>						
<b>Superset:</b>						
<b>Preacher curl: 4 sets of 20 reps</b>						
<b>Weighted dip: 4 sets of 12 reps</b>						

<b>Hammer curl: 4 sets of 8 reps</b>						
<b>Dumbbell kick-back: 4 sets of 10 reps</b>						

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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