

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

Day 6

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	Set #5
Circuit: 4-5 rounds, rest 1 minute between rounds					
Kettlebell swing: 20 reps					
Kettlebell squat: 20 reps					
Kettlebell deadlift: 20 reps					
Circuit: 4-5 rounds, rest 1 minute between rounds					
Kettlebell snatch: 5 reps per side					
Kettlebell walking lunge: 15 reps per side					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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