Primitive Reflex Weekly Schedule

Name

NOTES	AM / PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Complete 10 reps of each Struggled to hold superman more than 10 seconds. Didn't complete any exercises on Tuesday night.	AM	BrainWorks Moro Reflex: Peanut Rocking Frameworks Moro Reflex: Starfish Frameworks Moro Reflex: StarJumping Frameworks Moro Reflex: Star Jumping	BrainWorks Moro Reflex: Peanut Rocking BrainWorks Moro Reflex: Starfish BrainWorks Moro Reflex: Starfish What will be a second or sec	BrainWorks More Reflex: Peanut Rocking BrainWorks More Reflex: Starfish BrainWorks More Reflex: Starfish BrainWorks More Reflex: StarJumping	Brain Works Moro Reflex: Peanut Rocking Brain Works Moro Reflex: Starfish Brain Works Moro Reflex: Star Jumping	BrainWorks Moro Reflex: Peanut Rocking BrainWorks Moro Reflex: Starfish BrainWorks Moro Reflex: Starfish Starfish Works Moro Reflex: Starfish Works Moro Reflex: Star Jumping



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