I will be doing a minimum of 10 minutes of cardio for each workout session provided.

Journal 15:

10/6/17

(ABSENT BUT DID MY OWN WORKOUT)

Workout:

* Leg press
  + 260 x 10 x 3
* Leg Curls
  + 50 x 10 x 2
  + 70 x 10 x 1
* Calf Raises
  + 17.5 x 12 x 1
  + 25 x 12 x 1

Reflection:

I took it light today due to my lack of sleep because of an upcoming test. It felt nice to distract myself from studies for a bit and just focus on my workouts. I felt that doing calf raises kept getting easier so I might increase the weight next time.

Diet:

I had a sausage egg and cheese for breakfast with a bottle of water. For lunch, I ate some chicken fingers and fries with a lemonade, and for dinner I had some chicken soup with a glass of iced tea.

Journal 16:

10/11/17

Workout:

* Concentrated curls
  + 15 x 12 x 2
  + 17.5 x 10 x 2
* Lat Pulldown:
  + 62.5 x 10 x 1
  + 75 x 10 x 1
  + 87.5 x 8 x 1
* Dual Axis Row
  + 70 x 10 x 2
  + 70 x 8 x 1
* Hammer curl
  + 15 x 10 x 2
  + 15 x 8 x 1
* Dumbbell curl:
  + 15 x 10 x 1

Reflection:

I feel like I can still improve but I’m taking my time to ensure that I don’t hurt myself. These exercises make me feel better about myself in terms of strength. I feel a little sore after doing many curls, I might wake up sore the next day.

Diet:  
I ate another bacon egg and cheese with some orange juice. It is hard to make myself something for breakfast due to time. For lunch, I had a grilled chicken sandwich with fries accompanied by a lemonade, for dinner I had some rice with tuna fish and two fried eggs on the side with a glass of water.

Journal 17:

10/13/17

Workout:

* Flat-Bench-press
  + 45 x 12 x 1
  + 65 x 10 x 1
  + 85 x 8 x 1
* Incline bench Press
  + 45 x 10 x 1
  + 65 x 8 x 2
* Skull crusher
  + 15 x 12 x 3
* Fly Cybex
  + 50 x 10 x 1
  + 55 x 10 x 1
  + 55 x 8 x 1
* Assisted dips
  + 61 x 8 x 2
* Triceps pulldown
  + 28 x 10 x 1
  + 24 x 8 x 1
* Ab workout & flexibility day

Reflection:

Everything was going fine, I felt muscle soreness (in a good way). Once the ab workout started, I felt like I needed to work on my core more. I am not sure if it was due to me already being tired from my workout but I felt like I did a bit worse on my ab workout when compared to the previous sessions. Overall a good workout with plenty of exercises.

Diet:  
I didn’t have the chance to eat breakfast just drink some water before class. For lunch, I ended up eating another grilled chicken sandwich with fries. For dinner, I had roasted chicken with beans and rice.

Journal 18:

10/18/17

Workout

* Standing calf raises
  + 15 x 12 x 1
  + 20 x 12 x 1
  + 30 x 12 x 1
* Leg Extensions:
  + 70 x 12 x 1
  + 75 x 12 x 1
  + 85 x 10 x 1
* Leg Curls
  + 50 x 12 x 1
  + 60 x 12 x 1
  + 60 x 8 x 1
* Hip Outer Thigh
  + 39 x 8 x 3
* Hip Inner Thigh
  + 37 x 10 x 2
  + 37 x 12 x 1
* Lunges
  + 12.5 x 12 x 1

Reflection:

Could not finish my last workout due to soreness. I was sore from last workout and this workout left me even more tired. I feel good after working out my legs again.

Diet:  
Ate some cereal with fruits inside and a glass of water. For lunch, I ate a roasted chicken sandwich on a whole-wheat bread with an iced coffee to keep me up. For dinner, I ate a lentil soup with beef inside and a cup of cranberry juice.

