



## Jelle's Workout Log - Bodybuilding.com

Full Body Workout Day 3

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
Pull-Ups					
Incline Benchpress					
Squats					
Lying Dumbbell Triceps Extensions					
Preacher Curls					
Standing Calf Raises					
Upright Rows					
Cable Crunch					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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