



## Allie Ruby's Workout Log - Bodybuilding.com

Day 2

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO \_\_\_\_\_ EXERCISE \_\_\_\_\_ DURATION \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ LOCATION: \_\_\_\_\_

MOOD WHEN STARTING:  
\_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Circuit: 4 rounds, rest 1 minute between rounds				
Kettlebell overhead walk: 100 feet down and back each arm				
Plank with reach: 60 reps, alternating arms				
Lat pull-down: 1 set of 10-15 reps				
Circuit: 4 rounds, rest 1 minute between rounds				
Kettlebell single-arm military press: 8 reps per side				
Side plank: 40 reps per side				
Kettlebell Turkish get-up: 5 reps per side				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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