



## Routine 1: 3 Day Split's Workout Log - Bodybuilding.com

Day 1: Chest/Back, Abs, Cardio Optional

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
Barbell Bench Press - Medium Grip: 3 warm-up sets with a light weight for 15, 12, 10 easy reps			
Barbell Bench Press - Medium Grip: 3 working sets - 8-10 reps			
Dumbbell Flyes: 3 sets, 10 reps			
Barbell Deadlift: 3 warm-up sets, for 15, 12 10 reps			
Barbell Deadlift: 2 working sets of 6-8 reps			
Bent Over Barbell Row: 3 working sets, 8-10 reps			
Wide-Grip Lat Pulldown: 3 working sets of 8-10 reps			
Crunches: 3 sets of 35 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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