



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

Day 3: Legs, Abs

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 Squat: 3 warm-up sets of 15, 12, 10 reps			
Barbell Squat: 3 working sets of 6-8 reps			
Leg Extensions: 3 working sets of 10-12 reps			
Seated Leg Curl: 3 working sets of 10-12 reps			
Crunches: 3 sets of 35 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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