



WORKOUT LOGS

3 DAYS PER WEEK WORKOUT

• THOMAS CALKINS •



TRAINING LOGS



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The information presented here is no way intended as medical advice. This information should be used in conjunction and guidance of your primary physician.

It is your responsibility to consult with your Doctor before starting any training or nutrition program. If you do not contain consent with your doctor, you agree to accept full responsibility of your actions.

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TRAINING LOGS



3 DAYS PER WEEK TRAINING LOG

Workout tips before you get started

- Always consult with a physician before starting any training program.
- This workout is for intermediate lifters. Beginners should first do the beginner program and then this workout.
- Sets listed below are working sets that do not include warm-up sets. For example on squats it states 4 sets. So you would do 2 or more warm-up sets with light weight (50% of max) and then the 4 sets.
- All working sets are done at constant weight.
- Rest between sets is 90-120 seconds on the compound lifts. You should be well rested so you can have the same intensity on the next set.
- **Add Volume each week!** Add more weight or more reps than your previous workout.
- Adding weight example: Once you are able to do 8 reps for the 4 sets with perfect form, you should increase the weight. You might only do 4 sets of 7 your next time (it happens), but work your way back up to 4 sets of 10 and increase the weight again.
- The exercises can be altered in the workout. I recommend changing your exercises at least every 12 weeks and perhaps switching a few exercises each month. Try to stay with the main lifts like squat, bench press, and deadlift for 12 weeks before changing.
- The last page list recommended exercises as substitutes for each.
- DB=Dumbbell



TRAINING LOGS



WEEK ONE

DAY 1

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Overhead Press	4x8								
DB Side Laterals	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								

DAY 2 - OFF

DAY 3

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 4 - OFF

DAY 5

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3x MAX								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Hyperextensions	2x12								

DAY 6 - OFF DAY

DAY 7 - OFF DAY



TRAINING LOGS



WEEK TWO

DAY 8

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Overhead Press	4x8								
DB Side Laterals	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								

DAY 9 - OFF

DAY 10

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 11 - OFF

DAY 12

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3x MAX								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Hyperextensions	2x12								

DAY 13 - OFF DAY

DAY 14 - OFF DAY



TRAINING LOGS



WEEK THREE

DAY 15

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Overhead Press	4x8								
DB Side Laterals	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								

DAY 16 - OFF

DAY 17

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 18 - OFF

DAY 19

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3x MAX								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Hyperextensions	2x12								

DAY 20 - OFF DAY

DAY 21 - OFF DAY



TRAINING LOGS



WEEK FOUR

DAY 22

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Overhead Press	4x8								
DB Side Laterals	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								

DAY 23 - OFF

DAY 24

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 25 - OFF

DAY 26

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3x MAX								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Hyperextensions	2x12								

DAY 27 - OFF DAY

DAY 28 - OFF DAY



TRAINING LOGS



WEEK FIVE

DAY 29

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Overhead Press	4x8								
DB Front Raises - Seated	3x10								
Leg Extensions	2x12								
Calf Raises	2x12								

DAY 30 - OFF

DAY 31

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
DB Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Kickbacks	3x10								
DB Flys	2x12								



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DAY 32 - OFF

DAY 33

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates (Underhand) Rows	3x10								
Chinups	3x MAX								
Standing DB Curls	3x10								
Preacher Curls	3x10								
Hyperextensions	2x12								

DAY 34 - OFF DAY

DAY 35 - OFF DAY



TRAINING LOGS



WEEK SIX

DAY 36

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Overhead Press	4x8								
DB Front Raises - Seated	3x10								
Leg Extensions	2x12								
Calf Raises	2x12								

DAY 37 - OFF

DAY 38

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
DB Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Kickbacks	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 39 - OFF

DAY 40

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates (Underhand) Rows	3x10								
Chinups	3x MAX								
Standing DB Curls	3x10								
Preacher Curls	3x10								
Hyperextensions	2x12								

DAY 41 - OFF DAY

DAY 42 - OFF DAY



TRAINING LOGS



WEEK SEVEN

DAY 43

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Overhead Press	4x8								
DB Front Raises - Seated	3x10								
Leg Extensions	2x12								
Calf Raises	2x12								

DAY 44 - OFF

DAY 45

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
DB Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Kickbacks	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 46 - OFF

DAY 47

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates (Underhand) Rows	3x10								
Chinups	3x MAX								
Standing DB Curls	3x10								
Preacher Curls	3x10								
Hyperextensions	2x12								

DAY 48 - OFF DAY

DAY 49 - OFF DAY



TRAINING LOGS



WEEK EIGHT

DAY 50

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Overhead Press	4x8								
DB Front Raises - Seated	3x10								
Leg Extensions	2x12								
Calf Raises	2x12								

