

Ian Robbins

04/18/2020

LE-119

Kevin Meaney

Week 6 PT

Monday

1.5 Mile Run: 19 minutes

40 Sit-ups: 1 minute

10 Push-ups: 1 minute

---

Wednesday

1.5 Mile Run: 20 minutes

44 Sit-ups: 1 minute

10 Push-ups: 1 minute

Running time is starting to get lower each week, but still needs more work.

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

Push-ups needs more work, still trying to get more in. Ill keep working and ill get there.