

CHAPTER 8: LEARNING THE EXERCISES

Using Table 8.10, keep track of your own progress.

TABLE 8.10: TESTING YOUR YOUTHFULNESS										
Table	Flexibility				Strength	Speed	Leanness	Ideal Body Weight	Good Posture	Grade
	Jack Knife	Bow	Cork Screw	Candle Squat						
Week 6										
Week 12										
Week 18										
Week 24										
Week 30										
Week 36										
Week 42										
Week 48										
Week 54										
Week 60										
Week 66										
Week 72										
Week 78										
Week 84										
Week 90										
Week 96										
Week 102										
Week 108										
Week 114										
Week 120										

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