Exercise:	Exercise:

D-4-	Set 1		Set 2		Set 3		Set 4		\mathbf{Gym}	
Date	W	\mathbf{R}	W	R	W	R	W	R	$\mathbf{A}\mathbf{A}$	STG

.	Set 1		Set 2		Set 3		Set 4		Gym	
Date	\mathbf{W}	\mathbf{R}	\mathbf{W}	\mathbf{R}	\mathbf{W}	\mathbf{R}	\mathbf{W}	\mathbf{R}	$\mathbf{A}\mathbf{A}$	\mathbf{STG}
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