

# Workout Log

Spreadsheet by [www.SportsScience.co](http://www.SportsScience.co)

Name: \_\_\_\_\_

|         | MTWTFSS   | MTWTFSS   | MTWTFSS | MTWTFSS | MTWTFSS | MTWTFSS |
|---------|-----------|-----------|---------|---------|---------|---------|
| Date:   | example 1 | example 2 |         |         |         |         |
| Weight: | _____     |           |         |         |         |         |
| Sleep:  | _____     |           |         |         |         |         |
| Warmup: | _____     |           |         |         |         |         |

| Exercise       | Weight & Reps             | Weight & Reps         | Weight & Reps | Weight & Reps | Weight & Reps | Weight & Reps |
|----------------|---------------------------|-----------------------|---------------|---------------|---------------|---------------|
| <b>Upper</b>   |                           |                       |               |               |               |               |
| Bench Press    | 40x12, 40x12, 40x9        |                       |               |               |               |               |
| Bicep Curls    | 12.5s x12, 12.5x10, 10x12 |                       |               |               |               |               |
| Tricep Dips    | 9 reps, 7, 7              |                       |               |               |               |               |
| Overhead Press | 22x10, 20x10, 20x10       |                       |               |               |               |               |
| Lat Pulldown   | 40x11, 40x10, 40x10       |                       |               |               |               |               |
| Underhand Rows | 60x12, 70x10, 70x8        |                       |               |               |               |               |
| Abs            | Mixed                     |                       |               |               |               |               |
| <b>Lower</b>   |                           |                       |               |               |               |               |
| Deadlift       |                           | 50x5, 50x5, 45x7      |               |               |               |               |
| Leg Press      |                           | 120x12, 120x12, 140x8 |               |               |               |               |
| Squat          |                           | 25x8, 25x8, 25x8      |               |               |               |               |
| Leg Curl       |                           | 40x12, 40x12, 40x9    |               |               |               |               |
| Calf Extension |                           | 60x12, 70x10, 70x8    |               |               |               |               |
| Abs            |                           | Mixed                 |               |               |               |               |

**Notes:** Lat technique improving, Dizzy after squats.