



## Bodybuilding.com's Workout Log

Volume Training: 8 Sets Of 8 - Basic

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	Set #7	Set #8
Thumb Under Dumbbell Curl (palms up/non supinating) 8 reps X 3021 tempo								
B1 Close Grip EZ Bar Bench Press 8 reps X 3020 tempo								

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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