

TO OPEN A LINK USING A CHROME OR OPERA BROWSER... COPY AND PASTE THE LINK INTO THE ADDRESS BAR OR SEARCH BOX OF ANY BROWSER

SWEAT ROUTINE exercises done in rotation - 10 sets x 10 reps for all exercises

barbell press behind head (standing) (7kgs) - <https://endic.at/exercise.standing.press.behind.neck..mp4>
upright rows (7kgs) - <https://endic.at/exercise.barbell.upright.rows..mp4>
bent-over dumbbell raises (3kgs) <https://endic.at/exercise.dumbbell.bent-over.raise.mp4>
front dumbbell raises (3kgs) - <https://endic.at/exercise.front.dumbbell.raises..mp4>
standing alternate arm dumbbell curls (3kgs) <http://endic.at/exercises.alternate.dumbbell.curls.mp4>
standing tricep dumbbell extensions (3kgs) <https://endic.at/exercise.standing.tricep.dumbbell.extension..mp4>

blood pressure and bpm... before 107/77/76 after 151/70/114 - 47 mins - sweaty forehead, nape, and back - moist chest and stomach - clammy shoulders and buttocks

america's leading cardiologist (2010) "sweat is the best cardiovascular agent known to man" the best sweat ever came from playing squash it took seven pints of fluids to quench the thirst! the heart is the weak link in our body understanding the role and structure of the heart will help with longevity - <https://health.clevelandclinic.org/why-chronic-high-blood-pressure-is-so-dangerous/>

the first goal of exercising is to work up a sweat without taking the pulse-rate above 120 beats per minute

blood pressure - systolic = the moment after the heart beats is when the pressure of the blood against the arteries and veins is greatest diastolic = the moment before the heart beats is when the pressure of the blood against the arteries and veins is least - why high blood pressure is bad - <https://health.clevelandclinic.org/why-chronic-high-blood-pressure-is-so-dangerous/>

notes

standing press behind neck - press backward and upward

breathe in during the moments of least effort - breathe out during the moments of greatest effort (any sportsman will tell you that boxing is the most demanding sport - boxers breathe out when throwing a punch)

lock the knees and lower-back whenever the exercise permits it

squeeze the barbell and dumbbell during the moments of greatest effort

squat: for reps - square root of body-weight for core strength

the current sweat routine is using minimum weight for every exercise - dumbbells 1.1 kilo - barbell - 4 kilo (going at it too enthusiastically causes his tendons to play up)

try a different approach - maintain the same breathing pattern, breathing through your nose, for both exercising and day-to-day routine activities

breathing through the nose will keep you within your comfort zone (increasing longevity is not a matter of pushing yourself to the limits of physical endurance - it's more a case of synchronising or optimising the organs of the body to the heart)

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note on knee bends

find that moment of the exercise when stresses and strains assert themselves - then reduce the depth until that moment when the exercise can be done with no noticeable strain - then increase the depth to the point when stresses and strains become noticeable again and keep at that weight until it can be done without any discomfort - continue in that vein

SWEAT ROUTINE exercises done in rotation - 10 sets x 10 reps for all exercises
barbell press behind head (standing) (7kgs) - <https://endic.at/exercise.behind.neck.press.mp4>
barbell upright rows (7kgs) - <https://endic.at/exercise.barbell.upright.rows..mp4>
bent-over dumbbell raises (3kgs) <https://endic.at/exercise.dumbbell.bent-over.raise.mp4>
front dumbbell raises (3kgs) - <https://endic.at/exercise.front.dumbbell.raises..mp4>
standing alternate arm dumbbell curls (3kgs) <http://endic.at/exercises.alternate.dumbbell.curls.mp4>
standing tricep dumbbell extensions (3kgs) <http://endic.at/exercise%20standing%20tricep%20dumbbell%20extensions.mp4>
blood pressure and bpm... before 107/77/76 after 151/70/114 - 47 mins - sweaty forehead, nape, and back - moist chest and stomach - clammy shoulders and buttocks the sweat is achieved with the aid of multi-layered clothing for the legs use a thick loose material that doesn't restrict movement with the torso, again two or three layers - make one of the garments a hoodie (to trap the heat) inclined to think the more beneficial exercise is aquash - it has more movement we need a running commentary... ..heel squats were born of necessity - a couple of decades ago following a mishap, the ball of the writer's foot was touching the ground before the heel - the response was to do squats using a 20kg bar with only his heels, it worked - for the first time in years his steps became firm - over the following years the exercise was replaced as dozens of different remedies were tried in an attempt to get other parts of the anatomy working properly - it was only in the last couple of weeks the writer remembered the exercise and its benefits - the first 10 mins of the first set suggested why the exercise had dropped out of favour, the exercise is too "pokey" - within the first three repetitions of the heel squat, tendons that hadn't been in use for years sprang into life - it was only possible to do two or three heel squats before the discomfort told the brain to stop - recommended approach - march 2023

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blood pressure: systolic = the moment after the heart beats is when the pressure of the blood against the arteries is greatest diastolic = the moment before the heart beats is when the pressure of the blood against the arteries, capillaries

and veins is lowest

between them they add up to more than 50,000 miles! - enough to go around the earth twice...<https://www.webmd.com/heart/difference-between-arteries-veins-capillaries>

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starting weight (02082023) 46kg

current weight (01112023) 47kg - aiming for 70kg

16102023 - changed routine from 10 sets x 10 reps to 10 sets x 5 reps for all exercises - feel it up, feel it down

wall-walking - <https://endic.at/M/META/METABOLIC%20MAINTENANCE%201/WALK%20WALKING/y>

have noticed that the tiniest improvement of movement in awake-time results in a dream that shows the dreamer with extraordinary physical abilities (for the dream of 03122023)

03022024 - 45 mins bp/pulse - before 124/74/65 - after 131/87/71

01022024 - 50 mins

23012024 - 62 mins - bp/pulse - before 132/83/67 - after 115/79/60

10012024 - 30 mins - bp/pulse - before 128/78/62 - after 132/79/76

09012024 - 30 mins - bp/pulse - before 120/75/64 - after 131/79/70

08012024 1 x 30 mins

07012024 1 x 30 mins

06012024 1 x 50 mins

05012024 1 x 30 mins

04012024 1 x 35 mins

03012024 1 x 70 mins

30122023 1 x 60 mins - mild resistance (heels)

29122023 1 x 60 mins - mild resistance (heels)

28122023 1 x 60 mins - mild resistance (heels)

27122023 2 x 30 mins - minimum resistance (heels)

19122023 1 x 60 mins - a mix of minimum and maximum resistance

18122023 1 x 30 mins -max resistance

17122023 1 x 30 mins -max resistance

16122023 1 x 30 mins - max resistance 1 x 30 minimum

15122023 1 x 30 mins -minimum resistance

15122023 1 x 30 mins - max resistance

15122023 1 x 30 mins - max resistance

1322023 1 x 30 mins calf machine - max resistance

note after getting out of bed this morning, the writer's sure-footedness is the best it has been for three decades it has prompted the writer to make a new entry: "c6 injuries"

1022023 2 x 30 mins calf machine

0922023 60 mins calf machine

0822023 60 mins calf machine, 80 mins calf machine

0622023 70 mins calf machine

05122023 70 mins calf machine

03122023 60 mins calf machine

02122023 60 mins calf machine

02112023 sweat routine using 1.25 kiogram weights bp/pulse - before 122/82/63
- after 132/89/72 - 21 mins

01112023 sweat routine using 1.25 kiogram weights bp/pulse - before 120/71/69
- after 133/87/97 - 23 mins

29102023 sweat routine using 1.25 kiogram weights bp/pulse - before 116/62/74
- after 121/84/100 - 24 mins

28102023 sweat routine using minimum weight bp/pulse - before 107/60/64 -
after 136/85/105 - 24 mins

27102023 sweat routine using minimum weight bp/pulse - before 131/86/66 -
after 132/91/98 - 20 mins

26102023 wall-walking 1 x 7 mins

24102023 sweat routine using minimum weight bp/pulse - before 127/83/66 -
after 126/84/106 - 25 mins

23102023 sweat routine using minimum weight bp/pulse - before 125/82/66 -
after 139/88/79 - 25 mins

22102023 sweat routine using minimum weight bp/pulse - before 117/77/63 -
after 132/83/84 - 24 mins

21102023 sweat routine using minimum weight bp/pulse - before 122/79/70 -
after 127/88/94 - 22 mins

18102023 sweat routine using minimum weight bp/pulse - before 127/82/64 -
after 130/87/88 - 25 mins

17102023 sweat routine using minimum weight bp/pulse - before 126/84/63 -
after 133/91/75 - 25 mins

16102023 sweat routine using minimum weight bp/pulse - before 117/74/66 -
after 134/91/88 - 25 mins

11102023 sweat routine using minimum weights bp/pulse - before 111/72/65 -
after 133/91/95 - 18 mins

10102023 sweat routine using minimum weights bp/pulse - before 106/70/64 -
after 146/97/91 - 18 mins

09102023 sweat routine using minimum weights bp/pulse - before 109/65/67 -
after 139/90/84 - 18 mins

08102023 sweat routine using minimum weights bp/pulse - before 115/79/64 -
after 140/90/101 - 18 mins

07102023 sweat routine using minimum weights bp/pulse - before 106/70/68 -
after 131/88/104 - 18 mins

06102023 sweat routine using minimum weights bp/pulse - before 110/68/73 -
after 138/88/104 - 18 mins

05102023 sweat routine using minimum weights bp/pulse - before 126/83/64 -
after 133/89/82 - 18 mins

04102023 sweat routine using minimum weights bp/pulse - before 120/75/55 -
after 134/88/69 - 18 mins

03102023 sweat routine using minimum weights bp/pulse - before 115/74/58 -
after 133/86/91 - 18 mins

02102023 sweat routine using minimum weights bp/pulse - before 119/70/59 -
after 132/97/82 - 18 mins

01102023 sweat routine using minimum weights bp/pulse - before 122/74/63 -
after 131/88/91 - 18 mins

30092023 sweat routine using minimum weights bp/pulse - before 111/75/62 -
after 129/88/94 - 18 mins

29092023 sweat routine using minimum weights bp/pulse - before 126/71/65 -
after 124/84/83 - 18 mins

27092023 sweat routine using minimum weights bp/pulse - before 132/89/61 -
after 135/87/81 - 18 mins

26092023 sweat routine using minimum weights bp/pulse - before 120/80/61 -
after 127/87/66 - 18 mins

25092023 sweat routine using minimum weights bp/pulse - before 127/81/63 -
after 131/87/101 - 20 mins

24092023 sweat routine using minimum weights bp/pulse - before 126/71/59 -
after 134/89/79 - 19 mins

23092023 sweat routine using minimum weights bp/pulse - before 125/79/60/ -
after 136/87/76 - 19 mins

22092023 sweat routine using minimum weights bp/pulse - before 122/79/66 -
after 131/87/73 - 19 mins

21092023 sweat routine using minimum weights bp/pulse - before 126/83/73 -
after 131/86/92 - 19 mins

20092023 sweat routine using minimum weights bp/pulse - before 115/75/68 -
after 135/87/87 - 19 mins

19092023 sweat routine using minimum weights bp/pulse - before 113/78/58 -
after 132/93/88 - 19 mins

18092023 sweat routine using minimum weights bp/pulse - before 114/77/66 -
after 120/87/99 - 19 mins

17092023 sweat routine using minimum weights bp/pulse - before 104/66/62 -
after 130/88/89 - 19 mins

16092023 sweat routine using minimum weights bp/pulse - before 127/81/63 -
after 134/88/83 - 19 mins

15092023 sweat routine using minimum weights bp/pulse - before 106/67/65 -
after 127/90/86 - 19 mins

14092023 sweat routine using minimum weights bp/pulse - before 122/73/56 -
after 134/83/72 - 19 mins

13092023 sweat routine using minimum weights bp/pulse - before 113/74/59 -
after 135/79/87 - 19 mins

12092023 sweat routine using minimum weights bp/pulse - before 117/79/71 -
after 127/84/85 - 19 mins

11092023 sweat routine using minimum weights bp/pulse - before 116/79/64 -
after 120/79/85 - 19 mins x 2

10092023 sweat routine using minimum weights bp/pulse - before 124/73/62 -
after 127/83/88 - 19 mins

09092023 sweat routine using minimum weights bp/pulse - before 117/68/70 -
after 137/80/93

08092023 sweat routine using minimum weights bp/pulse - before 127/82/62 -
after 127/80/84

05092023 sweat routine using minimum weights

30082023 5 mins x 7kg (square root of body-weight) raised-heel squats - 5 mins x 7kg deadlifts bp/pulse - before 127/78/61 - after 121/82/83

28082023 5 mins x 7kg raised-heel squats - 5 mins x 7kg deadlifts bp/pulse - before 121/81/64 - after 138/80/93

