

THE ULTIMATE REBOOT WORKOUT LOG: WEEK 4

Date :

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
EXERCISE	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED
1: DB THRUSTERS										
2: B-STANCE CROSS RDL - RIGHT										
3: B-STANCE CROSS RDL - LEFT										
4: CURTSEY LUNGE TO CURL - RIGHT										
5: CURTSEY LUNGE TO CURL - LEFT										
KETTLEBELL SWING										
OR										
KETTLEBELL SINGLE ARM SWING										

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