

# **BUILTLEAN**<sup>®</sup>

## **Free Workout Log Templates**

**By Marc Perry, CSCS, CPT**

Dear Fitness Enthusiast,

I hope you enjoy this free guide and it helps you achieve your personal fitness goals. I also hope you use BuiltLean as a resource to help you get the lean, strong, fit body you deserve.

Best,  
Marc

A handwritten signature in blue ink that reads "Marc Perry". The signature is fluid and cursive.

Marc Perry, CSCS, CPT  
Creator, BuiltLean



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# Training Calendar

## How to use the Training Calendar

- Fill in the workout name under each day you plan to complete it, then mark days where you will not be working out as "rest".

# Workout Log Template #1

## How to use the Daily Workout Log Template:

- Before starting your workout, fill in the sheet with all your workout information, leaving just the boxes in the center of the sheet under "Exercises" blank. When you are at the gym, fill in all the blank boxes.
- "TR" stands for Targeted Reps, or the number of reps you plan on completing for a given exercise set, "AR" stands for Actual Reps you complete, and "W" stands for the weight you used, "F" stands for completing as many reps as possible to failure, and "RBS" stands for Rest Between Sets. Finally, brackets are used to connect exercises that are completed as circuits (i.e. completed back to back with little to no rest).
- When filling in the sheet, "BW" indicates body weight.

# BUILT LEAN

Date: 1/25/12

Workout:

Full Body

Name: Marc Perry

Workout #: 2

## Workout Parameters

Primary Muscles: Full Body  
 Total # of Sets: 19  
 Total # of Reps (reps x sets): 242  
 Length: 60 Minutes

## Warm Up

5 Mins Foam Roll (upper back, lats, calves, quads, piriformis)  
 5 mins Dynamic Stretching (lunge with a lean, lateral lunges, leg kicks, arm circles)

Exercises	TR	AR	W	TR	AR	W	TR	AR	W	RBS
Bench Step Ups with DB's	24	24	40	24	20	40	24	18	40	0s
Push Ups	F	50	BW	F	30	BW	F	15	BW	60s
DB Row	12	12	70	12	10	70	12	10	70	0s
DB Shoulder Press	12	12	60	12	10	60	12	8	60	0s
Triceps Pressdown	10	20	40	24	20	40	24	20	40	60s
Hanging Abs Raise	20	20	BW	20	18	BW				
Bird Dog on Exercise Ball	20	20	BW	20	20	BW				

## Aerobic/Intervals/Stretching

Jump Rope - 1000 Reps (200 reps each set, 60-90 seconds rest between sets)  
 Stretching - 5 mins of stretching (Hamstrings, Quads, Calves, Hips, Shoulders)

## Comments/Notes

Pairing Bench Step Ups with Push Ups really taxed my cardiovascular system. I felt very out of breath, which affected my ability to complete more push-ups and generally my strength levels the rest of the workout. I need to work on improving cardio and consider pairing push ups with a less taxing exercise.



# Workout Log Template #2

## How to use the Monthly Workout Log Template:

- Before starting your workout, fill in the exercises you plan to complete along with the targeted sets and reps.
- Within the first Workout 1 row, you will write down the actual weight and reps you completed for each set. You will then move on to the next exercise and fill in the weight and reps for each set for the row Workout 1. If you intend to pair exercises together in a circuit, you can use brackets as I show in the example sheet.
- You'll notice that there are 10 exercise rows with 5 sets across, which equates to 50 total sets that can be completed on this sheet. For your workout, you will more likely only use about half, or less of the sheet. I included these extra exercise rows and columns to give you more flexibility when creating your workout.
- When filling in the sheet, "BW" indicates body weight and "F" stands for completing as many reps as possible to failure.





## About BuiltLean

BuiltLean is a private company that helps busy men with demanding careers get the lean & healthy body they deserve.

## About Marc Perry, CSCS, ACE-CPT

Marc is the creator of BuiltLean. Marc is one of the most sought after fitness experts and coaches in the world and has been featured on TV for his expertise in helping busy men get lean bodies with strength circuits.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a Certified Strength & Conditioning Specialist (National Strength & Conditioning Association) and a Certified Personal Trainer (American Council on Exercise).

You can connect with Marc on Facebook ([www.facebook.com/BuiltLean](http://www.facebook.com/BuiltLean)), or Twitter ([www.twitter.com/builtlean](http://www.twitter.com/builtlean)). Press inquiries should be directed to [press@builtlean.com](mailto:press@builtlean.com).

