

Live as if you were to die tomorrow. Learn as if you were to live forever. - Mahatma Gandhi

“내일 죽을 것이라는 각오로 삶을 살고, 영원히 살 것이라는 각오로 배워라.”

개인 지식 정리.

Recent Changes

새로 만들 페이지

Routines

- Exercises for Fun & Health
 - 수영
 - Strength Training
 - 운동일지
 - Simple & Sinister: 보조 운동으로 실시.
 - 스트레칭 및 Perfect Posture
 - 엉덩이 힘 뻑! 똥꼬 힘 뻑!
 - 무게 중심선 (특히, Posterior Chain)
 - SMR(Self-Myofascial Release)
- Update Knowledgebase for Studies & Learnings
 - + → / → -
 - Taking notes
 - take pictures
 - monitoring
- Get organized for Life Style
 - writings
 - 제자리 찾아 놓기
 - plan / do or did / see(review)
 - log → report

Upcomings

Goals

Plans

Todos

[public:todos](#) · 2020/03/13 16:38 · alex

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