

Ian Robbins

04/11/2020

LE-119

Kevin Meaney

Week 5 PT

Monday

1.5 Mile Run: 22 minutes

41 Sit-ups: 1 minute

8 Push-ups: 1 minute

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Wednesday

1.5 Mile Run: 20 minutes

40 Sit-ups: 1 minute

8 Push-ups: 1 minute

Still trying my hardest to cut my running time down, I know its slow but im getting there. Trying to do more than twice a week to try to improve better times.

Sit-ups are good, still want to try to get more in.

Push-ups are still kinda hard but im getting there. I plan on doing more and working harder to get more out.