



## 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:

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