25082023 5 mins x 7kg raised-heel squats - 5 mins x 7kg deadlifts bp/pulse - before 115/79/61 - after 134/85/79

23082023 5 mins x 7kg raised-heel squats - 5 mins x 7kg deadlifts bp/pulse - before 120/81/68 - after 121/79/84

21082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 132/87/66 - after 132/86/107

18082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 123/82/62 - after 140/86/106

16082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 121/75/66 - after 132/88/119

14082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 127/87/67 - after 130/83/84

11082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 128/81/64 - after 134/87/79

09082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 118/76/70 - after 112/82/119

07082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 120/82/67 - 126/87/110 - weight 46kg

05082023 5 mins x 20kg heel-raised squats 5 mins x 20kg deadlifts bp/pulse - before 119/80/71 - 129/86/100

02082023 101 x 22kg deadlifts bp/pulse - before 130/86/63 - 132/86/112

28072023 62 x 22kg deadlifts bp/pulse - before 132/89/68 - 134/88/78

24072023 61 x 20kg deadlifts

20072023 60 x 20kg deadlifts

16072023 25 x 20kg deadlifts

13072023 22 x 20kg deadlifts

10072023 20 x 20kg deadlifts

28032023 sweat routine 20 mins bp/pulse - before 131/92/68 - 137/92/105

27032023 sweat routine (clammy back) 23 mins bp/pulse - before 138/86/68 - 137/86/112

26032023 sweat routine 21 mins bp/pulse - before 115/74/75 - 145/85/102

24032023 sweat routine (clammy back) 20 mins bp/pulse - before 133/80/87 - 130/89/110

23032023 sweat routine 21 mins bp/pulse - before 132/90/65 - 127/87/101

22032023 sweat routine 22 mins bp/pulse - before 128/89/65 - 134/87/92

21032023 sweat routine 22 mins bp/pulse - before 122/78/73 - 131/82/97

19032023 sweat routine 24 mins bp/pulse - before 134/88/74 - 130/84/103

06032023 heel squats 5 mins bp/pulse - before 130/88/66 - 137/87/69

05032023 heel squats 5 mins bp/pulse - before 131/87/70 after 133/79/94 bp/pulse - before 128/79/61 after 129/83/75

04032023 heel squats 5 mins bp/pulse - before 132/82/68 after 109/62/85 bp/pulse - before 123/82/61 after 125/89/73

03032023 heel squats 5 mins bp/pulse - before 132/87/64 after 138/89/68 bp/pulse - before 134/87/62 after 125/83/81

02032023 heel squats 5 mins bp/pulse - before 122/83/67 after 132/87/83 before 126/86/64 after 128/84/80 01032023 heel squats 5 mins bp/pulse - before 127/85/69 after 122/79/86 110/72/70 after 117/67/88 28022023 heel squats: 5 mins bp/pulse - before 132/84/61 after 129/86/78 134/86/66 after 128/88/69 123/81/71 after 132/84/88 27022023 heel squats: 5 mins x 4 bp/pulse - before 137/86/63 after 124/83/76 - before 125/84/63 after 131/78/74 - before 122/79/63 after 135/89/70 - before 132/82/70 after 131/86/91

26022023 heel squats 10 mins x 2 bp/pulse - before 131/87/64 after 127/83/92 - before 132/86/74 after 136/86/93

24022023 heel squats 10 mins bp/pulse - before 111/71/69 after 136/87/70

22022023 heel squats 10 mins bp/pulse - before 126/83/63 after 145/95/84

20022023 heel squats 10 mins bp before 126/85/61 after 139/81/68

18022023 heel squats 10 mins bp before 132/94/64 after 138/95/76

15022023 single arm bent over curl - right arm 75 of 5kg / left arm 25 of 1kg - <https://endic.at/exercises.-.standing.single-arm.bent.over.curl.mp4> 25 reverse circular arm rotation- 1.25kg plate - <https://endic.at/exercise.-.reverse.circular.arm.rotation.mp4> bp before 133/84/64 after 138/95/76

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 120/83/71 - after 12/82/83 - 6 mins

04122022

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 120/83/71 - after 128/82/83 - 6 mins

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 122/83/71 - after 132/92/92 - 8 mins

03122022

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 122/81/72 - after 137/85/81 - 6 mins

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 122/83/71 - after 132/92/92 - 8 mins

100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before - after - 8 mins

02122022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before - after - 8 mins

01122022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 124/79/67 - after 107/82/76 - 8 mins

30112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 120/79/76 - after 135/89/100 - 5 mins

29112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 126/75/66 - after 132/86/97 - 5 mins

28112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 107/63/69 - after 138/88/99 - 5 mins

27112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before - after - 6 mins

26112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before - after - 6 mins

25112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before - after - 6 mins

23112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 106/63/69 - after 120/81/115 - 6 mins

21112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 113/71/73 - after 121/74/101 - 6 mins

19112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 106/65/66 - after 132/88/97 - 7 mins

17112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 115/81/68 - after 134/86/94 - 7 mins

15112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 125/87/69 - after 125/83/72 - 6 mins

13112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 131/87/71 - after 122/77/87 - 9 mins

11112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 123/91/67 after 127/79/74 - 6 mins

09112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 122/79/72 after 122/75/100 - 7 mins

06112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 132/87/63 after 134/87/105 - 7 mins

02112022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 127/84/66 after 133/87/94 - 7 mins

29102022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 122/84/68 after 111/73/107 - 9 mins

24102022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 117/77/68 after 116/75/107 - 11 mins

19102022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 118/73/66 after 124/77/102 - 10 mins

15102022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 120/87/71 after 120/84/104 - 14 mins

10102022 100 knee bends - <https://endic.at/knee.bends.mp4> blood pressure and bpm before 118/79/66 after 123/73/101 - 14 mins

26082022 sweat routine blood pressure and bpm before 122/83/70 after 130/82/96 - 15 mins

08082022 sweat routine blood pressure and bpm before 123/82/62 after 122/79/87 - 34 mins

05082022 sweat routine blood pressure and bpm before 121/81/72 after 130/83/101 - 22 mins

28072022 stretching exercises with weights 4 x 5 mins

27072022 stretching exercises with weights 5 x 5 mins

26072022 stretching exercises with weights 5 x 5 mins

25072022 stretching exercises with weights 1 x 5 mins

20072022 stretching exercises with weights 1 x 20 mins

19072022 stretching exercises with weights 1 x 10 mins

12072022 two-kilometre walk

09072022 stretching exercises with weights 1 x 15 mins

08072022 stretching exercises with weights 1 x 15 mins

07072022 stretching exercises with weights 1 x 15 mins

06072022 stretching exercises with weights 1 x 15 mins

04072022 stretching exercises with weights 1 x 10 mins
 03072022 stretching exercises with weights 15 mins + 1 x 10 mins
 02072022 stretching exercises with weights 10 mins
 26062022 cycling machine 5 mins
 22062022 cycling machine - speed peddling 1 x 2 min
 18062022 backward arm rotations with 1.25 kilo x 30 x 2
 17062022 backward arm rotations with 1.25 kilo x 30 x 1
 16062022 backward arm rotations with 1.25 kilo x 30 x 1
 15062022 backward arm rotations with 1.25 kilo x 30 x 1
 13062022 backward arm rotations with 1.25 kilo x 30 x 2
 12062022 cycling machine - speed peddling 3 x 2 mins backward arm rotations
 with 1.25 kilo x 30 x 3 leg-stretching exercises 1 x 1 min
 11062022 cycling machine - speed peddling 4 x 2 mins backward arm rotations
 with 1.25 kilo x 30 x 4
 10062022 cycling machine - speed peddling 2 x 1 min backward arm rotations
 with 1.25 kilo x 30 x 3
 09062022 backward arm rotations with 1.25 kilo x 30 x 2
 08062022 backward arm rotations with 1.25 kilo x 30 x 2
 07062022 backward arm rotations with 1.25 kilo x 30 x 5
 06062022 backward arm rotations with 1.25 kilo x 30 x 5
 05062022 backward arm rotations with 1.25 kilo x 30 x 3
 04062022 backward arm rotations with 1.25 kilo x 30 x 5
 03062022 backward arm rotations with 1.25 kilo x 30
 28052022 backward arm rotations with 1 kilo x 30 x 2
 27052022 backward arm rotations with 1 kilo x 30 x 2
 26052022 backward arm rotations with 1 kilo x 30
 26052022 backward arm rotations with 1 kilo x 30
 23052022 cycling machine - speed peddling 2 x 1 min 15s - b4 120/75/69 aft
 103/66/102 and b4 116/88/61 aft 129/83/91
 22052022 cycling machine - speed peddling 1 x 1 min - b4 122/82/69 aft
 123/79/93
 21052022 cycling machine - speed peddling 1 x 1 min - + 1 x 1 min b4 121/83/85
 aft 124/80/96

20052022 20 cycling machine - speed peddling 2 x 1 min
 14052022 20 min arm cycling - backward arm rotations with 1/2 kilo x 50
 13052022 3km bike ride
 12052022 arm peddling x 10 mins - backward arm rotations with 1/2 kilo x 50
 23042022 2 x 2 min standing backstrokes - 2 x 2 min arm cycling - 1 x 5 mins arm cycling
 21042022 3 x 2 mins cycling machine
 19042022 3 x 2 min standing backstrokes - 3 x 2 min arm cycling + 1 km on bike
 17042022 4 x 2 min cycling machine
 15042022 4 x 2 min standing backstrokes - 4 x 2 min arm cycling
 13042022 7 x 1 min cycling machine
 11042022 4 x 1 min arm swings - 4 x 1 min arm cycling
 09042022 4 x 1 min cycling machine
 07042022 6 x 1 min arm cycling
 06042022 2 x 10 mins cycling + 2 x 5 mins + 1 x 3 mins + 1 x 2 mins + 1 x 1 minute
 05042022 1 x 10 mins cycling 2 kilometre walk (enjoyed part of it)
 02042022 seated cycling - 2 x 10 mins
 31032022 seated cycling - 1 x 15 mins, 1 x 10 mins
 30032022 seated cycling - 1 x 5 mins
 29032022 seated cycling - 4 x 5 mins
 28032022 seated cycling - 1 x 15 mins
 27032022 seated cycling - 1 x 15 mins
 25032022 seated cycling - 3 x 15 mins
 24032022 seated cycling - 3 x 15 mins
 23032022 seated cycling - 4 x 15 mins
 22032022 seated cycling - 3 x 15 mins
 21032022 seated cycling - 4 x 15 mins
 21032022 seated cycling - 4 x 15 mins
 20032022 seated cycling - 1 x 15 mins
 19032022 seated cycling - 1 x 15 mins

18032022 seated cycling - 1 x 15 mins (through the heels)
16032022 seated cycling - 2 x 15 mins (through the heels)
14032022 seated cycling - 1 x 15 mins
13032022 seated cycling - 5 x 15 mins
12032022 seated cycling - 3 x 15 mins
11032022 seated cycling - 2 x 15 mins
10032022 seated cycling - 4 x 15 mins
09032022 seated cycling - 4 x 15 mins
08032022 seated cycling - 4 x 15 mins
07032022 seated cycling - 4 x 15 mins
06032022 seated cycling - 5 x 15 mins
05032022 seated cycling - 3 x 15 mins
04032022 seated cycling - 8 x 15 mins
03032022 seated cycling - 5 x 15 mins
02032022 seated cycling - 4 x 15 mins
01032022 seated cycling - 2 x 15 mins
22022022 seated cycling - 8 x 15 mins
21022022 seated cycling - 8 x 15 mins
201022022 seated cycling - 8 x 15 mins
191022022 seated cycling - 8 x 15 mins
181022022 seated cycling - 2 x 10 mins + 2 x 15 mins
171022022 seated cycling - 5 x 10 mins
161022022 seated cycling - 6 x 5 mins
151022022 seated cycling - 6 x 5 mins
141022022 seated cycling - 3 x 5 mins
131022022 seated cycling - 2 x 5 mins
121022022 seated cycling - 3 x 5 mins
111022022 seated cycling - 2 x 5 mins
10022022 seated cycling - 5 mins
04022022 seated cycling - 5 mins
03022022 standing stretching exercises - 45 mins

