

**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)** |  |  |  |  |  |  |  |  |  |  |

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| **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**

|  |  |  |  |  |  |  |  |  |  |  |
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| **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)**

|  |  |  |  |  |  |  |  |  |  |  |
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| **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)** |  |  |  |  |  |  |  |  |  |  |

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| **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)**

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| **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:

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