



# 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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