



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 reps			
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 reps			

Triset			
Peck-deck fly 3 sets of 7 reps			
Cable cross-over 3 sets of 7 reps			
Slow push-up 3 sets of 7 reps			
Rest 2 minutes between trisets			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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