

Date	Exercise performed
12-05	
13-05	
14-05	
15-05	50x 7.5kg biceps dumbbell curls7x triceps pushups40x 7.5kg biceps dumbbell curls
16-05	
17-05	

18-05	
19-05	10x triceps push ups10x 7.5kg back dumbbell push ups9x triceps push ups10x 7.5
20-05	
21-05	
22-05	
23-05	
24-05	

25-05	
26-05	
27-05	
28-05	
29-05	
30-05	
31-05	

01-06	
02-06	
03-06	50x 7.5kg bicep curls12x 7.5kg dumbbell back pulls40x 7.5kg bicep curls20x 7.5kg
04-06	
05-06	
06-06	
07-06	

08-06	
09-06	
10-06	
11-06	

