



Allie Ruby's Workout Log - Bodybuilding.com

Days 1 and 4

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	Set #6	Set #7	Set #8	Set #9	Set #10
Paired set:										
Kettlebell swing: 10 sets of 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 reps										
Kettlebell squat: 10 sets of 19, 17, 15, 13, 11, 9, 7, 5, 3, 1 reps										
Circuit: 3 rounds, rest 1 minute between rounds										
Band external rotation: 15 reps per side										

Slow shoulder tap: 10 reps per side										
Stability-ball stir-the-pot: 15 reps per side										
Kettlebell snatch: 5 sets of 10 reps per side, rest 30 sec.										
Kettlebell walking lunge: 4 sets of 10 reps per side, rest 1 min.										

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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