



## 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 difficult)						
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:						

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

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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