02022022 standing stretching exercises - 35 mins
 01022022 standing stretching exercises - 22 mins
 31012022 standing stretching exercises - 50 mins
 30012022 standing stretching exercises - 75 mins
 29012022 standing stretching exercises - 85 mins
 28012022 standing stretching exercises - 45 mins
 27012022 standing stretching exercises - 30 mins
 26012022 standing stretching exercises - 2hr 0 mins
 24012022 standing stretching exercises - 2hr 0 mins
 23012022 standing stretching exercises - 1 hr 15 mins
 20012022 cycling machine: standing - 1 x 5 mins 2 x 7, 1 x 8 mins, 2 x 10 mins
 - total 42 mins b4 -/-/- aft -/-/-
 19212022 cycling machine: standing - 4 x 7 total mins 28 b4 -/-/- aft -/-/-
 18212022 cycling machine: standing - 6 x 5 mins b4 -/-/- aft -/-/-
 17212022 cycling machine: standing - 6 x 5 mins b4 -/-/- aft -/-/-
 16212022 cycling machine: standing - 5 x 5 mins b4 -/-/- aft -/-/-
 15212022 cycling machine: standing - 3 x 5 mins b4 -/-/- aft -/-/-
 14212022 cycling machine: standing - 4 x 5 mins b4 -/-/- aft -/-/- first 5 minute
 of continuous cycling while standing
 13212022 cycling machine: standing - 4 x 5 mins b4 -/-/- aft -/-/-
 12212022 cycling machine: standing - 5 x 5 mins b4 -/-/- aft -/-/-
 10012022 cycling machine: standing - 6 x 5 mins b4 -/-/- aft -/-/-
 09012022 cycling machine: standing - 3 x 5 mins b4 -/-/- aft -/-/-
 08012022 cycling machine: standing - 4 x 5 mins b4 -/-/- aft -/-/-
 07012022 cycling machine: standing - 3 x 5 mins b4 -/-/- aft -/-/-
 06012022 cycling machine: standing - 1 x 5 mins b4 -/-/- aft -/-/-
 05012022 cycling machine: standing - 1 x 5 mins b4 -/-/- aft -/-/-
 04012022 cycling machine: standing - 3 x 5 mins b4 -/-/- aft -/-/-
 03012022 cycling machine: standing - 1 x 5 mins b4 -/-/- aft -/-/-/-
 30122021 flexing-tendon movements 1.5 hrs
 29122021 flexing-tendon movements 1 hr cycling machine: standing - 1 x 15
 mins b4 89/45/72 aft 112/73/107

28122021 flexing-tendon movements 1 hr cycling machine: standing - 1 x 10 mins b4 110/68/70 aft 138/85/109

27122021 flexing-tendon movements 2 hrs cycling machine: standing - 1 x 10 mins b4 107/63/64 aft 139/86/95

26122021 flexing-tendon movements 1.5 hr cycling machine: standing - 1 x 10 mins b4 116/73/69 aft 129/79/101

25122021 flexing-tendon movements 1 hr

24122021 flexing-tendon movements 1/2 hr cycling machine: standing - 1 x 10 mins b4 84/48/69 aft 117/75/107

23122021 flexing-tendon movements 4 hrs

22122021 flexing-tendon movements 1.5 hrs

21122021 flexing-tendon movements 1.5 hrs

21122021 cycling machine: standing - 1 x 10 mins b4 97/53/67 aft 130/80/99 flexing-tendon movements 1.5 hrs

20122021 cycling machine: standing - 1 x 10 mins b4 99/55/63 aft 127/79/89 flexing-tendon movements 1.5 hrs

19122021 cycling machine: standing - 1 x 10 mins b4 99/55/57 aft 114/78/93 flexing-tendon movements 1 hr

18122021 cycling machine: standing - 1 x 10 mins b4 112/68/66 aft 124/83/102 flexing-tendon movements 1 hr

17122021 cycling machine: standing - 2 x 10 mins b4 -/-/- aft 126/79/103 - b4 108/63/65 aft 123/75/97 flexing-tendon movements 1 hr

16122021 cycling machine: standing - 109/65/63 x 10 mins b4 1 aft 132/85/93 flexing-tendon movements 3 hrs

15122021 cycling machine: standing - 1 x 10 mins b4 120/77/70 aft 109/70/107 flexing-tendon movements 2 hrs

14122021/ flexing-tendon movements 2 hrs

13122021 cycling machine: standing - 1 x 10 mins b4 109/76/77 aft 109/70/107 flexing-tendon movements 2 hrs

12122021 cycling machine: standing - 1 x 10 mins b4 115/76/77 aft 109/67/103 flexing-tendon movements 5.5 hrs

11122021 cycling machine: standing - 1 x 10 mins b4 117/79/78 aft 109/67/103 flexing-tendon movements 5 hrs

10122021 flexing-tendon movements 5hrs

09122021 cycling machine: standing - 1 x 10 mins b4 104/54/63 aft 122/72/90 flexing-tendon movements 3 hrs

08122021 flexing-tendon movements 5 hrs

07122021 cycling machine: standing - 1 x 10 mins b4 116/72/69 aft 108/58/101
flexing-tendon movements 1 x 90 mins

06122021 flexing-tendon movements 1 x 35 mins

05122021 flexing-tendon movements 1 x 15 mins

04122021 flexing-tendon movements 1 x 35 mins

03122021 cycling machine: standing - 1 x 10 mins tendon flexes - 1 x 5 mins -
02122021 tendon flexes - 1 x 5 mins - 1 x 20 mins sweat routine - 1 x 5 mins

01122021 stretchig exercises - 15 mins

30112021 sweat routine - 1 x 5 mins stretchig exercises - 10 to 15 mins

29112021 sweat routine - 3 x 5 mins cycling machine: standing - 2 x 5 mins

28112021 sweat routine - 2 x 5 mins cycling machine: standing - 2 x 5 mins

27112021 sweat routine - 3 x 5 mins cycling machine: standing - 3 x 5 mins

26112021 sweat routine - 2 x 5 mins cycling machine: standing - 2 x 5 mins

23112021 sweat routine - 5 mins cycling machine: standing - 5 mins

22112021 sweat routine - 5 mins x 2 cycling machine: standing - 5 mins x 2

21112021 sweat routine - 5 mins cycling machine: standing - 5 mins

20112021 cycling machine: standing - 5 mins

19112021 cycling machine: standing - 5 mins

18112021 cycling machine: standing - 5 mins cycling machine: standing and
seated - 5 mins cycling machine: standing and seated - 5 mins

17112021 cycling machine: standing and seated - 5 mins cycling machine: stand-
ing and seated - 5 mins cycling machine: seated - 5 mins

16112021 cycling machine: standing and seated - 5 mins cycling machine: stand-
ing and seated - 5 mins

15112021 cycling machine: standing and seated - 5 mins

14112021 2km walk

12112021 12:00 before and after 105/75/73 113/79/91 (sweat routine) 1 x 30
of each exercise - 5 mins 02:00 before and after 122/79/80 119/77/113 (sweat
routine) 1 x 30 of each exercise - 5 mins 01:00 before and after 125/84/73
122/79/99 (sweat routine) 1 x 30 of each exercise - 5 mins

11112021 10:00 before and after 109/71/79 123/83/113 (sweat routine) 1 x 30
of each exercise - 5 mins 10:00 before and after 116/77/73 109/73/97 (sweat

routine) 1 x 30 of each exercise - 5 mins 02:00 before and after 106/71/72
112/71/99 (sweat routine) 1 x 30 of each exercise - 5 mins

10112021 21:00 before and after 117/85/71 127/84/89 (sweat routine) 1 x 30
of each exercise - 5 mins 17:00 before and after 122/75/79 119/78/95 (sweat
routine) 1 x 30 of each exercise - 5 mins 10:00 cycling machine - 5 mins

09112021 22:00 before and after 95/67/79 126/74/97 (sweat routine) 1 x 30
of each exercise - 5 mins 12:00 before and after 124/67/87 112/72/95 (sweat
routine) 1 x 30 of each exercise - 5 mins

08112021 23:00 before and after 128/87/80 137/84/81 (sweat routine) 1 x 30
of each exercise - 5 mins 07:00 cycling machine - before and after 127/87/67
131/88/73 - 5 mins

07112021 23:00 before and after 128/87/72 135/85/95 (sweat routine) 1 x 30
of each exercise - 5 mins 11:00 before and after 108/71/97 108/67/98 (sweat
routine) 1 x 30 of each exercise - 5 mins

06112021 before and after 130/87/70 135/83/84 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 130/86/70 112/71/96 (sweat routine) 1 x 30
of each exercise - 5 mins lots of walking

05112021 lots of walking

04112021 lots of walking

03112021 before and after 139/87/93 133/83/99 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 118/82/77 110/75/100 (sweat routine) 1 x 30
of each exercise - 5 mins

03112021 before and after 124/85/73 124/82/104 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 125/92/81 123/81/109 (sweat routine) 1 x 30
of each exercise - 5 mins

02112021 before and after 112/71/84 116/78/99 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 122/85/71 114/74/95 (sweat routine) 1 x 30
of each exercise - 5 mins

01112021 before and after 118/76/78 106/72/102 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 123/77/79 106/72/102 (sweat routine) 1 x 30
of each exercise - 5 mins

31102021 before and after 105/75/71 118/75/97 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 125/83/68 126/80/98 (sweat routine) 1 x 30
of each exercise - 5 mins before and after 92/44/72 108/70/101 (sweat routine)
1 x 30 of each exercise - 5 mins

30102021 before and after 122/81/82 112/77/106 (sweat routine) 1 x 30 of each
exercise - 5 mins before and after 124/79/70 124/79/98 (sweat routine) 1 x 30
of each exercise - 5 mins before and after 106/70/77 126/79/111 (sweat routine)
1 x 30 of each exercise - 5 mins

29102021 before and after 122/82/75 122/80/101 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 127/78/77 119/79/92 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 115/79/67 112/77/104 (sweat routine) 1 x 30 of each exercise - 5 mins

28102021 before and after 128/84/73 123/81/82 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 114/75/73 129/82/92 (sweat routine) 1 x 30 of each exercise - 5 mins

27102021 before and after 132/89/71 121/82/92 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 119/80/70 124/78/95 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 132/86/77 133/89/85 (sweat routine) 1 x 30 of each exercise - 5 mins

26102021 before and after 117/79/66 127/82/83 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 127/76/73 128/79/91 (sweat routine) 1 x 30 of each exercise - 5 mins

25102021 before and after 129/88/74 132/83/94 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 117/77/72 128/82/85 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 122/83/72 114/75/87 (sweat routine) 1 x 30 of each exercise - 5 mins

21102021 before and after 112/79/75 132/87/92 (sweat routine) 1 x 30 of each exercise - 5 mins

20102021 before and after 112/79/75 132/87/92 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 133/85/66 134/89/98 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 123/84/73 127/78/104 (sweat routine) 1 x 30 of each exercise - 5 mins

19102021 before and after 124/86/69 126/82/93 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 117/87/72 137/82/96 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 126/83/73 117/73/102 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 119/83/71 137/86/83 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 121/81/69 134/83/85 (sweat routine) 1 x 30 of each exercise - 5 mins

18102021 before and after 127/85/79 124/84/92 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 112/74/80 134/83/106 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 126/83/74 126/82/89 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 122/82/70 111/75/91 (sweat routine) 1 x 30 of each exercise - 5 mins

17102021 before and after 132/88/79 132/88/89 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 118/77/75 111/67/81 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 123/80/75 136/83/85 (sweat routine) 1 x 30 of each exercise - 5 mins

16102021 before and after 131/86/74 124/81/74 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 130/79/75 130/83/103 (sweat routine) 1 x 30

of each exercise - 5 mins before and after 129/86/78 122/81/87 (sweat routine)
1 x 30 of each exercise - 5 mins before and after 122/73/71 122/77/83 (sweat routine)
1 x 30 of each exercise - 5 mins before and after 128/88/73 132/87/83 (sweat routine)
1 x 30 of each exercise - 5 mins before and after 131/88/71 128/86/78 (sweat routine)
1 x 30 of each exercise - 5 mins

15102021 before and after 122/83/74 129/83/85 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 129/86/71 128/83/87 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 122/75/77 127/83/81 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 112/71/79 113/72/78 (sweat routine) 1 x 30 of each exercise - 5 mins

14102021 before and after 122/83/72 139/86/77 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 130/85/73 126/80/85 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 131/89/80 129/83/99 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 123/86/76 117/75/81 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 126/83/75 118/79/84 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 122/86/87 116/75/91 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 127/85/68 110/75/75 (sweat routine) 1 x 30 of each exercise - 5 mins

13102021 before and after 137/87/67 119/75/73 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 120/79/69 120/82/78 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 117/76/83 122/76/86 (sweat routine) 1 x 30 of each exercise - 5 mins

12102021 cycling machine --/-- 134/78/74 5 mins before and after 122/81/75 111/79/88 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 127/84/69 124/82/83 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 119/75/72 111/73/87 (sweat routine) 1 x 30 of each exercise - 5 mins

10102021 before and after 112/79/72 - 121/75/88 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 123/82/70 - 130/83/86 (sweat routine) 1 x 30 of each exercise - 5 mins before and after 122/81/82 - 126/81/96 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 128/84/71 - 122/79/81 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 117/85/76 - 117/79/85 (sweat routine) 2 x 15 of each exercise - 6 mins

