

# Slow Motion Indian Club Swinging as a Brain Exercise

## wave chi



### Indian Club Swinging Log

20 Heart Shapes on the Frontal Plane Each Day  
For 75 Days = 1500 Total = Muscle Memory

1	20	20	20	20	20	20	20	20	20	20
2	20	20	20	20	20	20	20	20	20	20
3	20	20	20	20	20	20	20	20	20	20
4	20	20	20	20	20	20	20	20	20	20
5	20	20	20	20	20	20	20	20	20	20
6	20	20	20	20	20	20	20	20	20	20
7	20	20	20	20	20	20	20	20	20	20
8		20	20	20	20	20				

Name: \_\_\_\_\_ Date: \_\_\_\_\_