



## Jim Stoppani's Workout Log - Bodybuilding.com

Shortcut To Shred: Day 24 - Back, Traps, Biceps

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	Set #6
Skipping (in place): 2-3 minutes of cardio warm-up						
Bent Over Barbell Row: 1-2 warm-up sets, 4 sets of 9-11 reps, 1 minute of cardio acceleration, option Skipping (in place)						
Dumbbell Incline Row: 3 sets of 9-11 reps, 1 minute of cardio acceleration, option Goblet Squat						

<b>Seated Cable Rows:</b> 3 sets of 9-11 reps, 1 minute of cardio acceleration, option Box Jump						
<b>Barbell Shrug: 4</b> sets of 9-11 reps, 1 minute of cardio acceleration, option Dumbbell Step Ups						
<b>Barbell Curl: 3 sets</b> of 9-11 reps, 1 minute of cardio acceleration, option Kettlebell Swings						
<b>Seated Barbell Curl:</b> 3 sets of 9-11 reps, 1 minute of cardio acceleration, option Med Ball Slam						
<b>Reverse Barbell</b> <b>Curl: 3 sets of 9-11</b> reps, 1 minute of cardio acceleration, option Dumbbell Lunge						
<b>Seated Palm-Up</b> <b>Barbell Wrist Curl: 3</b> sets of 9-11 reps, 1 minute of cardio acceleration, option Battling Ropes						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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