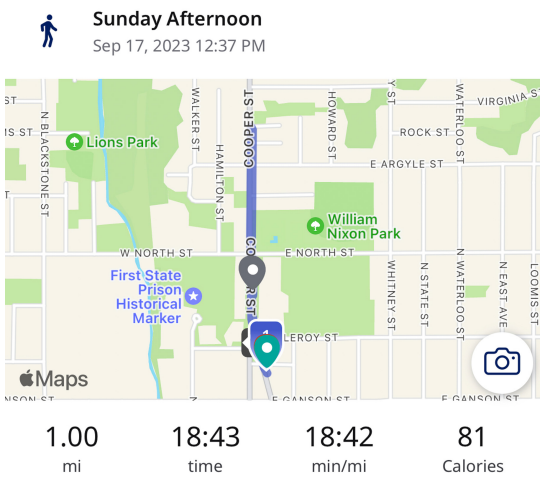
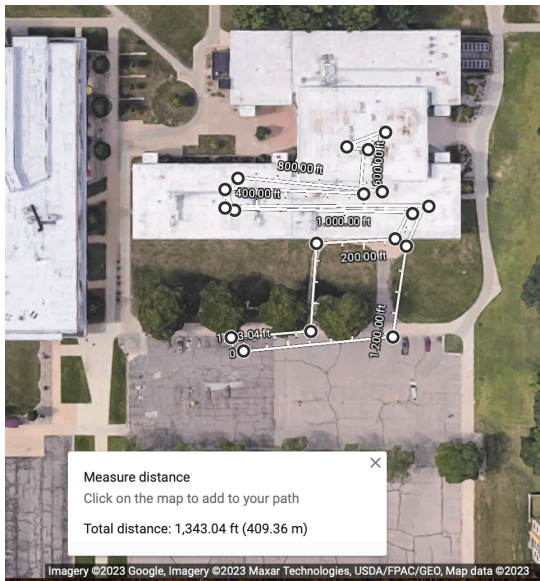
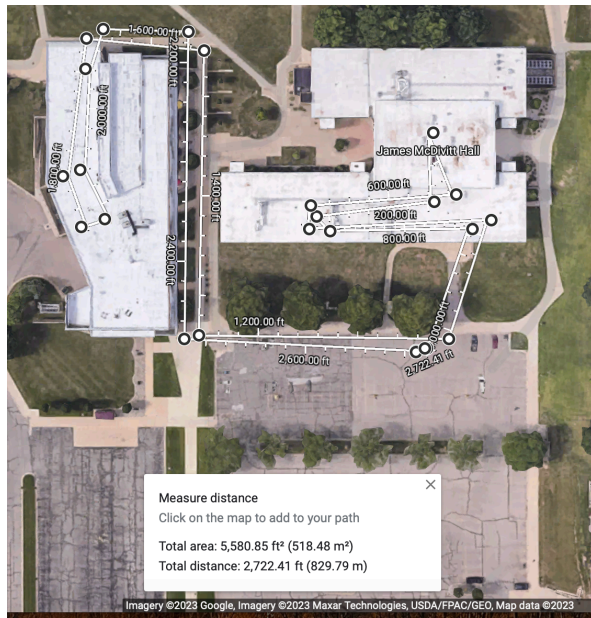
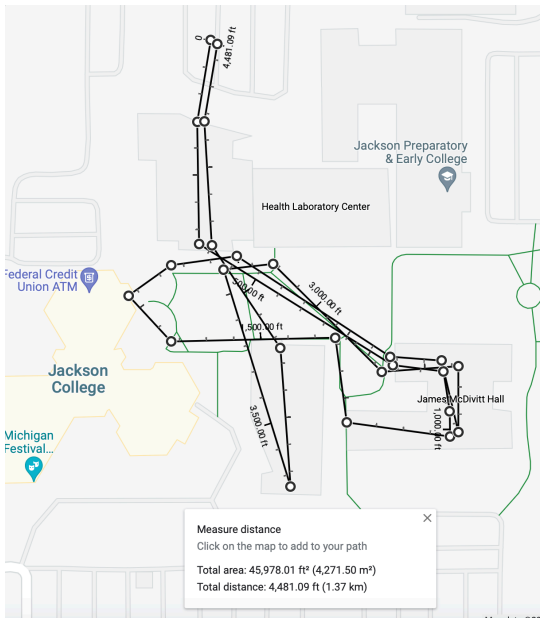


NAME: Jeromy Alexander - September 11 to Sunday September 17, 2023 - Week #3**Cardio Log:**

Monday			
Tuesday	Indoor walking exercises, side-to-side; barbell workout	40:00	
Wednesday	Walk to/from classes		0.52 miles
Thursday	Walk to/from classes		0.25 miles
	Indoor walking exercises, side-to-side; barbell workout	40:00	
Friday			
Saturday			
Sunday	One mile timed walk, Hollywood & back.	PR 18:43	1.00 miles
Total		1:38:43	1.77 miles

Workout Log:

Day	Type	Set 1	Set 2	Set 3
Tuesday	Barbell curls	10		
Tuesday	Barbell shoulder press	10		
Tuesday	Barbell shoulders out	10		
Tuesday	Barbell hip flexor lift	10		
Tuesday	Barbell squats	10		
Tuesday	Barbell lunges	10		
Sunday	Barbell curls	10		
Sunday	Barbell shoulder press	10		
Sunday	Barbell shoulders out	10		
Sunday	Barbell hip flexor lift	10		
Sunday	Barbell squats	10		
Sunday	Barbell lunges	10		



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