# **Exercise Diary 20/11/17 to 26/11/17**

## Monday 20/11/17

Morning

* 10min walk from home to the station
* 10min walk from tube platform to train platform
* 10min walk from train station to apartment

Afternoon

* 20min walk from apartment to uni
* 20min walk from uni to town for food shopping
* 10min walk from town back to apartment

Evening

## Tuesday 21/11/17 (arms)

Morning

* 20min walk from apartment to uni

Afternoon

* 20min walk back from uni to apartment

Evening

* **10min uphill walk**
* **3x 20 reps Dumbbell arm curls**
* **2x 10 reps** [Dumbbell Reverse Flys](https://www.youtube.com/watch?v=evXOlgLTPCw)
* **3x 15 reps chest incline**
* **3x 15 reps upper back machine**
* **3x 20 reps low row**
* **5x 20m freestyle swim**

## Wednesday 22/11/17 (legs)

Morning

* 20min walk from apartment to uni

Afternoon

* 20min walk back from uni to apartment

Evening

* 10min uphill walk
* **3x 20 reps Dumbbell arm curls**
* **3x 10 reps** [Dumbbell Reverse Flys](https://www.youtube.com/watch?v=evXOlgLTPCw)
* 10min cycle machine effort level 5
* 4x 20reps 40kg leg extensions
* 2x 15 reps 15kg Pectoral
* 3x 15reps 20kg leg curls
* 5min stair walking

## Thursday 23/11/17 (arms)

Morning

* 20min walk from apartment to uni

Afternoon

* 20min walk from uni to apartment

Evening

* 10min uphill walk
* **3x 20 reps Dumbbell arm curls**
* **3x 10 reps** [Dumbbell Reverse Flys](https://www.youtube.com/watch?v=evXOlgLTPCw)
* 3x 15reps 15kg Pectoral
* 3x 15 reps 15kg chest incline
* 3x 15reps 15kg chest press
* 15x 20m freestyle swim
* 5x 20m butterfly swim

## Friday 24/11/17

Morning

Afternoon

Evening

## Saturday 25/11/17 (Working from 07:00am to 21:00pm)

Morning

Afternoon

Evening

## Sunday 26/11/17

Morning

Afternoon

Evening