

# 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

From:

<http://www.theta5912.net/> - reth

Permanent link:

<http://www.theta5912.net/doku.php?id=public:todos&rev=1584085081>

Last update: **2021/01/20 17:48**

