



Bodybuilding.com's Workout Log

Friday Arms Routine

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____

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 |
|--|--------|--------|--------|
| Preacher Dumbbell or Barbell Curls - 8-12 Reps | | | |
| Overhead Pulley Tricep Extension - 8-12 Reps | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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