



Bodybuilding.com's Workout Log

Power Up Your Deadlift 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	Set #4	Set #5	Set #6
Warm-up:						
Deadlift: 6 sets of 15, 8, 1, 4-6, 4-6, 4-6 reps						
Rack pull: 2 sets of 8 reps						
Romanian deadlift: 2 sets of 8 reps						
Leg curl: 3 sets of 8-10 reps						
Kettlebell swing: 3 sets of 8 reps						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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