0910202 cycling machine b4 133/89/75 aft 136/84/87 5 mins before and after 118/84/72 - 123/81/85 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 122/79/68 - 127/77/74 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 120/79/63 - 120/76/76 (sweat routine) 2 x 15 of each exercise - 6 mins

081020286/87 cycling machine 123/84/75 120/79/91 5 mins before and after 117/71/76 - 112/69/78 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 126/87/77 - 132/87/79 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 137/84/74 - 111/69/78 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 117/78/72 - 110/69/79 (sweat routine) 2 x 15 of each

exercise - 6 mins

0710202 before and after 127/82/66 - 121/75/77 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 124/79/67 - 117/71/75 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 119/79/73 - 118/72/75 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 132/79/69 - 111/73/80 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 116/75/71 - 119/75/69 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 117/81/60 - 123/83/68 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 117/79/82 - 122/77/86 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 129/83/73 - 111/71/81 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 119/83/70 - 115/76/84 (sweat routine) 2 x 15 of each exercise - 6 mins

0610202 before and after 129/85/81 - 122/87/91 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 112/75/77 - 122/81/81 (sweat routine) 2 x 15 of each exercise - 6 mins

05102021 before and after 122/83/74 - 123/82/93 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 132/78/92 - 130/79/95 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 132/80/71 - 112/75/102 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 137/87/74 - 118/78/85 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 129/87/61 - 122/75/72 (sweat routine) 2 x 15 of each exercise - 6 mins

0410202 before and after 128/85/72 - 118/80/97 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 98/55/68 - 121/78/97 (sweat routine) 2 x 15 of each exercise - 6 mins

03102021 before and after 122/79/63 - 125/87/78 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 118/75/67 - 120/73/91 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 126/87/63 - 138/89/71 (sweat routine) 2 x 15 of each exercise - 6 mins

02102021 before and after 127/82/76 - 117/83/94 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 127/87/81 - 128/86/106 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 128/79/68 - 118/85/85 (sweat routine) 2 x 15 of each exercise - 6 mins before and after 125/89/74 - 125/83/83 (sweat routine) 2 x 15 of each exercise - 6 mins

01102021 before and after 126/82/78 - 124/81/109 sweat routine 2 x 15 of each exercise - 6 mins before and after 126/86/96 - 122/84/113 sweat routine 2 x 15 of each exercise - 6 mins before and after 132/88/86 - 132/87/103 - sweat routine 2 x 15 of each exercise - 6 mins before and after 78/59/78 - 123/88/112 - sweat routine 2 x 15 of each exercise - 6 mins before and after 103/57/83 - 121/83/106 - sweat routine 2 x 15 of each exercise - 6 mins

30092021 before and after 101/43/72 - 120/82/93 - sweat routine 2 x 15 of each exercise - 6 mins before and after 94/59/68 - 120/82/93 - sweat routine 2 x 15 of each exercise - 6 mins before and after 94/50/72 - 130/85/104 - sweat routine

2 x 15 of each exercise - 6 mins before and after 88/45/57 - 113/74/78 - sweat routine 2 x 15 of each exercise - 6 mins before and after 94/47/67 - 110/72/84 - sweat routine 2 x 15 of each exercise - 6 mins before and after 103/51/58 - 112/75/83 - sweat routine 2 x 15 of each exercise - 6 mins

29092021 before and after 93/50/62 - 118/83/85 - sweat routine 2 x 15 of each exercise - 6 mins before and after 92/47/56 - 126/83/80 - sweat routine 2 x 15 of each exercise - 6 mins before and after 100/59/68 - 126/83/81 - sweat routine 2 x 15 of each exercise - 6 mins before and after 95/54/58 - 117/76/79 - sweat routine 2 x 15 of each exercise - 6 mins before and after 118/71/63 - 118/76/68 - sweat routine 2 x 15 of each exercise - 6 mins

28092021 before and after 89/51/56 - 107/69/73 - sweat routine 2 x 15 of each exercise - 6 mins before and after 89/49/59 - 119/79/73 - sweat routine 2 x 15 of each exercise - 6 mins before and after 89/51/65 - 117/78/79 - sweat routine 2 x 15 of each exercise - 6 mins before and after 95/55/63 - 122/74/77 - sweat routine 2 x 15 of each exercise - 6 mins before and after 93/54/64 - 126/85/75 - sweat routine 2 x 15 of each exercise - 6 mins before and after 85/47/64 - 129/83/68 - sweat routine 2 x 15 of each exercise - 6 mins

27092021 before 90/52/66 - after 117/78/77 - sweat routine 2 x 15 of each exercise - 6 mins before 81/49/63 - after 127/75/75 - sweat routine 2 x 15 of each exercise - 6 min

26092021 1km walk

25092021 before 105/59/60 - after 127/82/96 - sweat routine 2 x 12 of each exercise - 5 mins before 84/45/64 - after 116/69/70 - sweat routine 2 x 12 of each exercise - 5 mins before 84/45/64 - after 116/69/70 - sweat routine 2 x 12 of each exercise - 5 mins 1km walk

24092021 before 94/52/64 - after 122/83/84 - sweat routine 2 x 12 of each exercise - 5 mins before 98/55/61 - after 123/79/92 - sweat routine 2 x 12 of each exercise - 5 mins

23092021 1km walk

22092021 before 84/42/62 - after 104/69/99 - seated cycling (heels down) 5 mins - sweat routine 2 x 12 of each exercise - 11 mins before 85/50/58 - after 99/73/96 - seated cycling (heels down) 5 mins - sweat routine 2 x 12 of each exercise - 11 mins 2km walk

21092021 2km walk

19092021 2km walk

18092021 2km walk

14092021 seated cycling (heels down) 5 mins sweat routine - 2 x 12 of each exercise 5 mins

13092021 seated cycling (heels down) 5 mins sweat routine - 2 x 12 of each exercise 5 mins

12092021 seated cycling (heels down) 5 mins sweat routine - 2 x 12 of each exercise 5 mins

10092021 seated cycling (heels down) 5 mins sweat routine - 2 x 12 of each exercise 5 mins

09092021 seated cycling (heels down) 5 mins sweat routine - 2 x 10 of each exercise 5 mins

08092021 sweat routine - 2 x 10 of each exercise 5 mins

06092021 seated cycling 5 mins

02092021 before 94/51/58 - sweat routine - 19 x 10 of each exercise 47 mins aft 123/81/98

30082021 before 84/51/67 - sweat routine - 18 x 10 of each exercise 46 mins aft 102/57/101

29082021 before 89/50/61 - sweat routine - 19 x 10 of each exercise 46 mins aft 134/86/104

28082021 before 89/53/60 - sweat routine - 16 x 10 of each exercise 47 mins aft 132/90/105

23082021 before 105/57/62 - leaning forward seated cycling 20 mins - sweat routine - 12 x 10 of each exercise 26mins = 46 mins aft 120/76/87

22082021 before 100/63/62 - leaning forward seated cycling 20 mins - sweat routine - 13 x 10 of each exercise 26mins = 46 mins aft 110/72/86

21082021 before 89/46/61 - leaning forward seated cycling 20 mins - sweat routine - 12 x 10 of each exercise 26mins = 46 mins aft 98/63/84

19082021 before 99/46/56 - leaning forward seated cycling 20 mins - sweat routine - 10 x 10 of each exercise 26mins = 46 mins aft 99/71/112

18082021 before 98/55/60 - leaning forward seated cycling 20 mins - sweat routine - 10 x 10 of each exercise 26mins = 46 mins aft 123/75/118

17082021 before 109/58/62 - leaning forward seated cycling 20 mins - sweat routine - 10 x 10 of each exercise 24mins = 44 mins aft 104/62/92

16082021 before 116/66/59/ - leaning forward seated cycling 20 mins - sweat routine - 10 x 10 of each exercise 22mins = 39 mins aft 123/79/82

15082021 before 111/67/64/ - leaning forward seated cycling 20 mins - sweat routine - 10 x 10 of each exercise 22mins = 42 mins aft 122/85/103

1482021 before 101/63/63 aft 110/71/86 - sweat routine - 10 x 10 of each exercise 22 mins before 102/64/71 aft 118/78/84 1 x 30 mins leaning forward seated cycling

13082021 before 102/68/61 aft 134/81/78 - sweat routine - 10 x 10 of each exercise 21 mins

12082021 before 97/53/69 aft 125/82/116 - sweat routine - 10 x 10 of each exercise 21 mins

11082021 before 100/59/65 aft 120/77/96 - sweat routine - 10 x 10 of each exercise 21 mins

10082021 before 111/71/66 aft 118/83/116 - sweat routine - 10 x 10 of each exercise 22 mins

09082021 before 112/69/59 aft 95/67/118 1 x 30 mins cycling machine incorporating seated, leaning forward and standing cycling still an unhealthy 48kg (7 stone 9lbs) - aiming for 67kg (10 stone 7lbs)

08082021 before 98/59/62 aft 127/88/106 - sweat routine - 10 x 10 of each exercise 24 mins

07082021 before 99/52/72 aft 96/66/86 1 x 30 mins leaning forward seated cycling

05082021 before 117/81/66 aft 118/81/110 - 24 mins - sweat routine - 10 x 10 of each exercise - easiest so far

03082021 before 118/75/68 aft 117/72/87 1 x 30 mins leaning forward seated cycling

01082021 before 121/78/59 aft 112/75/94 1 x 30 mins seated cycling incorporating standing before 000/00/00 aft 117/79/69 1 x 30 mins - seated cycling

31072021 - sweat routine - 10 x 10 of each exercise - before 109/75/61 after 109/69/93 - 26 mins

standing cycling seems to be highlighting every single part of me that needs "fixing", amazing

30072021 cycling machine 1 x 30 mins seated cycling incorporating standing cycling before 106/67/70 aft 89/62/109

29072021 cycling machine 3 x 5 mins standing cycling before 104/65/66 aft 104/68/81 before 110/69/73 aft 104/63/89 before 108/72/69 aft 104/63/100

28072021 cycling machine 2 x 5 mins standing cycling before 109/72/67 aft 107/68/84 before 111/67/70 aft 122/79/97

27072021 cycling machine 8 x 5 mins standing cycling before 112/71/63 aft 112/73/87 before 112/68/70 aft 102/66/92 before 120/85/68 aft 101/69/98 before 132/81/67 aft 122/78/94 before 103/69/63 aft 92/62/89 before 122/81/69 aft 104/67/100 before 118/76/69 aft 114/74/94 before 110/78/70 aft 111/71/87

26072021 cycling machine 4 x 5 mins standing cycling before 000/00/00 aft 106/67/72 before 112/80/74 aft 110/74/99 before 111/70/73 aft 97/57/98 before 114/77/73 aft 107/78/107

25072021 cycling machine - 4 x 5 mins standing cycling

24072021 cycling machine - 4 x 15 mins - 1 x 12 mins seated cycling + 3 mins standing cycling (up until this point all exercises using the bike, except arm peddling, were done seated or lying down)

23072021 cycling machine - 4 x 15 mins - sweat routine - 10 x 10 of each exercise - before *128/83/67 after 125/83/95 - 26 mins 1o97561 *see 22012018

22072021 cycling machine - 4 x 15 mins

21072021 cycling machine - 1 x 30 mins 1 x 20 mins - sweat routine - 10 x 10 of each exercise - before 101/61/67 after 113/78/105 - 28 mins - 1 x10 of each exercise - before 102/70/72 after 128/80/95 26 mins

20072021 cycling machine - 30 mins - sweat routine - 10 x 10 of each exercise - before 110/68/67 after 107/71/113 - 28 mins

19072021 lying-down cycling - 30 mins - sweat routine - 10 x 10 of each exercise - before 119/81/77 after 116/83/111

18072021 lying-down cycling 100 mins - (lying-down cycling has been reinstated - today's walk highlighted the weakest leg is easier to move and has a greater range of mvment than the strongest leg - yet again, the writer is still making the mistake of putting strength before range of movement - lesson learnt)

17072021 one kilometre walk - sweat routine - 10 x 10 of each exercise - before 106/77/80 after 135/88/112 - 32 mins

16072021 cycling machine - 30 mins - before 110/68/67 after 107/71/113

15072021 sweat routine - 10 x 10 of each exercise - before 119/79/72 after 122/82/119 - 30 mins

14072021 seated cycling - 30 mins - after 120/79/88 - lying-down cycling 60 mins - after 122/76/89

13072021 sweat routine - 10 x 10 of each exercise - before 000/00/00 after 114/77/121 - 26 mins

12072021 lying-down cycling 100 mins 114/75/87 <https://endic.at/exercise.-.lying.cycling.mp4>

11072021 sweat routine - 5 of each exercise - after 126/85/110 - 16 mins

10072021 20 mins arm-peddling - cycling machine 30 mins before 120/79/78 - after 114/78/113

