

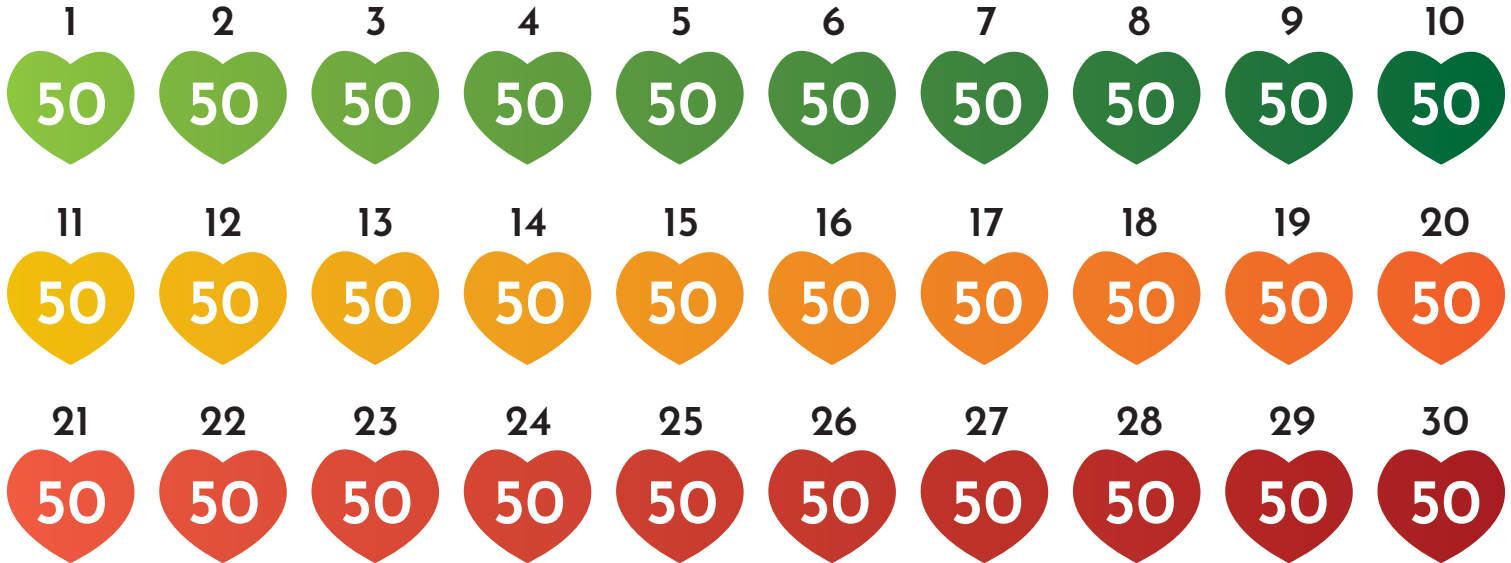


wave chi

Slow Motion Indian Club Swinging as a Brain Exercise

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Indian Club Swinging Log



50 Heart Shapes on the Frontal Plane Each Day
For 30 Days = 1500 Total = Muscle Memory

Name _____ Date _____