

THE ULTIMATE REBOOT WORKOUT LOG: WEEK 5

Date :

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
EXERCISE	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED
1: Reverse Lunge To Knee Drive - Right										
2: Reverse Lunge To Knee Drive - Left										
3: Seesaw Shoulder Press										
4: Weighted Good Mornings										
5: Lateral Sweep To Bicep Curl										
KETTLEBELL SWING										
KETTLEBELL SINGLE ARM SWING										
KETTLEBELL SWING										

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