Weekly Journals

Week 1:

This was an active week especially for my lower body. There were a lot of great skating events this week that I just couldn't miss. My body was tired and sore but personally I felt it was worth it. Good work for my legs and my balance.

Reached all workout goals in Apple Fitness and closed all rings

Week 2:

Started with a good strong upper body work out and rested the day after before tackling the rest of the body. Felt good overall really gaining control on my lifts and workouts with decent weights. Of course, I ended the week skating for stress relief.

Reached all workout goals in Apple Fitness and closed all rings

Week 3:

Another skate week, a lot of lower body working and balance work. It only felt right to finish the week off making sure my Upper body got some work as well. Ive achieved better balance work on my skates.

Reached all workout goals in Apple Fitness and closed all rings

Week 4:

More of a rest week as my body has taken a little toll from all the skating. Still tried to stay active but take it easy on my workouts making sure to take care of my muscles.

Workout goals still reached

Reached all workout goals in Apple Fitness and closed all rings

Week 5:

Busy week but with a little more skating again, I was active everyday this week after starting with a rest day. My legs yet again are sore, but I enjoyed the workouts and skating sessions in all. Felt productive is skate skill and workout efficiency.

Reached all workout goals in Apple Fitness and closed all rings

Week 6:

This week I rested my upper body as the soreness and pain took a little longer to subside than usual. My legs and flexibility got more work as they were quicker to heal and recover. I rested two days this week to allow my body a chance to recover.

Reached all workout goals in Apple Fitness and closed all rings

Week 7:

Another week of allowing my upper body to rest. At this point I feared I had torn something, or my diet wasn’t promoting healing. Granted my diet could’ve been better, but times were rough this week. I still managed to get up and get work done working the basic parts of my workout and achieving my goals.

Reached all workout goals in Apple Fitness and closed all rings

Week 8:

I rested to begin this week then finally hopped back into the upper body giving my lower body a little break. My upper body was sore after Tuesday but shortly after it felt much better. I took it light but still made sure to work for efficiency and productivity.

Reached all workout goals in Apple Fitness and closed all rings

Week 9:

This week was finally back to a normal workout week. Worked both Upper and Lower body, balance and flexibility, and skating. Felt good to get it all done and really make it worthwhile.

Reached all workout goals in Apple Fitness and closed all rings

Week 10:

Made it to 10 weeks!!! This was a calm week, but the weekend was packed once again with great skating sessions and of course, I couldn’t miss them. My body is feeling good and no soreness, but I have been increasingly hungry. Im trying to not overdue the calories though.

Reached all workout goals in Apple Fitness and closed all rings