



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 superset)				
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				
Oblique Crunches: 4 sets of 25 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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