



### 3 Day Split Workout

Name: \_\_\_\_\_ Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

Day 1.

Exercise	Weight	Reps	Sets	Tempo	Rest	

Day 2.

Exercise	Weight	Reps	Sets	Tempo	Rest	

Day 3.

Exercise	Weight	Reps	Sets	Tempo	Rest	