

THE ULTIMATE REBOOT WORKOUT LOG: WEEK 3

Date :

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
EXERCISE	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED
1: DB Lateral Lunge										
2: CURL TO ARNOLD PRESS										
3: STATIC LUNGE - RIGHT										
4: STATIC LUNGE - LEFT										
5: OBLIQUE DROPS										
KETTLEBELL SWING										
OR										
KETTLEBELL SINGLE ARM SWING										

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