# **13/03/17 to 19/03/17 Exercise Diary**

## Monday 13/03/17 (Working from 14:00 to 22:00)

Morning

Afternoon

* Picking up 6 gallon kegs
* Picking up gas canisters
* Taking out bins

Evening

## Tuesday 14/03/17 (Missed train to university)

Morning

Afternoon

Evening

## Wednesday 15/03/17

Morning

* Walking from home to university (30mins)

Afternoon

* Walking back from university (30mins)

Evening

* 12 lengths free style 20m pool
* 8 lengths Brest stroke 20m pool

## Thursday 16/03/17

Morning

* Walking to University (30mins)

Afternoon

* Walking back from university to home (30 mins)
* Walking to closest Sainsbury’s to get food (20 mins)

Evening

* 10mins rowing machine 1600m achieved
* 10mins on sitting down bike effort level 4
* 10 reps arm extension (didn’t feel comfortable due to hands)
* 3 x 20 reps arm curls 5kg
* 5mins on standing up cycling machine.

## Friday 17/03/17

Morning

* Walking from Home to university (30mins)

Afternoon

* Walking back from university to home (30mins)

Evening

* 2 x 15 reps press ups
* 3 x 20 reps arm curls 2kg

## Saturday 18/03/17 (working from 15:15pm to 23:30pm)

Morning

Afternoon

* Was working at the 02 so lifting, on my feet till midnight

Evening

## Sunday 19/03/17

Afternoon