

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

2026-06-05

- [jr77](#) — Alexandra Levine 2026/06/05 15:03

2026-05-28

- [caloby_e_perfect_power_shake_blend](#) created — Alexandra Levine 2026/05/28 17:11
 - [k-drama](#) — Alexandra Levine 2026/05/28 00:30
-

TO DO

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

From:

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

Permanent link:

<http://www.theta5912.net/doku.php?id=start&rev=1613965646>

Last update: **2021/02/22 12:47**