Journal 19:

10/20/17

Workout

* Chest Press
  + 70 X 10 X 1
  + 75 X 10 X 1
  + 85 x 10 x 1
* Chest Fly
  + 55 x 10 x 3
* Hammer curls
  + 20 x 10 x 3
* Shrugs
  + 20 x 12 x 1
  + 25 x 12 x 2
* Incline bench press
  + 45 x 12 x 2
  + 65 x 10 x 1
* lateral raise
  + 12.5 x 10 x 1

Reflection:

I was sore from last workout! My arms feel shaky and swollen but no pain after today’s workout. Everything has gotten better and my workload on courses has lessened so I feel better.

Diet:

I ate a banana with a glass of milk for breakfast. For lunch, I ate another grilled chicken sandwich with French fries and a lemonade. For dinner, I had rice with steak and a side of salad with water.

Journal 20:

10/23/17

Workout

* Dual Axis Row Back
  + 70 x 10 x 2
  + 80 x 10 x 1
* Over Head Extensions
  + 20 x 12 x 3
* Lat Pulldowns
  + 75 x 8 x 2
  + 87.5 x 7 x 1

Reflection

I am tired from my course work. I have not had any good night’s sleep and I took it easy for today. I didn’t have the energy to go all out.

Diet:

Had a bowl of cereal with some fruit inside and a glass of orange juice. For lunch, I couldn’t eat anything, I had so much work that I had to skip out on it. For dinner, I had a chicken soup with some cranberry juice.

Journal 21:

10/24/17 (MAKE UP DAY FROM ABSCENSE)

Workout

* Cardio for 30 minutes
* Chest press 70 x 10 x 3
* Bench Press 65 x 10 x 3

Reflection

It felt good running longer than normal. The workouts didn’t feel any different when compared to other days.

Diet:  
I ate another bowl of cereal with a variety of fruit. For lunch, I ate a chicken parmesan sandwich with green tea. For Dinner, I had rice with egg and beans with a cup of water.

Journal 22:

10/ 25/ 17

Workout

* Leg Press
  + 270 x 10 x 3
* Leg curls:
  + 30 x 10 x 1
  + 70 x 10 x 1
  + 75 x 12 x 1
* Front raises:
  + 12 x 10 x 3
* Lateral raises
  + 12 x 10 x 2
  + 12 x 12 x 1
* Rear axis row/ rear delta:
  + 70 x 10 x 1

Reflection

Course work started to pick back up so I have postponed my progress for today and stayed at the same weight as before. This class helps as a distraction from course work.

Diet

I had eggs and pancakes for breakfast and a glass of orange juice. For lunch, I had a sandwich with bacon, egg, cheese and a glass of cranberry juice. For dinner, I had rice with grilled chicken.

Journal 23

10/27/17

Workout

* Overhead Extensions 17.5 x 12 x 3
* Front raises 12.5 x 10 x 3
* Lateral raises 12.5 x 10 x 3
* Shrugs 30 x 12 x 3
* Upright row dumbbells 60 x 5 x 3
* Shoulder Press 20 x 10 x 3

Reflection

I had a good workout today. While weight did not go up that much I felt a good kind of soreness running through my arms.

Diet

I had a sausage, egg, and cheese for breakfast with a cup of iced coffee. For lunch, I had a grilled chicken sandwich with French fries and a lemonade. For dinner, I had bean soup with beef and a glass of water.

Journal 24:

10/30/17

Workout

* Chest Press
  + 70 x 10 x 2
  + 110 x 6 x 1
  + 90 x 6 x 1
* Standing Bicep Curls
  + 20 x 12 x 2
  + 20 x 10 x 2
* Incline bench press
  + 45 x 10 x 1
  + 65 x 10 x 2
* Preacher Curls
  + 32 x 10 x 3

Reflection

Today I wanted to see how far I can go and I can see I have improved in certain areas. I was not able to reach my max reps but I was able to reach a high record of reps with the weight put on.