09072021 sweat routine - 1 of each exercise - before 119/84/77 - after 132/86/83

08072021 20 mins arm-peddling - cycling machine 30 mins before 121/73/65 - after 112/71/112

07072021 20 mins arm-peddling - cycling machine 30 mins before 107/58/72 - after 111/75/93

06072021 20 mins arm-peddling - cycling machine 30 mins before 109/70/89 -
 after 98/63/111
 05072021 20 mins arm-peddling - cycling machine 30 mins 121/81/97
 04072021 20 mins arm-peddling - cycling machine 30 mins 112/76/81
 03072021 20 mins arm-peddling - cycling machine 30 mins 110/78/98
 02072021 20 mins arm-peddling - cycling machine 30 mins 111/71/82
 01072021 20 mins arm-peddling - cycling machine 30 mins 136/88/75
 30062021 20 mins arm-peddling - cycling machine 20 mins 111/71/79
 29062021 20 mins arm-peddling - cycling machine 20 mins 110/73/99
 28062021 20 mins arm-peddling - cycling machine 20 mins 111/74/86
 27062021 20 mins arm-peddling - cycling machine 20 mins 109/74/76
 26062021 20 mins arm-peddling - cycling machine 20 mins 113/72/82
 25062021 20 mins arm-peddling - cycling machine 20 mins 128/83/77
 24062021 20 mins arm-peddling - cycling machine 20 mins 105/67/92
 23062021 20 mins arm-peddling - cycling machine 20 mins 112/64/81
 22062021 20 mins arm-peddling - cycling machine 20 mins 108/71/92
 21062021 20 mins arm-peddling - cycling machine 20 mins 96/63/80
 20062021 20 mins arm-peddling - cycling machine 20 mins 85/59/111
 19062021 2 x 20 mins arm-peddling - cycling machine 20 mins 112/71/89
 18062021 2 x 20 mins arm-peddling - cycling machine 2 x 20 mins 111/64/92 -
 111/70/93
 17062021 20 mins arm-peddling - cycling machine 20 mins 95/59/81
 16062021 20 mins arm-peddling - cycling machine 20 mins 107/68/108
 15062021 cycling machine 20 mins 107/65/92
 14062021 20 mins arm-peddling - cycling machine 20 mins 101/60/98
 13062021 cycling machine 20 mins 95/60/95
 11062021 cycling machine 20 mins 103/66/85
 10062021 20 mins arm-peddling
 09062021 cycling machine 20 mins 124/80/104
 07062021 cycling machine 20 mins 120/73/88
 06062021 20 mins arm-peddling

05062021 cycling machine 20 mins 111/73/88
 03062021 cycling machine 1 x 10 mins 111/71/83 - 1 x 5 mins arm-peddling
 02062021 cycling machine 1 x 10 mins 114/79/104 - 1 x 5 mins arm-peddling
 01062021 cycling machine 1 x 10 mins 106/68/85 - 117/71/113 - / + 1 x 5 mins arm-peddling
 27052021 cycling machine 3 x 10 mins 112/75/115 - 117/71/113 - 123/79/89 + 3 x 5 mins arm-peddling
 26052021 cycling machine 3 x 10 mins 123//79/89 - 117/71/83 - 104/68/101 + 3 x 5 mins arm-peddling
 25052021 cycling machine 3 x 10 mins 111/71/106 - 133/83/84 - 104/68/101 + 3 x 5 mins arm-peddling
 24052021 cycling machine 3 x 10 mins 114/77/115 - + 3 x 5 mins arm-peddling
 22052021 cycling machine 3 x 10 mins 112/74/103 - 110/67/108 - 108/72/109 + 3 x 5 mins arm-peddling
 18052021 cycling machine 3 x 10 mins 108/68/97 - 104/63/99 - 110/66/96 + 3 x 5 mins arm-peddling
 17052021 cycling machine 3 x 10 mins 117/75/97 - 106/69/92 - 100/69/97
 16052021 cycling machine 2 x 10 mins 98/62/87 - 126/80/107
 13052021 cycling machine 3 x 5 mins 116/67/92 - 120/70/95 114/66/107 and stretching exercises
 12052021 cycling machine 2 x 5 mins 100/67/110 - 115/67/119 - 12070/95 and stretching exercises
 11052021 cycling machine 3 x 5 mins 138/83/100 - 114/73/117 - 105/67/112 and stretching exercises
 10052021 cycling machine 2 x 5 mins 117/71/116 - 114/71/114 and stretching exercises
 09052021 cycling machine 1 x 5 mins 114/68/102 and stretching exercises
 08052021 cycling machine 15 mins 115/71/93 and 104/63/113 and stretching exercises
 07052021 cycling machine 2 x 15 mins 116/74/87 and 97/64/117 and stretching exercises
 06052021 stretching exercises
 05052021 cycling machine 2 x 15 mins 139/83/73 - 122/73/91
 04052021 cycling machine 2 x 15 mins - 137/81/86 and 182??/113/84
 30042021 cycling machine 15 mins -/-/-/ and 1 x 40 mins 139/87/83

28042021 cycling machine 3 x 5 mins - arm peddling 4 x 5 mins
 27042021 cycling machine 2 x 5 mins - arm peddling 2 x 5 mins
 27042021 cycling machine 30 mins - arm peddling 1 x 15 mins
 26042021 cycling machine 2 x 10 mins - arm peddling 2 x 5 mins
 25042021 cycling machine 2 x 10 mins
 24042021 cycling machine 2 x 10 mins - 127/76/76
 23042021 cycling machine 3 x 10 mins - 120/79/67 and 127/70/81 and 121/75/76
 22042021 cycling machine 2 x 10 mins - 108/63/78 and 123/71/87
 21042021 cycling machine 2 x 15 mins - 132/76/72 and 116/67/81
 19042021 cycling machine 2 x 15 mins - 133/78/84 117/73/99 and 2 x 10 mins
 122/77/83 and 141/77/85
 18042021 cycling machine 2 x 10 mins - 117/80/85 and 116/79/80 - 1 x 20 mins
 113/69/89 - 1 x 15 mins 156/76/86
 17042021 cycling machine 3 x 10 mins - 132/82/104 and 126/73/91 and
 109/66/84
 16042021 cycling machine 2 x 10 mins - 108/72/105 and 144/79/110
 14042021 cycling machine 30 minutes - 132/73/130 2 x 10 mins walking + 2
 mins running on the spot - 128/82/95
 13042021 30 mins walking
 12042021 2 x 15 mins walking + 1 min running on the spot - 124/78/106
 11042021 15 mins walking + 1 min running on the spot - 135/76/103
 10042021 45 mins walking + 1 min running on the spot
 09042021 60 mins walking (improvement in running)
 08042021 forty-five mins walking
 07042021 thirty mins walking
 06042021 15 mins walking
 05042021 45 mins walking
 04042021 60 mins walking
 03042021 30 mins walking
 02042021 105 mins walking
 01042021 45 mins walking
 29032021 60 mins walking

28032021 90 mins walking
 27032021 30 mins walking (able to run, although it's slower than a slow walk)
 12032021 30 mins walking
 09022021 30 mins walking
 08022021 30 mins walking
 07022021 40 mins walking
 05022021 30 mins walking
 01022021 30 mins walking
 31012021 40 mins walking
 30012021 30 mins walking
 28012021 30 mins walking
 27012021 30 mins walking
 22012021 45 mins walking
 21012021 1 x 10 mins walking
 20012021 2 x 15 mins walking
 19012021 one kilometer walk 1 x 10 mins walking
 18012021 one kilometer walk 1 x 10 mins walking, 1 x 1 minute running on the spot
 17012021 3 x 10 mins walking, 3 x 1 minute running on the spot
 16012021 2 x 10 mins walking, 2 x 1 minute running on the spot
 15012021 10 mins walking
 14012021 30 mins walking
 05122020 two-stick walking
 02122020 two-stick walking
 01122020 two-stick walking
 29112020 two-stick walking
 28112020 two-stick walking
 26112020 two-stick walking
 23112020 two-stick walking
<https://www.smai.com.au/blogs/news/6-power-lifting-movements> (SQUAT
 SNATCH)

16112020 two-stick walking (incorporating supported stoops) 1 x 10 mins 1 x 29 mins 1 x 30 mins

15112020 stretching exercises 1 x 5 mins

09112020 stretching exercises 1 x 11 mins, 2 x 12 mins, 2 x 13 mins

08112020 stretching exercises 2 x 12 mins,

07112020 stretching exercises 1 x 10 mins, 1 x 12 mins

06112020 stretching exercises 2 x 9 mins

05112020 stretching exercises 1 x 8 mins, 1 x 10 mins

29102020 stretching exercises 2 x 11 mins 1 x 14 mins

28102020 stretching exercises 2 x 12 mins, 1 x 17 mins, 1 x 13 mins, 1 x 15 mins

27102020 stretching exercises 2 x 12 mins, 1 x 16 mins

26102020 stretching exercises 1 x 9 mins 1 x 12 mins

25102020 stretching exercises 2 x 9 mins

24102020 stretching exercises 1 x 5 mins, 1 x 7 1 x 10 mins mins

23102020 stretching exercises 5 x 5 mins

22102020 stretching exercises 3 x 5 mins

21102020 stretching exercises 4 x 5 mins

20102020 stretching exercises 4 x 5 mins

19102020 stretching exercises 5 x 5 mins

18102020 stretching exercises 6 x 5 mins

17102020 stretching exercises 6 x 5 mins

16102020 deadlifts <http://endic.at/exercise.deadlift.mp4>

15102020 alternate dumbbell curls <http://endic.at/exercises.alternate.dumbbell.curls.mp4>

14102020 touch-floor squats <http://endic.at/exercise.touch.floor.squat.mp4>

11102020 alternate dumbbell curls <http://endic.at/exercises.alternate.dumbbell.curls.mp4>
touch-floor squats dumbbell bent-over raises 6 x 20 (4kg) <https://endic.at/exercise.dumbbell.bent-over.raise.mp4> deadlifts, (20kgs)

10102020 overhead standing alternate dumbbell press, 6 x 20 (3kg) <https://endic.at/exercise.overhead.standing.alternate.dumbbell.press.mp4> alternate dumbbell curls 6 x 20 (4kgs) <http://endic.at/exercises.alternate.dumbbell.curls.mp4>
dumbbell bent-over raises 6 x 20 (4kg) <https://endic.at/exercise.dumbbell.bent-over.raise.mp4>

09102020 deadlifts, 5 x 10 (25kgs) alternate dumbbell curls 5 x 20 (4kgs)

08102020 dumbbell bent-over raises 4 x 25 (4kg) deadlifts, 6 x 25 (20kgs)

07102020 deadlifts, 7 x 25 (20kgs)

06102020 overhead standing alternate dumbbell press, 5 x 25 (4kg)

05102020 touch floor squat 6 x 25

04102020 alternate dumbbell curls 5 x 20 (4kgs)

00000000 dumbbell bent-over raises 1 (4kg)

03102020 deadlifts, 1 x 70, 1 x 76 (20kgs) <http://endic.at/exercise.deadlift.mp4>

02102020 overhead standing alternate dumbbell press, 2 x 11, 4 x 20 (4kg)

01102020 touch floor squat 3 x 25

30092020 dumbbell bent-over raises 5 x 25 2 x 30 (4kg) <https://endic.at/exercise.dumbbell.bent-over.raise.mp4>

29092020 touch floor squat 3 x 25

28092020 alternate dumbbell curls 10 x 10 (4kgs)

27092020 alternate dumbbell curls 1 x 25, 2 x 30 2 x 50 (4kgs)

26092020 dumbbell squat 7 x 10 (4kg) https://www.youtube.com/watch?v=v__c67Omje48

25092020 dumbbell bent-over raises 6 x 25 (4kg)

24092020 6 x 10kg deadlifts (20kgs)

23092020 fifty standing alternate arm dumbbell curls (3kgs)

17092020 front dumbbell raise (3kgs) dumbbell bent-over raises (3kgs) standing tricep dumbbell extensions (3kgs) standing alternate arm dumbbell curls (3kgs) up-right rows (7kgs) barbell press behind head (standing) (7kgs) (partial movement only on all exercises) - 15 mins

16092020 1 x 100 raised heels, vertical-back knee bends (1.5kg) - 10 mins - weak point... calves

16092020 front dumbbell raise (3kgs) rear lateral dumbbell raises (3kgs) standing tricep dumbbell extensions (3kgs) standing alternate arm dumbbell curls (3kgs) up-right rows (7kgs) barbell press behind head (standing) (7kgs) (partial movement only on all exercises) - 14 mins

15092020 120 x 12kg deadlifts (7kgs) - 11 mins <http://endic.at/exercise.deadlift.mp4>

