



## Melih Cologlu's Workout Log - Bodybuilding.com

### Chest Workout

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 |
|--|--------|--------|--------|
| Triset                                       |        |        |        |
| Barbell bench press 3 sets of 7 reps         |        |        |        |
| Dumbbell flat bench fly 3 sets of 7 reps     |        |        |        |
| Slow push-up 3 sets of 7                     |        |        |        |
| Triset                                       |        |        |        |
| Barbell incline bench press 3 sets of 7 reps |        |        |        |
| Dumbbell incline bench fly 3 sets of 7 reps  |        |        |        |
| Slow push-up 3 sets of 7                     |        |        |        |
| Triset                                       |        |        |        |
| Peck-deck fly 3 sets of 7 reps               |        |        |        |
| Cable cross-over 3 sets of 7 reps            |        |        |        |
| Slow push-up 3 sets of 7                     |        |        |        |
| Rest 2 minutes between trisets               |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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