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Our London Business is good, but Vienna & Berlin are quiet. Mr. D Lloyd has gone to Switzerland & I hope for good news. He will be there for a week at 1496 at Louisa street & then go to Turin & Rome. He will join Colonel Parry & Army at ~~the~~ Athens, Greece on November 7, or December 2. Letters now should be addressing to King James Blvd 3580. We expect Charles F Fuller on Tuesday. Dr L. Mc Quaid & Robert Onger Esq. left on the 'Y. X' Express tonight.

The daily routine of mine is same as every normal person, but the thing differs me from a normal guy is my workout & Diet. The day starts with 500 boiled milk, 2 scoop Oats, 2 bananas, 1 spoon honey, 2 scoop peanut butter, 10 almonds, and a scoop of whey protein which gives me approx 45g of protein. It gives me a great start of day & rest too meals are also heavy. At evening, At gym, like today is my Back & Biceps workout. we'll start with lat pull down targeting back & then will move to bent over rows for upper back & lats. Also we'll take neck deltoid to day. After back we'll start with single arm dumbbell (and then hammer curl then cable hammer curl and also bicep EZ bar curl. Completing our workout with Forearms and mainly DEADLIFT.