14092020 front dumbbell raise (3kgs) rear lateral dumbbell raises (3kgs) standing tricep dumbbell extensions (3kgs) standing alternate arm dumbbell curls (3kgs) up-right rows (7kgs) barbell press behind head (standing) (7kgs) (partial movement only on all exercises) - 14 mins

13092020 1 x 100 raised heels, vertical-back partial squat (1.5kg) - 9 mins - weak point, outer, upper, left shin

12092020 front dumbbell raise (3kgs) rear lateral dumbbell raises (3kgs) standing tricep dumbbell extensions (3kgs) standing alternate arm dumbbell curls (3kgs) upright rows (7kgs) barbell press behind head (standing) (7kgs) - 17 mins

11092020 120 x 12kg deadlifts (7kgs) - 10 mins

09092020 barbell press behind head (standing) (7kgs) upright rows (7kgs) front dumbbell raise (3kgs) rear lateral dumbbell raises (3kgs) standing tricep dumbbell extensions (3kgs) standing alternate arm dumbbell curls (3kgs) (only partial movement on all exercises) - 19 mins

08092020 1 x 100 heels raised vertical-back partial squat (1.5kg) - 14mins

07092020 barbell press behind head (standing) (7kgs) upright rows (7kgs) rear lateral dumbbell raises (3kgs) front dumbbell raise (3kgs) standing alternate arm dumbbell curls (3kgs) standing tricep dumbbell extensions (3kgs) (only partial movement on all exercises) - 18 mins

06092020 barbell press behind head (standing) (7kgs) upright rows (7kgs) rear lateral dumbbell raises (3kgs) front dumbbell raise (3kgs) standing alternate arm dumbbell curls (3kgs) standing tricep dumbbell extensions (3kgs) (only partial movement on all exercises) - 20 mins

05092020 1 x 60 12kg deadlifts <http://endic.at/exercise.deadlift.mp4>

2608200 half-an-hour standing movements to music

2508200 one-hour standing movements to music

10072020 rotating shoulder shrug: 3 x 50 5kg <http://endic.at/exercise%2Crotating%20shoulder%20shrugs.mp4>
lateral dumbbell raises 1 x 50 1.4 kgs

09072020 1 x 75 12kg deadlifts lateral dumbbell raises 3 x 50 1.4 kgs tricep overhead extensions: 3 x 50 1.4kg both arms <http://endic.at/exercise.single.arm.dumbbell.overhead.extension.mp4>
standing barbell press behind head 3 x 30 7kgs <http://endic.at/behind%20neck%20press.mp4>
upright rows 2 x 25 7kgs <http://endic.at/upright%20rowing.mp4> bent-over isolation curls: 2 x 50 1.4kg <http://endic.at/exercise.bent%20over%20isolation%20curls.mp4>
rotating shoulder shrug: 3 x 50 5kg elevated single-leg standing calf raises: 1 x 35 each leg <http://endic.at/exercises.single-leg%20calf%20raises.mp4>

08072020 deep knee bends (assisted) 1 x 10 <http://endic.at/deep%20knee%20bends.mp4>
25 touch-floor-stoops bent-over isolation curls: 1 x 50 1.4kg 3 x 75 12kg deadlifts lateral dumbbell raises 1 x 50 1.4 kgs rotating shoulder shrug: 1 x 50 5kg tricep overhead extensions: 3 x 50 1.4kg both arms upright rows 1 x 20 7kgs elevated single-leg standing calf raises: 1 x 35 each leg standing barbell press behind head 2 x 30 7kgs

07072020 25 touch-floor-stoops lateral dumbbell raises 1 x 50 1.4 kgs bent-over isolation curls: 1 x 50 1.4kg 2 x 75 12kg deadlifts rotating shoulder shrug: 1 x 50 5kg

06072020 25 touch-floor-stoops lateral dumbbell raises 1 x 50 1.4 kgs bent-over isolation curls: 1 x 50 1.4kg tricep overhead extensions: 1 x 50 1.4kg both arms rotating shoulder shrug: 3 x 50 5kg

05072020 25 touch-floor-stoops 2 x 75 12kg deadlifts bent-over isolation curls: 1 x 50 1.4kg tricep overhead extensions: 1 x 50 1.4kg both arms rotating shoulder shrug: 1 x 50 5kg

04072020 tricep overhead extensions: 1 x 50 1.4kg both arms bent over isolation curls: 1 x 30 1.4kg rotating shoulder shrug: 1 x 50 5kg standing barbell press behind head 1 x 30 7kgs 1 x 75 12kg deadlifts deep knee bends 2 x 20 upright rows 1 x 20 7kgs elevated single-leg standing calf raises: 5 x 35 each leg

03072020 bent over isolation curls: 1 x 30 1.4kg tricep overhead extensions: 1 x 50 1.4kg both arms 1 x 70 12kg deadlifts upright rows 1 x 20 7kgs

02072020 upright rows 1 x 20 7kgs 20 touch-floor-stoops bent over isolation curls: 1 x 30 1.4kg upright rows 1 x 10 12kgs 45 x 2 12kg deadlifts

01072020 rotating shoulder shrug: 1 x 50 5kg 40 x 12 kg deadlifts tricep overhead extensions: 1 x 50 1.4kg left arm 1 x 50 1.7kg right arm 26062020 rested through to 30062017

25062020 tricep overhead extensions: 2 x 50 1.4kg left arm 2 x 50 1.7kg right arm 2 x 20 x 20 kg deadlifts standing barbell press behind head 1 x 20 7kgs rotating shoulder shrug: 3 x 50 5kg deep knee bends 1 x 20 bent over isolation curls: 2 x 50 (1.4kg) left arm 2 x 50 (1.8kg) right arm

24062020 rest day

23062020 tricep overhead extensions: 1 x 40 1.4kg left arm 1 x 50 1.7kg right arm

22062020 assorted styles of knee bends 57 x 20 kg deadlifts standing barbell press behind head 1 x 25 7kgs

21062020 deep knee bends 2 x 20 tricep overhead extensions: 1 x 50 1.4kg left arm 1 x 50 1.7kg right arm rotating shoulder shrug: 2 x 50 5kg upright rows 1 x 25 7kgs standing barbell press behind head 1 x 25 7kgs

2062020 rotating shoulder shrug: 4 x 50 (5kg) tricep overhead extensions: 4 x 50 1.4kg left arm 4 x 50 1.7kg right arm bent over isolation curls: 2 x 50 (1.4kg) left arm 2 x 50 (1.8kg) right arm

19062020 rotating shoulder shrug: 3 x 50 (5kg) tricep overhead extensions: 4 x 50 1.4kg left arm 4 x 50 1.7kg right arm

18062020 downward dog 5 x 25 <https://www.youtube.com/watch?v=96OxWp1CYzk> elevated single-leg standing calf raises: 5 x 35 each leg

17062020 tricep overhead extensions: 4 x 50 1.4kg left arm 4 x 50 1.7kg right arm 4x 30 touch-floor stoops

16062020 4 x 60 12kg deadlifts

15062020 rotating shoulder shrug: 4 x 50 (5kg) bent over isolation curls: 4 x 50 (1.4kg) left arm 4 x 50 (1.8kg) right arm

14062020 downward dog 4 x 15 elevated single-leg standing calf raises: 4 x 30 each leg

13062020 tricep overhead extensions: 5 x 50 1.4kg left arm 5 x 50 1.7kg right arm

12062020 4 x 20 20kg deadlifts

11062020 rotating shoulder shrug: 4 x 50 (5kg) bent over isolation curls: 4 x 50 (1.4kg) left arm 4 x 50 (1.8kg) right arm

10062020 downward dog 4 x 15 elevated single-leg standing calf raises: 4 x 25 each leg

09062020 tricep overhead extensions: 5 x 50 1.4kg left arm 5 x 50 1.7kg right arm

08062020 4 x 20 20kg deadlifts

07062020 rotating shoulder shrug: 2 x 50 (5kg) bent over isolation curls: 2 x 50 (1.4kg) left arm 3 x 50 (1.8kg) right arm

06062020 downward dog 4 x 15 elevated single-leg standing calf raises: 4 x 25 each leg

05062020 tricep overhead extensions: 5 x 50 1.4kg left arm 5 x 50 1.7kg right arm

04062020 4 x 20 20kg deadlifts

03062020 rest day

02062020 rotating shoulder shrug: 2 x 50 (5kg) bent over isolation curls: 2 x 50 (1.4kg) left arm 3 x 50 (1.8kg) right arm

01062020 downward dog 6 x 15 elevated single-leg standing calf raises: 6 x 25 each leg

31052020 tricep overhead extensions: 6 x 50 1.4kg left arm 6 x 50 1.7kg right arm

30052020 5 x 20 20kg deadlifts

29052020 rotating shoulder shrug: 2 x 50 (5kg) bent over isolation curls: 2 x 50 (1.4kg) left arm 3 x 50 (1.8kg) right arm

28052020 downward dog 6 x 15 elevated single-leg standing calf raises: 6 x 25 each leg

27052020 tricep overhead extensions: 5 x 25 1.4kg left arm 5 x 25 1.7kg right arm

26052020 6 x 20 20kg deadlifts

25052020 rotating shoulder shrug: 2 x 50 (5kg) bent over isolation curls: 2 x 50 (1.4kg) left arm 3 x 50 (1.8kg) right arm

24052020 downward dog 1 x 15 elevated single-leg standing calf raises: 3 x 25 left leg 3 x 25 right leg

23052020 tricep overhead extensions: 5 x 25 1.4kg left arm 5 x 25 1.7kg right arm

22052020 5 x 20 20kg deadlifts

21052020 rotating shoulder shrug: 5 x 50 (5kg) bent over isolation curls: 5 x 50 (1.4kg) left arm 5 x 50 (1.8kg) right arm

20052020 missed

19052020 downward dog 1 x 15 elevated single-leg standing calf raises: 3 x 25 left leg 3 x 25 right leg

18052020 tricep overhead extensions: 6 x 25 1.4kg left arm 6 x 25 1.7kg right arm

17052020 5 x 20 20kg deadlifts

16052020 rotating shoulder shrug: 2 x 50 (5kg) bent over isolation curls: 2 x 50 (1.4kg) left arm 3 x 50 (1.8kg) right arm

15052020 downward dog 3 x 15 elevated single-leg standing calf raises: 3 x 25 left leg 3 x 25 right leg

14052020 tricep overhead extensions: 3 x 25 1.4kg left arm 3 x 25 1.7kg right arm

13052020 60 x 20kg deadlifts: - 140/77/72 - 141/79/99 - 6 mins

12052020 rotating shoulder shrug: 4 x 25 (5kg) bent over isolation curls: 4 x 25 (1.4kg) left arm 3 x 50 (1.8kg) right arm

11052020 downward dog 1 x 50 elevated single-leg standing calf raises: 3 x 25 left leg 3 x 25 right leg

10052020 tricep extensions: 3 x 25 right arm + 3 x 25 left arm

09052020 50 x 20kg deadlifts: - 121/71/85 - 155/90/120 - 6 mins

08052020 rotating shoulder shrug: 4 x 25 (5kg) bent over isolation curls: 4 x (1.4kg) left arm 3 x 50 (1.8kg) right arm

07052020 downward dog 1 x 50 elevated single-leg standing calf raises: 3 x 25 left leg 3 x 25 right leg

06052020 tricep extensions: 3 x 25 right arm + 3 x 25 left arm

05052020 deadlifts: 40 x 20kg - 128/73/88 - 147/76/105 - 6 mins

18032020 one-hundred dumbbell curls (right arm only)
16032020 one-hundred dumbbell curls (right arm only)
14032020 one-hundred dumbbell curls (right arm only)
10032020 one-hundred dumbbell curls (right arm only)
08032020 one-hundred dumbbell curls (right arm only)
06032020 one-hundred dumbbell curls (right arm only)
04032020 one-hundred dumbbell curls (right arm only)
02032020 fifty dumbbell curls (right arm only)
29022020 fifty dumbbell curls (right arm only)
27022020 fifty dumbbell curls (right arm only)
25022020 fifty dumbbell curls (right arm only)
23022020 fifty dumbbell curls (right arm only)
21022020 fifty dumbbell curls (right arm only)
19022020 fifty dumbbell curls (right arm only)
17022020 fifty dumbbell curls (right arm only)
17012020 12 minutes stretching
16012020 12 minutes stretching
14012020 7 minutes stretching
13012020 10 minutes stretching
12012020 10 minutes stretching
11012020 9 minutes stretching
10012020 12 minutes stretching
09012020 12 minutes stretching
08012020 12 minutes stretching
01122019 7 minutes stretching
07122019 7 minutes stretching
04122019 5 minutes stretching
03122019 7 minutes stretching
02122019 8 minutes stretching
01122019 10 minutes stretching
30112019 10 minutes stretching

