



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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