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 빡! 똥꼬 힘 빡!
    - 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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