

# AGENDA

2020/03/20

Agenda teste

Para Cair e Vício

de tempo e task

03/20/2020/13:00 → Email → 13:20 Game & Video

03/20/2020/15:00 → Email → 15:00 → Exercícios 15:00 → 16:00

03/20/2020/17:00 → Exercícios → 20:00 → Gravação

03/20/2020/20:00 → Vídeo

03/21/2020

13:00 → 14:00 → COD EP2 EDIT + UPLOAD

14:00 → 15:00 → COD EP3 EDIT

20:00 → 21:00 → UPLOAD EP3

03/22/2020

16:40 → 19:00 → Exercício

6x Pull up x3

2x Squat x3

6x Front Pull up x3

20x Squat lateral x3

6x Biceps Pull up x3

20x Knee Raises x3

4x Muscle up x2

20x Knee Raises lateral x3

3x One Arm x2

20x Knee Raises OPM x3

13x Sledge Hammer x3

20x Knee Launch x3

8x Sledge Hammer x2

20x Walk Squat x3

3x Rope Pull up x3

20x Bristol Squat x3

20x Intra x3

20x Abs Cycle x3

12x Sledge Hammer x3

4x Sledge Heavy Cut x2

10x Locomotion x3

20x Bar Bicycle

10x Elevation Lateral

Next Day ADD: 6x Pull up Back x3, 10x Push ups x3

12x Diamond Push up x3, 6x Branches Abs

03/2020/23

17:20 → 17:44 → GIT UPDATE Project toe\_v0.2

→ corrigendum

enviado entre

16:40 a 17:00

✍️