Diet

Bacon egg and cheese with iced coffee for breakfast. For lunch, I had spaghetti with meatballs and a side of bread with a glass of water. For dinner, I had beef stew with rice and potatoes with a glass of cranberry juice.

Journal 25

11/1/17

Workout

* Overhead Extensions
  + 20 x 12 x 3
  + 15 x 12 x 2
* Front Raises
  + 15 x 12 x 3
* Cardio for 15 minutes

Reflection

I had a quiz today which took longer than expected which lead me to arrive a little late to class today. It felt good to do more cardio than the normal amount I usually do.

Diet

Did not have time to eat breakfast today, just water. I ate a chicken salad with lemonade for lunch. For dinner, I ate a blt sandwich and a glass of water.

Journal 26

11/3/17

Workout

* Shrugs
  + 25 x 12 x 1
  + 35 x 10 x 2
* Shoulder Press
  + 20 x 10 x 3
* Front Raises
  + 12.5 x 10 x 1
  + 15 x 10 x 2
* Lateral Raises
  + 15 x 10 x 2

Reflection

I’m slowly increasing the weight on my workouts. I feel better physically and mentally. For now, course work has degraded and I’m feeling a bit better.

Diet

I ate 2 bananas and an apple for breakfast with some orange juice. For lunch, I ate a roasted chicken sandwich with apple juice. For dinner, I ate rice with beef and beans with a glass of water.

Journal 27

11/6/17

Workout

* Chest Press
  + 70 x 12 x 1
  + 85 x 12 x 1
  + 100 x 10 x 1
* Dual axis row
  + 70 x 12 x 2
  + 80 x 10 x 1
* Chest fly
  + 70 x 10 x 3
* Bench press
  + 45 x 10 x 1
  + 65 x 10 x 1
  + 85 x 6 x 1
* Bicep curls
  + 20 x 10 x 1
  + 25 x 8 x 1

Reflection

I increased my weight once more and I’m impressed on how much I improved. I really hope I keep on getting better. I feel tired but not too sore.

Diet

Cereal with fruit and a glass of orange juice for breakfast. For lunch, I had penne vodka with a glass of iced tea. For dinner, I had Chicken soup with a side of rice and cranberry juice.

Journal 28

11/8/17

Workout

* Calf Raises
  + 60 (30 each arm) x 13 x 1
  + 70 (35 each arm) x 12 x 2
* Leg extensions
  + 80 x 10 x 2
  + 100 x 10 x 1
* Chest Press
  + 75 x 10 x 3
* Overhead Press
  + 20 x 12 x 3
* Abductor outer thigh
  + 34 x 10 x 3
* Abductor inner thigh
  + 45 x 10 x 1

Journal 29

11/10/17

Workout

* Leg Press
  + 280 x 10 x 3
* Standing Calf Raises
  + 60 (30 each arm) x 12 x 1
  + 70 (35 each arm) x 12 x 2
* Leg Curl
  + 70 x 12 x 2
  + 80 x 12 x 1

Reflection

I feel much more relaxed but I can feel finals coming up which makes me anxious. The workouts left my legs sore but nothing to be worried about. I feel stronger than before.

Diet

Bacon egg and cheese for breakfast following up with a lunch consisting of chicken fingers and fries with a lemonade, finishing up with lentil soup for dinner with a cup of cranberry juice.

Journal 30

11/13/17

Workout

* Incline bench press
  + 65 x 10 x 2
  + 75 x 8 x 1
* Lat pulldown
  + 87.5 x 10 x 1
  + 100 x 6 x 1
  + 87.5 x 10 x 1
* Chest Press
  + 90 x 10 x 2
  + 100 x 7 x 1
* Overhead Press
  + 20 x 12 x 3

Reflection  
I feel so much more relieved. These workouts really help me destress myself. I was sore from last workout but I still managed to finish my sets slowly.

