

# exercise log

date	ELLIPTICAL			Treadmill				RECUMB. BIKE			
	T	D	C	T	D	C	S	T	D	C	W
04/09	15	1.03	142								
04/11	25	1.75	236	30	1.33	109	2.4	25	5.62	177	#3
04/12	25	1.77	233	15	0.63	52	2.4	20	3.93	121	#2
04/15	25	1.81	237	20	0.85	70	2.4	20	4.43	138	#3
04/20	25	1.85	238	15	0.63	54	2.4	25	5.03	155	#2
04/27	27	2.02	261	15	0.60	52	2.4	25	5.64	176	#3
04/30	26	2.04	253	15	0.61	53	2.4	25	5.64	177	#3
05/02	26	2.04	252	30	1.20	102	2.5	20	3.92	120	#2
05/04	26	2.06	253	15	0.63	52	2.4	20	4.21	131	#2
				30	1.23	103	2.5	20	4.30	134	#2
05/06	26	2.05	253								
05/09	25	1.81	238	15	0.61	51	2.4	20	4.56	144	#3
				25	1.03	86	2.5	25	5.45	177	#3