

My quads and glutes feel so great after this workout. --- I worked out this morning and I really feel that I had the best workout. My legs and glutes are feeling great! Workout did not happen because of weather. I got all excited about running in the mountains but it was all for naught. So I did this instead: Yay, I made it to the gym today. It was so cold that the outside was an inch of ice. I am training for the season with this, though, so I can get in better shape for next year. So I made it to the gym, but was too nervous to get on the elliptical. I don't like the fact that my legs look like they are very skinny right now and I don't think I have a lot of bulk right now. So I did push-ups and sit-ups in the bathroom instead. In the end, I have to say I am happy with how the workout went. The weather is so bad I really don't want to go to the gym. I wish I could stay in and just watch TV. I think I will go to the gym tomorrow, though. It is too cold outside. Well, no, I still need to do this workout. I don't have time for this sort of excuse. I should just do it. I am going to do this workout: I just thought, "I have been sitting here watching videos on YouTube about what you should be eating before you start exercising, so I am going to just do the same thing to make the workout go faster. I will make up for the wasted time of doing this workout later." I was wrong. It is going to take me just as much time and effort to eat well before I workout as it is to workout after I eat well. Therefore, I should not waste the time that I could have been sleeping. I will get back on track. After sleeping, I woke up and I was wondering where the time went. I watched an episode of Always Sunny in Philadelphia and finished reading the book, my nike shoes, the box of Dove air moisturizer, and my work schedule. I will not do this again.

Thank you so much for recommending this workout, and I am

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