# **Exercise Diary 24/04/17 to 30/04/17**

## Monday 24/04/17

Morning

* Walking to the station from London home (15mins)
* Walking from Ipswich station to my apartment (10mins)

Afternoon

* Walking from the apartment to Sainsbury’s and back (40mins)

Evening

## Tuesday 25/04/17

Morning

* Walking from the apartment to uni (30mins)

Afternoon

* Walking back from uni to the apartment (30mins)

Evening

* 3 x 15 leg razors
* 3 x 15 (plank but bringing legs forward and back)
* 3 x 15 (laying on back putting one arm and leg in the air simultaneously)
* 3 x 20 arm curls 1kg
* 3 x 15 (arm raised from the hip to shoulder) 1kg

## Wednesday 26/04/17

Morning

* Walking from the apartment to uni (30mins)

Afternoon

* Walking back from uni to the apartment (30mins)

Evening

* 10mins on bike (75 cals)
* 3 x 20 reps arm extensions (20kg)
* 3 x 20 reps arm curls (5kg)
* 3 x 20 reps leg extensions (40kg)

## Thursday 27/04/17

Morning

* Walking from the apartment to uni (30mins)

Afternoon

* Walking back from uni to the apartment (30mins)

Evening

## Friday 28/04/17

Morning

* Walking from the apartment to uni (30mins)

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