



Bodybuilding.com's Workout Log

The Triple Set Scorchers

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
Triple Set		
Plank with Leg Lift: 2 sets of 40 second holds, 20 seconds rest		
Dumbbell Chop: 2 sets of max reps in 40 seconds, 20 seconds rest		
Dumbbell Lunge: 2 sets of max reps in 40 seconds, 60 seconds rest		
Triple Set		
Dumbbell Single-Leg, Straight-Leg Deadlift: 2 sets of max reps in 40 seconds, 20 seconds rest		
Dumbbell Push Press: 2 sets of max reps in 40 seconds, 20 seconds rest		
Goblet Squat: 2 sets of max reps in 40 seconds, 60 seconds rest		
Triple Set		
Dumbbell Alternating Row: 2 sets of max reps in 40 seconds, 20 seconds rest		

Dumbbell Side Lunge And Touch: 2 sets of max reps in 40 seconds, 20 seconds rest		
Dumbbell Deadlift: 2 sets of max reps in 40 seconds, 60 seconds rest		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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