

5 lateral raises	☐
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5 shoulder presses	☐
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30 bicep curls	☐

100 squats	☐
50 crunches	☐
Plank (1 - 2 minute(s))	☐
Wall sit (1 - 2 minute(s))	☐
7k - 12k steps per day	☐

Easy cycling (30 minutes - 1 hour)	☐
Tough cycling (5 minutes)	☐