

THE ULTIMATE REBOOT WORKOUT LOG: WEEK 2

Date :

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
EXERCISE	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED
1: FRONT SQUATS										
2: DB CLEAN & PRESS - RIGHT										
3: DB CLEAN & PRESS - LEFT										
4: RDL TO SHRUG										
5: SUITCASE DEADLIFT TO ROW										
KETTLEBELL SWING										
OR										
KETTLEBELL SINGLE ARM SWING										

WALK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DURATION	MINS	MINS	MINS	MINS	MINS