

# Bodybuilding.com's Workout Log

## Endurance Lifting Week 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 |
|---|--------|--------|--------|
| Incline Hammer Strength Chest Press - 12 reps |        |        |        |
| Standing Pull Downs - 12 reps                 |        |        |        |
| Narrow Grip Seated Row - 12 reps              |        |        |        |
| Seated Shoulder Raises - 12 reps              |        |        |        |
| One Arm Standing Tricep Press - 12 reps       |        |        |        |
| Seated One Arm Curls - 12 reps                |        |        |        |
| Wide Grip Lat Pull Downs - 12 reps            |        |        |        |
| Step Ups - 12 reps                            |        |        |        |
| Seated Quad Extensions - 12 reps              |        |        |        |
| Hamstring Curls - 12 reps                     |        |        |        |
| Seated Independent Calf Press - 12 reps       |        |        |        |
| Seated Leg Press - 12 reps                    |        |        |        |

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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Be sure to go back to <http://www.bodybuilding.com> to print more workout logs when needed! Also, don't forget that Bodybuilding.com has the largest selection, the fastest and cheapest shipping, the most info, and the lowest prices in the world for the bodybuilding products you need.

# Bodybuilding.com's Workout Log

## Endurance Lifting Week 2

**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 |
|---|--------|--------|--------|
| Incline Hammer Strength Chest Press - 15 reps |        |        |        |
| Standing Pull Downs - 15 reps                 |        |        |        |
| Narrow Grip Seated Row - 15 reps              |        |        |        |
| Seated Shoulder Raises - 15 reps              |        |        |        |
| One Arm Standing Tricep Press - 15 reps       |        |        |        |
| Seated One Arm Curls - 15 reps                |        |        |        |
| Wide Grip Lat Pull Downs - 15 reps            |        |        |        |
| Step Ups - 15 reps                            |        |        |        |
| Seated Quad Extensions - 15 reps              |        |        |        |
| Hamstring Curls - 15 reps                     |        |        |        |
| Seated Independent Calf Press - 15 reps       |        |        |        |
| Seated Leg Press - 15 reps                    |        |        |        |

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## Endurance Lifting Week 3

**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 |
|---|--------|--------|--------|
| Incline Hammer Strength Chest Press - 20 reps |        |        |        |
| Standing Pull Downs - 20 reps                 |        |        |        |
| Narrow Grip Seated Row - 20 reps              |        |        |        |
| Seated Shoulder Raises - 20 reps              |        |        |        |
| One Arm Standing Tricep Press - 20 reps       |        |        |        |
| Seated One Arm Curls - 20 reps                |        |        |        |
| Wide Grip Lat Pull Downs - 20 reps            |        |        |        |
| Step Ups - 20 reps                            |        |        |        |
| Seated Quad Extensions - 20 reps              |        |        |        |
| Hamstring Curls - 20 reps                     |        |        |        |
| Seated Independent Calf Press - 20 reps       |        |        |        |
| Seated Leg Press - 20 reps                    |        |        |        |

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## Endurance Lifting Week 4

**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 |
|---|--------|--------|--------|
| Incline Hammer Strength Chest Press - 25 reps |        |        |        |
| Standing Pull Downs - 25 reps                 |        |        |        |
| Narrow Grip Seated Row - 25 reps              |        |        |        |
| Seated Shoulder Raises - 25 reps              |        |        |        |
| One Arm Standing Tricep Press - 25 reps       |        |        |        |
| Seated One Arm Curls - 25 reps                |        |        |        |
| Wide Grip Lat Pull Downs - 25 reps            |        |        |        |
| Step Ups - 25 reps                            |        |        |        |
| Seated Quad Extensions - 25 reps              |        |        |        |
| Hamstring Curls - 25 reps                     |        |        |        |
| Seated Independent Calf Press - 25 reps       |        |        |        |
| Seated Leg Press - 25 reps                    |        |        |        |

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