



Bodybuilding.com's Workout Log

Sample Arms Workout 1

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
Close-Grip Bench Press: 3 sets of 4-6 reps					
Cable Rope Overhead Triceps Extension: 2 sets of					
Triceps Pushdowns: 2 sets of 15 reps					
Barbell Curl: 3 sets of 4-6 reps					
Alternating Dumbbell Curls: 2 sets of 8-12 reps					
Straight Bar Cable Curls: 3 sets of 15 reps					

**Palm Down Barbell
Wrist Curls Over
Bench: 5 sets of 25
reps**

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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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