# **13/02/17 to 19/02/17 Exercise Diary**

## Monday 13/02/17

Morning

* Walking 40 mins to get from London to Ipswich

## Tuesday 14/02/17

Afternoon

* Walking to university (30 mins)

Evening

* 10 mins cycling level 5
* 5 mins of stretching
* 5 mins running of treadmill speed 5.5
* 3x20 reps bicep curls
* 2x15 reps press ups
* 2x15 reps sit ups
* 2x30 seconds planks
* 10 lengths 20m pool swimming

## Wednesday 15/02/17

Morning

* Walk to university (30 mins)

Afternoon

* Walk from University (30mins)

Evening

* 4 x 4 flight stair case running/jogging
* 2 x 15 reps press ups
* 2 x 15 reps sit ups
* 2 x 30 seconds plank

## Thursday 16/02/17

Morning

* Walk to university (30mins)

Afternoon

* Walking into town and shopping (30mins)
* Had to walk back to university because I left my keys for the house there (30mins)
* Walking back home from university (30mins)

Evening

* 10 mins on bike level 5 difficulty
* 5 minutes stretching
* 5 minutes on treadmill speed 5
* 2 x 20 reps bicep curls 5kg
* 2 x 20 reps arm extension machine 20kg
* 3 20 reps leg extensions 40kg
* 10 mins on rowing machine (both wrist movements)
* 2 x 15 reps sit ups
* 2 x 30 seconds plank
* 5 mins on bike level 3 cool down.

## Friday 17/02/17

Morning

* Walking to university (30mins)

Afternoon

* 4 x running up and down stairs 4 flights.
* 2x15 reps of push ups
* 2 x 30 seconds plank

## Saturday 18/02/17 (working from 4:00pm-10:30pm)

Evening

* Lifting up boxes full of cutlery
* Taking out places from the dinning room.
* Walking from my house to the shard (40mins)