	2020/03/20
AGENDA	Accord tosts
	PERA CRIPE A NOW
03/20/2020/ 13:00 + EMAIL - 13:20 GAMER VIDEO	so tempo x task
그것은 취임한 지금에 되었다. 하지만 하면도 되었다. 맛있는 것으로 되었다. 나는 그들은 경우를 되었다. 그런데 하는데 있어서 있다면 모든데 모든데	00 4/500
03/20/200/4:00 FEELIGHTERN 20:00 PGRA	
03/20/2020/2020 205000	103.2
3,20,00	
03/21/2020	
13:00 -> 14:00 -> CODER2 EDIT + VPLOAD	
14200-0 15:00 PCOD 683 EDIL	
100 Note 2005 Mars 2005 Mars 1000 Mars 1	
20:00 -> 21:00 -> UP DAD EP3	
63(12)	
(3/)2(1020)	+ appliation
16:40 + 19:66 _D Exectició	EWIADO ALTO
6 x PALL OD x 3 30 SQUAT x 3	SE DOSMIR.
6 x Front full of x 3 20x squat lateral x 3	- A CETUDOS NO
6x Bicers PULLURX3 20x KUEE RAISES X3	200/1100
4x Muscle 08 x 2 20x k nee enice leteral x3	
3x ONE ARM x2 20 x KNOW PLANSES DEGALS	
13x DENOCHAL X3 DOX KNEE LAUGH X3	
8x Sweap Bar x 2 20x Walk Squat x3	
3x 8086 806 08 x 3 25 x 815 to 1 500at x 3	
18x : 2 FRA x3 DOX ABS CYCLE x3	
12 KARONEN ROSEOCONXA UK SWOOD HEAVY OUT K 2	
bx bacascatax2 oox Ban Bycicle	
10 x Elevação Lateral	
NEXT DAY ADD: 6x POLL OF BACK +3 , TROSH OFS X	3
LENDIAMOND DON UP X3, 6x BRANC	3
	27.140
3/2020/23	
1:20 -> 17:44 -> GIT OPDATE PERSON TOE VO.2	ocoppiadom
TOE_VD.2	ENVINOO ENTRE
	16:40 A 17:0
	A LIMIT