

Holly Grant

Monday March 30th

Run: 24:03

Sit-ups: 24

Knee pushups: 25

Holly Grant

Wednesday April 1st

Run: 22:17

Sit-ups: 30

Knee pushups: 25

Holly Grant

Monday April 6th

Run: 20:14

Sit-ups: 30

Knee pushups: I attempted to do without knees. I almost got a full one in. 25 with knees.

Holly Grant

Wednesday April 8th

Run: 20:01

Sit-ups: 30

Knee pushups: 25

Holly Grant

Monday April 13th

Run: 19:49

Sit-ups: 30

Pushups: 2

Holly Grant

Wednesday April 15th

Run: 19:52

Sit-ups: 30

Pushups: 2