

# REBOOT: STRENGTH, RELOADED WORKOUT LOG: WEEK 1

Date :

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	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
EXERCISE	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED	WEIGHT	USED
1: PUSH PRESS										
2: SUITCASE DEADLIFT										
3: SUMO SQUAT										
4: OBLIQUE DROP										
5: HAMMER CURL										
KETTLEBELL SWING										

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