# **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 21/03/17

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 22/03/17

Morning

Afternoon

Evening

## Thursday 23/03/17

Morning

Afternoon

Evening

## Friday 24/03/17

Morning

Afternoon

Evening

## Saturday 25/03/17 (Working from 17:00pm to 23:30pm)

Morning

Afternoon

Evening

## Sunday 26/03/17 (Working from 17:00pm to 23:00pm)

Afternoon