

My Isolation Log

Module 13 · Motor Planning and Repetition

One row each. Note how quiet your center stayed, where the wobble showed up, and your percent of effort. The wobble is learning, not damage.

Elbow, and the reach to the ceiling

Shoulder blade

Heel lifts in hooklying

The floating leg at the hip

The lateral knee-fall control

REMEMBER

Your body is in charge. No pain, ever. Stay supported and comfortable.
Twenty-five percent is full participation. There are no right answers here.