

**Bodybuilding.com's Workout Log**

# 10 Pounds In 30 Days Program: Complete First 2 Weeks

**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** | **Set #7** | **Set #8** | **Set #9** | **Set #10** |
| **Day 1-3 Base Training****Session** |  |  |  |  |  |  |  |  |  |  |
| **Warm Up (5 min light****cardio)** |  |  |  |  |  |  |  |  |  |  |
| **Pushups****(25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bodyweight Squats (25-100****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Crunches****(25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Sprints (20 meter sprint, 20 meter jog****back)** |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Back****Extensions (25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 5 Training****Session Upper** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Standing Military Press****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Standing****Military Press (10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Standing Military Press****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Pullups/Lat****Pulldown (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Pullups/Lat Pulldown****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Pullups/Lat Pulldown (20****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Lateral Raise****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Decline Pullovers (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 5 Base****Training Session** |  |  |  |  |  |  |  |  |  |  |
| **Warm Up (5 min light****cardio)** |  |  |  |  |  |  |  |  |  |  |
| **Pushups****(25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bodyweight Squats (25-100****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Crunches****(25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Sprints (20 meter sprint, 20 meter jog****back)** |  |  |  |  |  |  |  |  |  |  |

**Body 1**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Back****Extensions (25-100 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 6 Lower****Body 1** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian****Deadlifts (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian Deadlifts****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian Deadlifts (20****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Calf Raises****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Leg Extensions****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 8 Upper****Body 2** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (10-12** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **45 Degree Bent Over****Rows (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **45 Degree Bent Over Rows (10-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **45 Degree Bent Over****Rows (20 reps)** |  |  |  |  |  |  |  |  |  |  |

**reps)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dumbbell Fly****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Over****Laterals (8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 9 Lower****Body 2** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged****Deadlifts (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged Deadlifts****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged Deadlifts (20****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Leg Curl (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Seated Calf Raises (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 11 Upper****Body 1** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Standing Military Press****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Standing Military Press****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Standing Military Press****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Pullups/Lat Pulldown (3****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Pullups/Lat****Pulldown (10-12 reps)** |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pullups/Lat****Pulldown (20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Lateral Raise****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Decline Pullovers (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 12 Lower****Body 1** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Back Squats****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian Deadlifts (3****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian Deadlifts****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Romanian Deadlifts (20****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Calf Raises****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Leg Extensions****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 14 Upper****Body 2** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (10-12** |  |  |  |  |  |  |  |  |  |  |
| **Wide Grip****Dips (20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **45 Degree Bent Over****Rows (3 reps)** |  |  |  |  |  |  |  |  |  |  |

**reps)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **45 Degree Bent Over Rows (10-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **45 Degree****Bent Over Rows (20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Dumbbell Fly****(8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Over****Laterals (8-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Day 15 Lower****Body 2** |  |  |  |  |  |  |  |  |  |  |
| **5 minute****warm up** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged Deadlifts (3****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged Deadlifts****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Bent Legged****Deadlifts (20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(3 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(10-12 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Front Squats****(20 reps)** |  |  |  |  |  |  |  |  |  |  |
| **Leg Curl (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |
| **Seated Calf Raises (8-12****reps)** |  |  |  |  |  |  |  |  |  |  |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

# Back to the Printable Logs Main Page.