

DATE

WORKOUT

BODYWEIGHT

SLEEP / ENERGY

EXERCISE	LAST TIME	SET 1	SET 2	SET 3	SET 4	NOTES / NEXT
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	

HOW IT FELT (1–10)

NEXT SESSION: WHAT GOES UP?



GYMADAPT · WORKOUT LOG · EXAMPLE

gymadapt.com/learn/free-workout-log-template

DATE
Thu Sep 10

WORKOUT
Upper A

BODYWEIGHT
184 lb

SLEEP / ENERGY
7 h / good

EXERCISE	LAST TIME	SET 1	SET 2	SET 3	SET 4	NOTES / NEXT
Barbell Bench Press	135×8,8,7	lb × reps 135×8	lb × reps 135×8	lb × reps 135×8	lb × reps —	all 8 → 140 next
Barbell Seated OHP	85×8,8,6	lb × reps 85×8	lb × reps 85×7	lb × reps 85×6	lb × reps —	stay 85, chase 8s
Wide-Grip Lat Pulldown	120×10,10,9	lb × reps 120×10	lb × reps 120×10	lb × reps 120×10	lb × reps —	→ 130
Chest-Supported DB Row	50×10 ×3	lb × reps 55×10	lb × reps 55×9	lb × reps 55×8	lb × reps —	new wt, hold
Dumbbell Lateral Raise	20×12 ×3	lb × reps 20×12	lb × reps 20×12	lb × reps 20×12	lb × reps 20×10	→ 22.5
Cable Pushdown (rope)	50×12 ×3	lb × reps 55×12	lb × reps 55×12	lb × reps 55×10	lb × reps —	hold 55
Dumbbell Biceps Curl	30×10 ×3	lb × reps 30×10	lb × reps 30×10	lb × reps 30×9	lb × reps —	hold
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	
		lb × reps	lb × reps	lb × reps	lb × reps	

HOW IT FELT (1–10)

7 — bench felt fast

NEXT SESSION: WHAT GOES UP?

Bench 135→140. Pulldown 120→130. Lateral raise 20→22.5.

OHP and rows: same weight, get all reps first.