

Primitive Reflex Weekly Schedule

Name

| NOTES | AM / PM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-----------|--|--|--|--|--|
| <p>Complete 10 reps of each</p> <p>Struggled to hold superman more than 10 seconds.</p> <p>Didn't complete any exercises on Tuesday night.</p> | <p>AM</p> | <div data-bbox="590 711 814 935"> <p>BrainWorks Moro Reflex: Peanut Rocking</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="590 959 814 1183"> <p>BrainWorks Moro Reflex: Starfish</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="590 1211 814 1435"> <p>BrainWorks Moro Reflex: Star Jumping</p>  <p><small>SensationalBrain.com</small></p> </div> | <div data-bbox="888 711 1113 935"> <p>BrainWorks Moro Reflex: Peanut Rocking</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="888 959 1113 1183"> <p>BrainWorks Moro Reflex: Starfish</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="888 1211 1113 1435"> <p>BrainWorks Moro Reflex: Star Jumping</p>  <p><small>SensationalBrain.com</small></p> </div> | <div data-bbox="1190 711 1415 935"> <p>BrainWorks Moro Reflex: Peanut Rocking</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1190 959 1415 1183"> <p>BrainWorks Moro Reflex: Starfish</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1190 1211 1415 1435"> <p>BrainWorks Moro Reflex: Star Jumping</p>  <p><small>SensationalBrain.com</small></p> </div> | <div data-bbox="1480 711 1705 935"> <p>BrainWorks Moro Reflex: Peanut Rocking</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1480 959 1705 1183"> <p>BrainWorks Moro Reflex: Starfish</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1480 1211 1705 1435"> <p>BrainWorks Moro Reflex: Star Jumping</p>  <p><small>SensationalBrain.com</small></p> </div> | <div data-bbox="1770 711 1995 935"> <p>BrainWorks Moro Reflex: Peanut Rocking</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1770 959 1995 1183"> <p>BrainWorks Moro Reflex: Starfish</p>  <p><small>SensationalBrain.com</small></p> </div> <div data-bbox="1770 1211 1995 1435"> <p>BrainWorks Moro Reflex: Star Jumping</p>  <p><small>SensationalBrain.com</small></p> </div> |

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