

Bodybuilding.com's Workout Log

Speed 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 - 21 reps			
Standing Pull Downs - 21 reps			
Narrow Grip Seated Row - 21 reps			
Seated Shoulder Raises - 21 reps			
One Arm Standing Tricep Press - 21 reps			
Seated One Arm Curls - 21 reps			
Wide Grip Lat Pull Downs - 21 reps			
Step Ups - 21 reps			
Seated Quad Extensions - 21 reps			
Hamstring Curls - 21 reps			
Seated Independent Calf Press - 21 reps			
Seated Leg Press - 21 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

[[pdf](#)] [[Excel](#)]

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.

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Speed 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 - 10 reps			
Standing Pull Downs - 10 reps			
Narrow Grip Seated Row - 10 reps			
Seated Shoulder Raises - 10 reps			
One Arm Standing Tricep Press - 10 reps			
Seated One Arm Curls - 10 reps			
Wide Grip Lat Pull Downs - 10 reps			
Step Ups - 10 reps			
Seated Quad Extensions - 10 reps			
Hamstring Curls - 10 reps			
Seated Independent Calf Press - 10 reps			
Seated Leg Press - 10 reps			

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Speed 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
Incline Hammer Strength Chest Press - 10 reps		
Standing Pull Downs - 10 reps		
Narrow Grip Seated Row - 10 reps		
Seated Shoulder Raises - 10 reps		
One Arm Standing Tricep Press - 10 reps		
Seated One Arm Curls - 10 reps		
Wide Grip Lat Pull Downs - 10 reps		
Step Ups - 10 reps		
Seated Quad Extensions - 10 reps		
Hamstring Curls - 10 reps		
Seated Independent Calf Press - 10 reps		
Seated Leg Press - 10 reps		

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Speed 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
Incline Hammer Strength Chest Press - 10 reps	
Standing Pull Downs - 10 reps	
Narrow Grip Seated Row - 10 reps	
Seated Shoulder Raises - 10 reps	
One Arm Standing Tricep Press - 10 reps	
Seated One Arm Curls - 10 reps	
Wide Grip Lat Pull Downs - 10 reps	
Step Ups - 10 reps	
Seated Quad Extensions - 10 reps	
Hamstring Curls - 10 reps	
Seated Independent Calf Press - 10 reps	
Seated Leg Press - 10 reps	

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