29112019 7 minutes stretching
28112019 5 minutes stretching
25112019 8 minutes stretching
25112019 5 minutes stretching
24112019 4 minutes stretching
20112019 12 minutes stretching
19112019 8 minutes stretching
18112019 7 minutes stretching
17112019 8 minutes stretching
16112019 12 minutes stretching
15112019 7 minutes stretching
14112019 10 minutes stretching
13112019 10 minutes stretching
12112019 5 minutes stretching
04112019 8 minutes
04112019 8 minutes
03112019 8 minutes
03112019 5 minutes stretching
02112019 5 minutes stretching
01112019 5 minutes stretching
10082019 1 x 5 mins wall-walking 1 x 5 minutes sit-down, stand-up's
05082019 3 x 5 minutes sit-down, stand-up's
01082019 3 x 5 minutes sit-down, stand-up's
27072019 4 x 5 minutes sit-down, stand-up's
23072019 1 x 5 minutes sit-down, stand-up's
15072019 3 x 5 minutes sit-down, stand-up's
13072019 3 x 5 minutes sit-down, stand-up's
11072019 1 x 5 minutes sit-down, stand-up's
11072019 7 x 5 minutes sit-down, stand-up's
10072019 5 x 5 minutes sit-down, stand-up's
09072019 3 x 5 minutes sit-down, stand-up's

08072019 1 x 5 minutes sit-down, stand-up's 3 x 5 minutes heel stoops
 06072019 3 x 5 minutes heel stoops
 05072019 5 x 5 minutes sit-down, stand-up's
 04072019 7 x 5 minutes sit-down, stand-up's
 04072019 4 x 5 minutes sit-down, stand-up's
 03072019 7 x 5 minutes sit-down, stand-up's
 02072019 2 x 5 minutes sit-down, stand-up's
 01072019 3 x 5 minutes sit-down, stand-up's 30062019
 june 4 x 5 minutes sit-down, stand-up's
 29062019 5 x 5 minutes sit-down, stand-up's
 28062019 5 x 5 minutes sit-down, stand-up's
 27062019 4 x 5 minutes sit-down, stand-up's
 26062019 3 x 5 minutes sit-down, stand-up's
 25062019 4 x 5 minutes sit-down, stand-up's
 24062019 2 x 5 minutes sit-down, stand-up's 20062019
 5 minutes sit-down, stand-up's 25 minutes flexing arm tendons
 11062019 5 minutes sit-down, stand-up's
 10062019 25 minutes flexing arm tendons
 08062019 25 minutes flexing arm tendons
 06062019 25 minutes flexing arm tendons
 02062019 25 minutes flexing arm tendons
 MAY
 31052019 25 minutes flexing arm tendons 5 minutes of sit down-stand-up's
 29052019 25 minutes flexing arm tendons 5 minutes of sit down-stand-up's
 28052019 25 minutes flexing arm tendons
 27052019 5 minutes of sit down-stand-up's 25 minutes flexing arm tendons
 24052019 25 minutes stretching arm tendons 5 minutes of sit down-stand-up's
 22052019 15 minutes stretching arm tendons 5 minutes of sit down-stand-up's
 20052019 15 minutes stretching arm tendons 5 minutes of sit down-stand-up's
 19052019 15 minutes stretching arm tendons
 18052019 15 minutes stretching arm tendons 5 minutes of sit down-stand-up's

17052019 15 minutes stretching arm tendons
 16052019 5 minutes stretching tendons (legs and arms)
 15052019 5 minutes stretching (torso) x 2
 14052019 5 minutes stretching (torso)
 13052019 5 minutes stretching (torso)
 12052019 5 minutes stretching (torso) x 2
 11052019 5 minutes stretching (torso)
 10052019 5 minutes stretching (torso)
 10052019 5 minutes stretching (torso)
 03052019 5 minutes stretching (torso) x 3
 02052019 5 minutes stooping (legs) 113-77-65/118-72-82 5 minutes stretching (torso)
 01052019 5 minutes stretching (torso) x 4
 APRIL
 30042019 5 minutes stretching (torso) x 2
 30042019 5 minutes stretching (torso) x 3
 29042019 5 minutes stooping: another easy peasy session - for the second time in the last year or two i've noticed that once the initial effort of a new exercise has been overcome, usually within three or four times after the first time, the effort reduces to next to nothing and it becomes almost too easy. the method then is to let the blood pressure dictate how much effort to exert
 5 minutes stretching (torso)
 27042019 5 minutes stooping (legs) 5 minutes stretching (torso)
 26042019 5 minutes stooping (legs) 5 minutes stretching (torso)
 25042019 5 minutes stretching (torso) x 2
 24042019 5 minutes stooping (legs) 5 minutes stretching (torso) x 2
 23042019 5 minutes stretching (torso)
 22042019 5 minutes stooping (legs) 5 minutes stretching (torso)
 20042019 5 minutes stretching
 19042019 10 minutes stretching
 1704201 5 minutes stretching
 15042019 5 minutes stretching

12042019 5 minutes stretching
10042019 5 minutes stretching
08042019 5 minutes stretching
JANUARY
06012019 1 x 11 mins stretching
06012019 3 x 11 mins stretching
05012019 2 x 11 mins stretching
04012019 3 x 10 mins stretching
03012019 3 x 10 mins stretching
02012019 2 x 10 mins stretching
01012019 2 x 10 mins stretching
exercises diary for 2018
NOVEMBER
stretching while standing 5 minutes
NOVEMBER
11122018
21112018 20 mins stretching
20112018 40 mins stretching
19112018 40 mins stretching
18112018 40 mins stretching
17112018 30 mins stretching
16112018 30 mins stretching
15112018 40 mins stretching
14112018 30 mins stretching
12112018 12 mins stretching
11112018 12 mins stretching
10112018 10 mins stretching
09112018 10 mins stretching
08112018
10 mins stretching
06112018

5 mins stretching

05112018

5 mins stretching

JULY

17072018 3 x 8 of 20 kg 3 x 8 of 25 kg 3 x 8 of 25 kg deadlifts

03072018 it is thought a loss of appetite is due to putting all my energy into weight training

will go back to "range of movement" as the principle for regaining mobility and re-incorporate weight training as mobility improves

02072018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 106/70/63 - 95/73/122

01072018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 80/68/74 - 135/79/109

JUNE

30062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 000/00/00 - 127/76/113

29062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 104/74/64 - 152/83/113

28062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 107/69/75 - 131/82/103

27062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 99/66/60 - 121/74/99

26062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 99/67/71 - 127/89/110

the exercises are becoming a joy to do - no effort to speak of, yet bringing about improvement - the trick is to stay within your comfort zone, fruit and veg, adequate sleep, rest and regularity

24062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 99/67/71 - 129/76/111

23062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 115/81/69 - 125/80/98

22062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 120/79/63 - 140/84/108

21062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 118/73/61 - 113/84/114

20062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 110/77/61 - 121/77/108

19062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 107/75/66 - 132/79/82/12419062018

18062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 105/79/63 - 124/79/117

17062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 108/79/75 - 116/82/121

16062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 106/77/62 - 116/63/105

15062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 106/77/74 - 116/83/109

12062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 102/69/69 - 116/76/110

10062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 104/73/72 - 107/77/113

08062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 100/69/73 - 106/77/110

06062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 96/73/66- 111/80/108

04062018 4 minutes of 20kg squats and 4 minutes of 20kg deadlifts bp and pulse
- 109/75/71- 104/74/119

another contradictory blood pressure

the pressure before exercising should always be lower before exercising

there is more than one possible explanation

will have to test it

it will take a week or two

02062018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp
and pulse - 100/68/72- 102/71/101

01062018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp
and pulse - 114/74/64- 141/79/104

MAY

31052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp
and pulse - 101/69/68- 113/79/101

30052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp
and pulse - 111/73/65- 148/83/108

29052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse - 105/73/66- 131/75/95

27052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse -

122/80/64 - 126/76/92

as of a few weeks ago the long-term outlook for looking after the heart is not to "work" it but to "massage" it

"24052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse -

108/73/63 - 125/74/87

23052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse - 110/79/65 - 120/75/99

22052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse - 106/79/59 - 121/77/93

21052018

4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse - 115/73/70-122/81/103

20052018 4 minutes of 20kg squats squats and 4 minutes of 20kg deadlifts bp and pulse - 107/76/66- 127/76/97

19052018 4 minutes of squats with broom stick and 4 minutes of 20kg deadlifts bp and pulse - 118/81/87 - 128/81/104

5 minutes of 20kg squats squats and 5 minutes of 20kg deadlifts bp and pulse - 123/77/66

18052018 5 minutes of 20kg squats squats and 5 minutes of 20kg deadlifts bp and pulse -

123/77/66 - 133/83/106

10052018 75 x 20kg partial heel squats - bp and pulse - 110/73/61-112/74/95 6 mins

07052018 120 x 20kg deadlifts - bp and pulse - 99/61/65-145/78/110 - 10 min

04052018 70 x 20kg partial heel squats - bp and pulse - 111/75/57-115/75/75 - 6 mins

01052018 120 x 20kg deadlifts - bp and pulse - 125/77/63-136/76/109 - 10 min

APRIL

28042018 70 x 20kg partial heel squats - bp and pulse - 110/75/62-111/65/93 6 mins

25042018 120 x 20kg deadlifts - bp and pulse - 107/77/63/127-75-107 - 10 min

22042018 70 x 20kg partial heel squats - bp and pulse - 116/66/61-128/73/85 6 mins

19042018 120 x 20kg deadlifts - bp and pulse - 114-75-71/130-80-129 - 9 min

i can't believe how quickly this exercise has become so easy

when this exercise was first started two months ago to the day i didn't expect it would ever become this easy

it was thought there would always be a strenuous feel to it

not so

it is very nearly at the point of effortless

the bpm is going up but the effort factor has all but gone

a higher bpm without strain does seem to fit in with working up a sweat

a five-day rest between each exercise was the main contributing factor in making this exercise easy

16042018 60 x 20kg partial heel squats

13042018 120 x 20kg deadlifts - bp and pulse - 122-81-67/142-83-120 - 9 min

10042018 3 x 5 squats with a broom handle and 3 x 5 deep squats 2 x 2 minutes 20kg heel squats

07042018 120 x 20kg deadlifts - bp and pulse - 123-76-58/141-81-108 - 10 min

following the last set of deadlifts have decided to go for faster reps

04042018 3 x 5 squats with a broom handle and 3 x 5 deep squats 20 x 20kg heel squats

01042018 120 x 20kg deadlifts - bp and pulse - 130-77-70/138-85-121* - 10 min

happy to report that having five days of rest between exercises for the deadlift has resulted in the exercise becoming a doddle

what next ?

faster movement more weight more reps ?

march

30032018 5 x 5 squats with a broom handle and 5 x 5 deep squats 5 x 10 heel squats

heel squats are tailored to remedy the writer's peculiar physical disability

do regular squats if you have normal mobility

29032018 5 x 5 squats with a broom handle and 5 x 5 deep squats

29032018 5 x 5 squats with a broom handle and 5 x 5 deep squats

28032018 5 x 5 squats with a broom handle and 5 x 5 deep squats

27032018 5 x 5 squats with a broom handle and 5 x 5 deep squats

26032018 5 x 5 squats with a broom handle and 5 x 5 deep squats

120 x 20kg deadlifts - bp and pulse - 111-74-73/134-76-100 - 11 mi after a five day break it was thought that the deadlifts exercise would be a bit of an effort not so it was the easiest set yet the optimum rest-time between one set and the next is still uncertain it will of course vary from person to person the goal of "to be growing the day we die" isn't achieved by adhering to the current paradigm surrounding weight training "more weight more muscle" to the contrary, this website believes that the tissue of the internal organs is what we need to concentrate on the emphasis on repetitions comes from the experience of weight training of both the present and the past it was found that sweat would occur regularly with bicep curls but not with the much more arduous squat as we are looking to work up a sweat we are thinking lightish weights with fairly fast reps the best sweat ever was playing squash it took seven pints of fluids to quench the thirst ! 23032018

1 km walk

20032018 120 x 20kg deadlifts - bp and pulse - 114-72-68/142-80-110 - 13 min

16032018 120 x 20kg deadlifts - bp and pulse - 103-74-64/123-76-107 - 12 mins the readings after the exercise are a little higher than those given - it takes between 30 and 50 seconds to take the reading

12032018 120 x 20kg deadlifts - bp and pulse - 102-70-64/137-76-110 - 12 mins

08032018 120 x 20kg deadlifts - bp and pulse - 127-75-76/148-80-123* - 12 mins first the time the pulse rose above 120 think it was because up until today most of the muscles being used were the lower-back muscles at about the sixtieth rep i changed the movement so that most of the strain was taken up by the legs the strain on the lower-back vanished without any noticeable strain occurring in the legs the movement became next to effortless bringing the legs into the movement caused the heart to work harder is it anomalous that the reduced strain doing the movement would make the heart work harder ?

