# **Exercise Diary 10/04/17 to 16/04/17**

## Monday 10/04/17

Morning

* Walking to university from the flat (20mins)

Afternoon

* Walking back from university back to the apartment

Evening

* 10mins of rowing machine difficulty level 10 1600m
* 4 x 20 res both arms arm curls
* 4 x 20 reps leg press 40kg
* **Stopped after that due to not feeling well**

## Tuesday 11/04/17

Morning

* Walking to university from the apartment

Afternoon

* Walking back from university to the apartment

Evening

* Walking back from the apartment to the station and then home (30mins)

## Wednesday 12/04/17

Morning

Afternoon

* Walked from home to London bridge to pick up parents from holiday (30mins)

Evening

## Thursday 13/04/17

Morning

Afternoon

* 1 lap around 400m lake

Evening

## Friday 14/04/17

Morning

Afternoon

Evening

## Saturday 15/04/17

Morning

* Walking to the station (15mins)

Afternoon

* 5 mins stretching
* 10mis on rowing machine 2000m 100cals difficulty 10
* 10 mins on bike effort level 5 60cals
* 3 x 30 reps leg press 40kg
* 4 x 20 reps arm curls
* 3 x 20 reps arm extensions 20kg
* Walking back to the station

Evening

## Sunday 16/04/17 (Working from 17:00pm to 22:30pm)

Afternoon

* Lifting up crates of stock
* Taking out empty kegs
* Lifting and bringing full kegs to the bar