# **03/04/17 to 09/04/17 Exercise Diary**

## Monday 03/04/17

Morning

* Walking to the train station to head to the gym (15mins)

Afternoon

* 10 mins rowing machine over and under arm, 1800m level 10
* 10 mins cycling effort level 5
* 3 x 20 reps both arms arm curls 4kg
* 3 x 20 reps leg press 40kg
* 2 x 20 reps arm extensions 20kg
* 2 x 20 reps leg extensions 20kg

Evening

* Walking home from the gym (20mins)

## Tuesday 04/04/17

Morning

Afternoon

* Walking to the train station to see a mate (15mins)

Evening

* Walking back from the train station back home (15mins)

## Wednesday 05/04/17 (Working from 15:00pm to 23:00pm)

Morning

Afternoon

* At work had to carry full kegs of beer
* Cases or bottled beer
* On my feet all day
* Cleaning the bar

Evening

* Walking back from work to the house (2 x 15mins)

## Thursday 06/04/17

Morning

Afternoon

* 2 x running 300m around local lake

Evening

## Friday 07/04/17

Morning

Afternoon

* 11 minutes rowing machine level 10, 2000m
* 10 minutes cycling effort level 5 72cals
* 4 x 20 reps both arms arm curls
* 3 x 20 reps leg press 40kg

**I finished then because I have to study**

Evening

## Saturday 08/04/17 (Working from 07:00am to 21:00pm)

Morning

* Walking to the station, then to Twickenham stadium (40mins)
* Setting up chariots of fire (heavy boxes, picking up kegs of beer)

Afternoon

* Taking out empty kegs
* Bringing in new kegs (11 gallons)
* Carrying trays of 16 pints around the bar
* Taking out bags of glass bottles

Evening

* Walking to the station from Twickenham stadium and then home (40mins)

## Sunday 09/04/17 (Went to Ipswich)

Morning

* Walking to the station and then to the flat (20mins)

Afternoon

* Walking into town with friends and went shopping
* Walking from town back to the flat (20mins)