05032018 120 x 20kg deadlifts - bp and pulse - 146-77-64/137-83-106 - 11 mins yet another instance of the blood-pressure being higher before exercising than after a different day but the same cause as the reading on the 22012018 ate cheese bakes yesterday if you wasn't convinced before that cheese is a main cause of high blood-pressure you should be now

01032018 120 free-standing heel squats - bp and pulse - 114-79-74/123-89-108 - 11 mins

26022018 120 free-standing heel squats - bp and pulse - 118-77-74/123-79-107 - 11 mins pinched nerve has meant changing the exercise aim to continue with a

squat and deadlift combination when healed

22022018

120 x 20kg deadlifts - bp and pulse - 99-75-76/143-77-118 - 11 mins

19022018 120 x 20kg deadlifts - bp and pulse - 121-76-70/152-79-94 - 11 mins

15022018 120 x 20kg deadlifts - bp and pulse - 110-69-70/135-75-104 - 14mins

12022018 120 x 20kg deadlifts - bp and pulse - 120-77-70/145-82-99 - 13 mins
the pulse count is well within the target range of 120 having only one days rest has produced a noticeable growth the the forearms three sets a week will it is known from experience bring about a sustained growth in muscle tissue increasing the size of muscles is very easy to do the problem is it's so easy to do that piling on the weights and upping the reps soon takes a person to the point of maximum size there is a maximum size or amount of muscles a person can add to the skeletal frame the consideration is an increase in size cannot be maintained indefinitely and will cause us to fail "to be growing the day we die" the approach is to gauge growth by understanding blood pressure and for that we need a thorough knowledge of the heart the heart - link 1 the heart link 2

10022018

120 x 20kg deadlifts - bp and pulse 128-75-65/137-90-92 - 13 mins an extremely easy set will keep it at 120 reps for a few weeks and see if it becomes too easy

07022018

120 x 20kg deadlifts - bp and pulse 133-82-69/138-83-101 - 14 mins that's two systolic readings in the 130's and both times it was i am reasonably sure due to cheese (had a level tablespoon of cheese with scrambled egg for breakfast) will give cheese a miss until the next set of deadlifts and if the systolic pressure drops significantly will know definitely it's the cheese

04022018 117 x 20kg deadlifts - bp and pulse 106-70-71/117-69-102 - 13 mins

january

30012018 116 x 20kg deadlifts - bp and pulse 121-75-78/149-86-87 - 13 mins

25012018 115 x 20kg deadlifts - bp and pulse 106-70-71/117-69-102 - 14 mins

24012018 stopped eating cheese

22012018 105 x 105kg deadlifts - blood pressure 130/71 - 126/83 it took two days to figure out the odd blood pressure reading above (blood pressure was higher before exercises when it should have been higher after them - exercising used up the fat in the cheese !) had been eating cheese and olives three four and five times a day without realising just how big a part cheese can have on the blood pressure just as well the weight training and blood pressure readings were started again

19012018 1 x 103 20kg deadlifts

16082018 1 x 70 1 x 51 20kg deadlifts

13012018 1 x 58 1 x 51 20kg deadlifts

09012018 3 x 25 20kg deadlifts

2011 december

16th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

14th quarter squats 20 x 25 (20kgs) (40 minutes) lowering the bar by one and a half centimetres made the training ten minutes longer note: the squat is being done with heels on a 2 inch wood block

14th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

14th quarter squats 20 x 25 (20kgs) (47 minutes) lowering the bar by one and a half centimetres made the training ten minutes longer

12th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

11th quarter squats 20 x 25 (20kgs) (36 minutes) note: the squat is being done with heels on a 2 inch wood block

9th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

8th quarter squats 20 x 25 (20kgs) (36 minutes)

7th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

6th quarter squats 20 x 25 (20kgs) (38 minutes)

5th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (12 minutes)

3rd quarter squats 16 x 25 (20kgs) (34 minutes) note: the squat is being done with heels on a 2 inch wood block standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (14 minutes)

1st quarter squats 25 x 10 + 1 x 125 (20kgs) (36 minutes)

2011

november

29th quarter squats 25 x 10 + 1 x 118 (20kgs) (36 minutes) note: the squat is being done with heels on a 2 inch wood block

28th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (14 minutes)

25th quarter squats 25 x 10 + 1 x 75 (20kgs) (36 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes) changed the positioning for the squat (left leg shaking uncontrollably) will go back to vertical back when the problem is overcome

23rd quarter squats (not vertical back) 25 x 10 + 1 x 70 (20kgs) (35 minutes) note: the squat was done on with heels on a 2 inch wood block standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

21st off vertical back quarter squats 25 x 10 + 1 x 30 (20kgs) (40 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

18th mix of vertical back and non vertical back quarter squats 15 x 10 (20kgs) single leg calf raises 4 x 30 (32 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

16th

mix of vertical back and non vertical back quarter squats 15 x 10 (20kgs) single leg calf raises 4 x 30 (31 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

14th mix of vertical back and non vertical back quarter squats 15 x 10 (20kgs) single leg calf raises 4 x 30 (31 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes) note: the squat was done on a two inch block calf raises done without dumbbells the only way to get a completely vertical back was to do a quarter squat

12th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs) single leg calf raises 4 x 30 (24 minutes)

11th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs) single leg calf raises 4 x 30 (24 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

9th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (24 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

7th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (24 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

4th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (24 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

2nd mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (24 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

october

31st mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (26 minutes) note: the squat was done on a two
inch block calf raises done without dumbbells the only way to get a completely
vertical back was to do a quarter squat standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

28th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (25 minutes) note: the squat was done on a two
inch block calf raises done without dumbbells the only way to get a completely
vertical back was to do a quarter squat standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

26th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (25 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

24th mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (23 minutes) standing military press 4 x 10 (7kgs)
rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4
x 10 for each arm (3kg) barbell shrugs (16 minutes)

22nd mix of vertical back and non vertical back quarter squats 10 x 10 (20kgs)
single leg calf raises 4 x 30 (30 minutes) note: the squat was done on a two
inch block calf raises done without dumbbells the only way to get a completely
vertical back was to do a quarter squat

21st standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs (16 minutes)

20th vertical back quarter squat 18 x 10 (20kgs) single leg calf raises 4 x 30 (55 minutes)

19th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

17th vertical back quarter squat 17 x 10 (20kgs) single leg calf raises 4 x 30 (55 minutes) standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

15th vertical back quarter squat 13 x 10 (20kgs) single leg calf raises 4 x 30

14th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

13th vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

12th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

10th

standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

8th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

6th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

3rd standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

2011

september

30th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

29th vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30 note: the squat was done on a two inch block calf raises done without dumbbells the only way to get a completely vertical back was to do a quarter squat

28th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

27th vertical back quarter squat 10 x 10 (20kgs) single leg calf raises 4 x 30

26th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs 25th vertical back quarter squat 20 x 10 (20kgs) single leg calf raises 4 x 30 standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs it is going to take a while possibly years before getting to the goal a body-weight/vertical back squat (it has got easier within just 3 work-outs)

23rd standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

21st vertical back quarter squat 20 x 10 (20kgs) single leg calf raises 4 x 30 standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs 19th vertical back quarter squat 20 x 10 (20kgs) single leg calf raises 4 x 30 standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

16th vertical back quarter squat 20 x 10 (20kgs) single leg calf raises 4 x 30 standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

14th vertical back quarter squat 20 x 10 (20kgs) single leg calf raises 4 x 30 standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

12th vertical back* half squat 10 x 10 (20kgs) single leg calf raises 2 x 30 * 2-3 degrees off vertical standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs 10th vertical back* half squat 11 x 10 (20kgs) single leg calf raises 3 x 30 * 2-3 degrees off vertical

9th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs

8th vertical back* half squat 11 x 10 (20kgs) single leg calf raises 3 x 30 * 2-3 degrees off vertical to squat with a vertical back has meant going back to square one it has meant going back to 20 kgs and doing an even shallower squat than the half squat on the plus side it was immediately noticeable that the weak

points came to the fore during the exercise and they were precisely those parts of the body that are at the root of the writers incapacity it can be said again with a greater conviction the squat is to be seen as an exercise that "polices itself" a diagnostic tool for identifying the weak link in the physiological chain it will be educational to establish if it can be used in the diagnosis and prognosis of the heart standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs 6th vertical back* half squat 10 x 10 (20kgs) single leg calf raises 5 X 30 * 5 degrees off vertical

5th standing military press 4 x 10 (7kgs) rear lateral dumbbell raises 4 x 10 (3kg) standing tricep dumbbell extensions 4 x 10 for each arm (3kg) barbell shrugs 4 x 10 (225k)

4th vertical back* half squat 3 x 12 (22.5kg) single leg calf raises 5 X 30 * 5 degrees off vertical

2nd standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extensions 3 x 12 for each arm (3kg) barbell shrugs 3 x 12 (225k)

1st vertical back* half squat 9 x 12 (22.5kg) single leg calf raises 3 X 30 * 5 degrees off vertical

2011

august 31st standing military press 3 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 4 x 12 for each arm (3kg) barbell shrugs 4 x 12 (225k)

29th vertical back* half squat 10 x 12 (22.5kg) single leg calf raises 3 x 30 note: both the squat and calf raises were done on a two inch block calf raises done without dumbbells standing military press 3 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 4 x 12 for each arm (3kg) barbell shrugs 4 x 12 (225k about 50 off vertical

27th vertical back half squat 7 x 12 (22.5kg) single leg calf raises 3 x 30

26th standing military press 3 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 4 x 12 for each arm (3kg) barbell shrugs 4 x 12 (225k)

24th vertical back half squat 6 x 12 (22.5kg) single leg calf raises 3 x 30 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 12 for each arm (3kg) barbell shrugs 3 x 12 (225k)

22nd vertical back half squat 6 x 12 (22.5kg) single leg calf raises 3 x 30 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 12 for each arm (3kg) barbell shrugs 3 x 12 (225k)

20th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 3 x 25 note: both the squat and calf raises were done on a two inch block calf raises done without dumbbells

19th

standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 12 for each arm (3kg) barbell shrugs 3 x 12 (225k)

17th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 3 x 25 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 12 for each arm (3kg) barbell shrugs 3 x 12 (225k)

15th standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

14th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 2 x 24

12th standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

10th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 2 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

8th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 2 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

6th vertical back half squat 5 x 12 (22.5kg) single leg calf raises 3 x 24

5th standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

4th vertical back half squat 3 x 12 (22.5kg) single leg calf raises 1 x 24

3rd vertical back half squat 5 x 12 (22.5kg) single leg calf raises 2 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

1st squat 3 x 12 (22.5kg) single leg calf raises 2 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

july 2011

29th squat 3 x 12 (22.5kg) single leg calf raises 2 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k note: the squat and calf raises done on a two inch block calf raises done without dumbbells)

27th squat 4 x 12 (22.5kg) single leg calf raises 1 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k from the second half of this month the routine was changed from doing the seated military press to doing the standing military press it wasn't noticed until the 26th what effects locking the knees would have there was an ease and fluidity in the walking that was extremely noticeable it's your life it's your health it's your longevity experiment for best results sometimes time it will produce a dramatically improvement in a persons

condition sometimes it will produce only minor improvements other times it will go wrong and it will result in a backward step whether good or bad make a note and pass them on so that others will benefit

25th squat 3 x 12 (22.5kg) single leg calf raises 1 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

23rd squat 3 x 12 (22.5kg) single leg calf raises 1 x 24 standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

22nd squat 3 x 12 (22.5kg) single leg calf raises 1 x 24

21st standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k it wasn't realized at the time that this routine was the same as the previous day's within a few rep's of the first set a sluggish feel was evident the last set of the military presses was a disappointment as with the diet let the way you feel about something have significance in your evaluation of it come to each day's routine feeling like you want do it you should feel refreshed ready and eager to do your routine in accordance with the endless evolutionary thrust of life the physiology has to keep growing and your desire to fit into that trend needs to reflect that again if you are feeling sluggish or just don't want to do it something is wrong as with the diet listen to what your body is saying

20th standing military press 2 x 12 (7kgs) 1 x 12 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

19th squat 3 x 12 (22.5kg) single leg calf raises 2 x 24

18th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises standing military press 2 x 12 (7kgs) 1 x 1 (5kgs) standing tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

15th seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

13th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

11th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

8th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (225k)

6th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm

(3kg) barbell shrugs 3 x 10 (225k

4th squat 3 x 10 (22.5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (5kg)

1st squat 3 x 10 (5kg) 3 x 12 single leg calf raises seated military press 2 x 10 (7kgs) 1 x 10 (5kgs) seated tricep dumbbell extension 3 x 10 for each arm (3kg) barbell shrugs 3 x 10 (22.5k)