



Bodybuilding.com's Workout Log

Sample Core 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
Cable Crunches: 3 sets of 8-12 reps (30-45 seconds of rest)			
Side Bends: 3 sets of 12 reps (30 seconds of rest)			
Crunches: 3 sets of 12 reps (30 seconds of rest)			
Reverse Crunches: 3 sets of 12-15 reps (45 seconds of rest)			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).