# **20/03/17 to 26/03/17 Exercise Diary**

## Monday 20/03/17

Morning

* Walking to the station (15mins)
* Walking from Ipswich station to flat (10mins)

Afternoon

* Walking to Sainsbury’s and back home to get food for the week (40mins)

Evening

* 10mins on rowing machine (5mins both over and under the handle) (1600m)
* 10mins on cycle machine (difficultly level 4)
* 3 x 20 reps arm extensions (15kg)
* 3 x 20 reps leg extension (20kg)
* 5 mins running machine speed 5 (cool down)

## Tuesday 21/03/17

Morning

* Walking from home to university (30mins)

Afternoon

* Walking back from university to home (30 mins)

Evening

* 1 hour of inside squash with a friend (played 3 games)

## Wednesday 22/03/17

Morning

* Walking from home to university (30mins)

Afternoon

* Walking back from university (30mins)

Evening

* 3 x 20 reps arm curls both arms 1kg

## Thursday 23/03/17

Morning

* Walking to University (30mins)
* 3 x 20 reps arm curls 1kg

Afternoon

* Walking back from university to town then home (50 mins)

Evening

* 5 mins of stretching arms legs and neck
* 10 mins on rowing machine difficultly 10 (both over and under the handle)(1850m)
* 10 mins’ cycle machine difficulty level 4 (65cals)
* 50 reps (2 x 20 1 x 10) arm extensions 20kg
* 10 reps arm extensions 15kg
* 3 x 20 reps Leg extensions 40kg
* 3 x 20 reps 15kg squatting and lifting weights over my head 15kg
* 5 mins’ treadmill cool down difficulty level 5

## Friday 24/03/17

Morning

* Walking from Home to university (30mins)

Afternoon

* Walking back from university to home (30mins)

Evening

* 30 lengths of 20-meter pool
* 18 freestyle
* 12 breaststrokes.

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

Morning

Afternoon

* Lifting cases of soft drinks
* One my feet without a break
* Changing kegs.

Evening

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

Afternoon

* Lifting cases of soft drinks
* One my feet without a break
* Changing kegs.