

1/12/19  
TO DO

1/10/19 Notes:

Use/burn?/copy? the borrowed total gym commercial edition exercise DVD. That Mrs Kohn lent me.

- Return on 1/15/19 apt Y (YM)
- Did copy? NO
- Did burn? NO
- Did watch? NO

PT Notes

- 5 x 3 reps for bench version exercises
- 10 x 3 reps for total gym exercises