



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

Day 4: Delts, Arms, 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 | Set #4 |
|---|--------|--------|--------|--------|
| Clean and Jerk: 3 warm-up sets of 10 reps | | | | |
| Clean and Jerk: 3 working sets of 8 reps | | | | |
| Side Lateral Raise: 3 sets of 10-12 reps (side and rear done as a | | | | |
| Standing Overhead Barbell Triceps Extension: 3 sets of 8 reps | | | | |
| Reverse Grip Triceps Pushdown: 3 sets of 10 reps | | | | |
| EZ-Bar Curl: 4 sets of 10 reps | | | | |
| Incline Dumbbell Curl: 2 sets of 8 reps | | | | |

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|--|--|--|--|--|
| Oblique Crunches: 4 sets of 25 reps | | | | |
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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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