

Bodybuilding.com's Workout Log

DATE _____ TIME _____

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
Seated Leg Tucks w/dumbbell between feet (failure after 10 reps)			
Normal Crunches w/dumbbell on chest (failure after 10 reps)			
Crunches with legs raised w/dumbbell on chest (failure after 10 reps)			
Twisting Crunches (20 reps)			
Side Crunches (20 reps)			
Cable Crunches (failure after 10 reps)			
Hanging Hip Raises (to failure)			

Workout Location: _____

Weight: _____

Mood When Starting: _____

Cardio Today? *Circle One:* **YES** **NO** Length: _____

Length Of Workout _____

Comments: