



## Jen Rankin's Workout Log - Bodybuilding.com

Day 1: Back/Rear Delts/Abs

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
Exercise 1			
Wide-Grip Pullups, 12 reps			
Exercise 2			
Cable Pulldowns, 15/12/10 reps			
Exercise 3			
Bent Over Barbell Rows, 15/12/10 reps			
Exercise 4			
Dumbbell Pullover on Stability Ball, 15 reps			
Exercise 5			
Dumbbell Reverse Flyes, 12 reps			
Exercise 6			
Full Sit-up on Stability Ball, 30 reps			
5 min Ab Circuit			
Reverse Crunch, 30 sec			
Oblique Crunch (left), 30 sec			
Oblique Crunch (right), 30 sec			
Vertical-Toe-Touch-Crunch, 30 sec			
Bicycle Crunch, 30 sec			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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