

Neil Hill's Workout Log - Bodybuilding.com

Shoulders

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
Warm up:				
seated Dumbbell Press: 4 sets				
Working Sets:				
Seated Dumbbell Press:				
Week 1 - 2 sets of 8-10 reps				
Week 2 - 2 sets of 12-14 reps				
Week 3 - 2 sets of 16-20 reps				
Seated Side Lateral Raise:				
Week 1 - 4 sets of 8-10 reps				
Week 2 - 4 sets of 12-14 reps				
Week 3 - 3 sets of 16-20 reps				

Barbell Shoulder Press:				
Week 1 - 2 sets of 8-10 reps				
Week 2 - 2 sets of 12-14 reps				
Week 3 - 2 sets of 16-20 reps				
Seated Bent Over Rear Delt Raise:				
Week 1 - 4 sets of 8-10 reps				
Week 2 - 4 sets of 12-14 reps				
Week 3 - 3 sets of 16-20 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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