

Date 01/24/17

Location: PSU Rec Center

Subjects: A and B (two friends)

Min	Activity	Min	Activity
1	Arriving to 4 th floor and Looking into classes (deciding whether to attend) and talking	31	Abs exercise on pull-up machine. Each A and B exercises in 1 min then switch.
2	Going to the 3 rd floor which is less crowded	32	...
3	Picking barbell rows and start warming up (neck, shoulder, legs, squats, jumps)	33	...
4	...	34	Talking about their classes.
5	...	35	...
6	Doing some Cardio	36	Going Upstairs to use matts
7	Squat with barbell rows (some sets)	37	Meeting a friend chat and talk about Trump's new bill
8	...	38	...
9	...	39	Lying leg stretch A: Lying leg hold, B: lie down
10	Resting	40	
11	...	41	
12	A and B drinking water	42	
13	Talking about next exercise	43	
14	...	44	
15	Pick up dumbbell, alternative rear lunge with dumbbell	45	A: downward facing dog A & B: Stretching arms and chat.
16	...	46	...
17	...	47	Going to the 2 nd Floor
18	...		
19	Talking in between about another friend.		
20	Discussing about next exercise		
21	A Gets two weight plates. A starts doing squats and B starts tricep dip. And Switching exercise for three sets.		
22	...		
23	...		
24	...		
25	Resting and saying jokes		
26	A starts another kind of squats and B starts tricep dip. And Switching exercise for three sets.		
27	...		
28	...		
29			
30	Put weights back into their place and Drink water		