# **Exercise Diary 06/11/17 to 12/11/17**

## Monday 06/11/17

Morning

* 20min walk to the tube station
* 10min walk from Ipswich train station to my apartment

Afternoon

Evening

* 2x 10reps of 10kg arm curls

## Tuesday 07/11/17

Morning

* 20min walk from my apartment to university

Afternoon

* 30min walk from university into Ipswich shopping centre to get food and then back to my apartment

Evening

* 10min uphill walk speed 4.5 gradient 10
* 10min cycle machine effort level 5
* 3 x 20 reps 6kg bicep curls
* 3 x 15 reps 6kg arm straightening (can’t remember what it called)
* 3x 15 reps arm extensions 20kg
* 3 x 20kg must get name of machine
* 10 x 25m freestyle swimming
* 5 x 25m Brest stroke and 5 x 25m freestyle

## Wednesday 08/11/17

Morning

* 20min walk from my apartment to university
* 2 x 10 reps 10kg arm curls

Afternoon

* 20min walk back from university to my apartment

Evening

* 10min uphill walk speed 4.2 gradient 10
* 10min cycling machine effort level 5
* 2 x 20 reps 6kg bicep curls
* 2 x 15 reps arm straighteners (can’t remember what you call it)
* 4 x 40kg leg extensions
* 3 x 20kg leg curls

## Thursday 09/11/17

Morning

* 20mn walk from my apartment to university

Afternoon

* 40min walk from university to shopping centre and then apartment

Evening

* 10min uphill walk speed 4.0 gradient 10
* 10min cycling machine effort level 5
* 3 x 20 rep’s bicep curls
* 3 x 15 arm straighteners (can’t remember what they are called)
* 3 x 20kg arm extensions
* 2 x two machines must get names of
* 2 x 10 lengths 25m pool freestyle
* 5 x Brest and 5 x freestyle 25m pool
* 5 x freestyle 5 x butterfly 25m pool

## Friday 10/11/17

Morning

Afternoon

* 30min walk from apartment to train station and then to university

Evening

* 40min walk from university to shopping centre to apartment

## Saturday 11/11/17 (Working from 07:00am to 21:00pm)

Morning

Afternoon

Evening

## Sunday 26/03/17 (Working from 10:00am to 22:30pm)

Morning

Afternoon

Evening