



Still In It's Workout Log - Bodybuilding.com

Day 2: Upper Body

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
Triset:						
Plank: 4 sets of 90 seconds (Place your forearms on an exercise ball to increase the difficulty)						
Single Arm Dumbbell Chest Press: 4 sets of 12 reps each arm						
Dumbbell Pullover: 4 sets of 12 reps						
Rest 60 seconds after completing all 3 exercises						
Triset:						

Low to High Cable Woodchop: 4 sets of 12 reps each side						
Bent Over Wide Row: 4 sets of 12 reps						
Push Ups: 4 sets of 12 reps (elevate feet for increase challenge)						
Rest 60 seconds after completing all 3 exercises						
Triset:						
Dumbbell Side Lateral Raise: 4 sets of 12 reps						
Dumbbell Biceps Curl: 4 sets of 12 reps						
Dumbbell Skull Crusher: 4 sets of 12 reps						
Rest 60 seconds after completing all 3 exercises						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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