Diet  
I ate a bacon egg and cheese with a side of iced coffee and hash browns. After my workout, I was hungry and ate 2 slices of pizza for lunch accompanied by ginger ale. For dinner, I brought a roasted chicken and made myself some rice with a side of salad and a cup of water.

Journal 31

11/15/17

Workout

* Bicep curls
  + 20 x 10 x 3
* Shrugs
  + 60(30 each arm) x 10 x 3
* Dips
  + 71 x 10 x 3
* Dual Axis Row
  + 95 x 8 x 3
* Chest Press
  + 90 x 10 x 2
  + 100 x 5 x 1

Reflection

So, it seems that depending on how tired I am my chest press performance gets affected. I feel ok overall. The workouts gave me a good stretch and some soreness (in a good way).

Diet

I had some cereal with fruit and a glass of chocolate milk. For lunch, I had mac and cheese with ginger ale. For dinner, I had marinated chicken with rice, beans, and a salad on the side with cranberry juice.

Journal 31

11/17/17

Workout

* Leg Press
  + 270 x 10 x 4
* Leg curls
  + 75 x 10 x 3
* Standing calf raises
  + 60 (30 each arm) x 12 x 1
  + 70 (35 each arm) x 12 x 2

Reflection

My legs need improvement so I’m trying to slowly introduce weight without overdoing myself. I feel ok but a little anxious with all these assignments and tests coming up.

Diet

I ate a sausage, egg, and cheese sandwich with hash browns and an iced coffee for breakfast. For lunch, I ate a chicken parmigiana sandwich for lunch with a side of lemonade. For dinner, I had chicken soup with cranberry juice.

Journal 32

11/20/17

Workout

* Chest Press
  + 90 x 10 x 2
  + 110 x 6 x 1
* Dual axis row
  + 70 x 10 x 1
  + 80 x 10 x 1
  + 95 x 7 x 1
* Triceps pull down
  + 20 x 10 x 1
  + 28 x 10 x 2
* Bench Press
  + 65 x 10 x 2
  + 75 x 10 x 1

Reflection

My aim is to have my chest press reps reach to 10 and I also want to increase my bench pressing. I feel stronger and a little sore after today’s workout. I’m looking forward to working out after break.

Diet

French toast with orange juice for breakfast. For lunch, grilled chicken sandwich with French fries. For dinner, I had some ribs with rice and fries and a glass of water.

Journal 33

11/27/17

Workout

* Chest Press
  + 80 x 10 x 1
  + 85 x 10 x 1
  + 90 x 10 x 1
* Lat Pulldown
  + 87.5 x 8 x 3
* Overhead press
  + 20 x 10 x 3
* Tricep pulldown
  + 24 x 12 x 3

Reflection

I just got back from a 3 hour drive this morning and haven’t had the time to eat nor sleep. I took it easy for today with my workouts so that way I wouldn’t push myself to much. I hope that next time I’m able to give it my all.

Diet

No breakfast, just water. For lunch, I ate a nice chicken parmigiana sandwich with a big lemonade. For dinner, I had roasted chicken with beans, lettuce, tomatoes and a glass of cranberry juice.

Journal 34

11/29/17

Workout

* Incline Bench press
  + 65 x 10 x 2
  + 65 x 8 x 2
* Hammer Curl
  + 17.5(Both arms) x 12 x 1
  + 20(Both arms) x 12 x 2
* Leg Extensions
  + 90 x 10 x 2
  + 95 x 10 x 1
* Concentration Curls
  + 20 x 10 x 3

Reflection

I felt sore today in a good way. I feel stronger and bigger than before. I hope that during my self-assessment I do better compared to the first one. I feel more relaxed after today’s workout and school assignments are diminishing which is great.

Diet

I ate two bananas with a glass of hot chocolate milk this morning. I had penne vodka for lunch with a glass of water and for dinner I ate rice with eggs and salad with cranberry juice.