DAY 51 - OFF

DAY 52

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
DB Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Kickbacks	3x10								
DB Flys	2x12								



TRAINING LOGS



DAY 53 - OFF

DAY 54

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates (Underhand) Rows	3x10								
Chinups	3x MAX								
Standing DB Curls	3x10								
Preacher Curls	3x10								
Hyperextensions	2x12								

DAY 55 - OFF DAY

DAY 56 - OFF DAY



TRAINING LOGS



WEEK NINE

DAY 57

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Leg Press	3x10								
Overhead Press	4x8								
DB Lateral Raises	3x10								
One Legged - Leg Extensions	2x12								
One Legged - Leg Curls	2x12								

DAY 58 - OFF

DAY 59

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
DB Pullovers	3x10								
Close Grip Bench Press	3x10								
Tricep Pulldowns	3x10								
Incline DB Flys	2x12								



TRAINING LOGS



DAY 60 - OFF

DAY 61

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Wide Pullups	3x MAX								
Cable Curls	3x10								
Hammer Curls	3x10								
Hyperextensions	2x12								

DAY 62 - OFF DAY

DAY 63 - OFF DAY



TRAINING LOGS



WEEK TEN

DAY 64

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Leg Press	3x10								
Overhead Press	4x8								
DB Lateral Raises	3x10								
One Legged - Leg Extensions	2x12								
One Legged - Leg Curls	2x12								

DAY 65 - OFF

DAY 66

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
DB Pullovers	3x10								
Close Grip Bench Press	3x10								
Tricep Pulldowns	3x10								
Incline DB Flys	2x12								



TRAINING LOGS



DAY 67 - OFF

DAY 68

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Wide Pullups	3x MAX								
Cable Curls	3x10								
Hammer Curls	3x10								
Hyperextensions	2x12								

DAY 69 - OFF DAY

DAY 70 - OFF DAY



TRAINING LOGS



WEEK ELVEN

DAY 71

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Leg Press	3x10								
Overhead Press	4x8								
DB Lateral Raises	3x10								
One Legged - Leg Extensions	2x12								
One Legged - Leg Curls	2x12								

DAY 72 - OFF

DAY 73

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
DB Pullovers	3x10								
Close Grip Bench Press	3x10								
Tricep Pulldowns	3x10								
Incline DB Flys	2x12								



TRAINING LOGS



DAY 74 - OFF

DAY 75

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Wide Pullups	3x MAX								
Cable Curls	3x10								
Hammer Curls	3x10								
Hyperextensions	2x12								

DAY 76 - OFF DAY

DAY 77 - OFF DAY



TRAINING LOGS



WEEK TWELVE

DAY 78

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Leg Press	3x10								
Overhead Press	4x8								
DB Lateral Raises	3x10								
One Legged - Leg Extensions	2x12								
One Legged - Leg Curls	2x12								

DAY 79 - OFF

DAY 80

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
DB Pullovers	3x10								
Close Grip Bench Press	3x10								
Tricep Pulldowns	3x10								
Incline DB Flys	2x12								



TRAINING LOGS



DAY 81 - OFF

DAY 82

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Wide Pullups	3x MAX								
Cable Curls	3x10								
Hammer Curls	3x10								
Hyperextensions	2x12								

DAY 83 - OFF DAY

DAY 84 - OFF DAY - LAST DAY!!!



Alternate Exercises

Starting Exercise	Alternative 1	Alternative 2
Legs		
Squats	Front Squats	Wide/Narrow Squats
Stiff Legged Deadlift	Barbell Lunges	DB Lunges
Leg Press	Hack Squats	
Leg Extensions		
Lying Leg Curls	Seated Leg Curls	
Standing Calf Raises	Seated Calf Raises	Leg Press Calf Raises
Back		
Deadlift	Sumo Deadlift	
Barbell Rows	DB Rows	Yates Rows
Pullups	Chinups	BTN Pullups
Seated Rows	T-bar Rows	
Lat Pulldowns	Underhand Pulldowns	
Hyperextensions	Good Mornings	
Chest, Triceps		
Flat Bench Press	Flat DB Press	
Barbell Incline Press	Incline DB Press	Barbell Decline Press
Dips		
Skull Crushers	Overhead DB Extensions	
Tricep Pushdowns	Close-grip Bench Press	
Flys	Incline Flys	Pullovers
Shoulders, Biceps		
Overhead Press	Seated Military Press	
Seated DB Press	Arnold Presses	
DB Lateral Raises	DB Front Raises	
Standing Barbell Curls	Preacher Curls	Standing DB Curls
Seated DB Curls	Incline DB Curls	Concentration Curls
Barbell Shrugs	DB Shrugs	Upright Rows