

Rev's Workout Log - Bodybuilding.com

DAY 1: Full Body for Extreme Fitness

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
Chest: DB Bench(or Push-ups)			
Chest: DB Flies (compound)			
Shoulders: DB Lateral Raises (Gironda)			
Shoulders: DB Shrugs(compound)			
Back: Wide-Grip Lat Pulldowns			
Back: DB Bent-over Rows (compound)			
Bicep: DB Drag Curl/Standard Combo			
Bicep: DB Hammer Combo (compound)			
Tricep: DB Kickbacks			
Tricep: V-bar Pressdown (compound)			
Abs (Month 2 Circuit Workout)			
Legs: Leg Extensions			
Legs: Lying Leg Curls (compound)			
Calves ("24" Angle Workout)			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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DAY 2: Full Body for Extreme Fitness

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
Legs: Lying Leg Curls			
Legs: Sissy Squats (compound)			
Calves ("24" Angle Workout)			
Tricep: Chair Dips			
Tricep: DB Tricep Ext (compound)			
Bicep: Reverse Curls			
Bicep: Twisting Hammer (compound)			
Abs (Month 2 Circuit Workout)			
Shoulders: Bent-over Flies			
Shoulder: Upright Row (compound)			
Chest: Incline DB Press			
Chest: DB Flies (compound)			
Back: Pull-ups (Machine)			
Back: Bent-over Rows (compound)			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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DAY 3: Full Body for Extreme Fitness

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
Back: DB Bent-over Rows			
Back: Wide-Grip Lat Pulldowns (compound)			
Shoulder: Front Raises			
Shoulder: Lateral Raises (compound)			
Chest: DB Flies			
Chest: Push-ups (compound)			
Bicep: Concentration Curls			
Bicep: Drag Curls			
Tricep: Cable Pushdown			
Tricep: DB Kickbacks (compound)			
Calves ("24" Angle Workout)			
Legs: DB Lunges			
Legs: Leg Extensions (compound)			
Abs (Month 2 Circuit Workout)			

TRAINING, NUTRITION & SUPPLEMENT NOTES: