



# Jesse Shand's Workout Log - Bodybuilding.com

## Back 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
Wide-grip lat pull-down 3 sets of 10 reps			
Compound row 3 sets of 15 reps			
Iso lateral row 3 sets of 10 reps			
Iso lateral high row 3 sets of 10 reps			
Fixed pull-down 3 sets of 10 reps			
Cardio: 60 min.			

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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