



Christian Guzman's Workout Log - Bodybuilding.com

Push day

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	Set #4	Set #5
Flat bench press: 3 sets of 5 reps					
Incline dumbbell press: 5 sets of 8-10 reps					
Pec-deck fly: 3 sets of 12-15 reps					
Cable triceps push-down: 5 sets of 10-12 reps					
Overhead triceps extension: 4 sets of 12-15 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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