



Jelle's Workout Log - Bodybuilding.com

Full Body Workout Day 1

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING:

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6
Bench Press						
Dumbbell Shoulder Press						
Dumbbell Rows on bench						
Standing Barbell Curls						
Dips						
Hanging Leg Raises						
Squats						
Standing Calf Raises						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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